

# ACTIVITIES CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

# MAY 2019



|       |                      |                 |
|-------|----------------------|-----------------|
| A     | Auditorium           | ■ Fitness       |
| AR    | Activity Room        | ■ Spiritual     |
| B     | Bistro               | ■ Outing        |
| C     | Chapel               | ■ Game          |
| DR    | Dining Room          | ■ Movie         |
| FR    | Fitness Room         | ■ Entertainment |
| GR    | Games Room           | ■ Crafty Corner |
| L     | Lobby                |                 |
| RR    | Retirement Residence |                 |
| SS    | Senior Suites        |                 |
| SS-RR | SS Red Room          |                 |
| T     | Theatre              |                 |
| WC    | Wellness Centre      |                 |

|   |   |  |   |  |   |   |
|---|---|--|---|--|---|---|
| <p><b>SHUTTLES &amp; OUTINGS</b></p> <p>Please be sure to sign up at Reception at least 48 hours in advance!</p>  |   | <p><b>1</b></p> <p>09:45 Fitness with Natalie (SS-A)</p> <p>10:00 Games: Throw-away Bingo (RR-B)</p> <p>10:30 Pet Therapy (RR)</p> <p>02:30 Afternoon Music with Vintage Fiddlers (SS-A)</p> <p>03:45 Social Hour (SS-B)</p> <p>07:15 BINGO (RR-A)<br/>\$2.00 for 3 Cards<br/>All are Welcome</p>  | <p><b>2</b></p> <p>09:45 Swimming at the Ravines</p> <p>10:30 Fit Minds (SS-A)</p> <p>02:00 Afternoon Pancake and Music (RR-AR)</p> <p>02:00 Book Club (SS-RR)</p> <p>02:30 Community Exercise (SS-A)</p> <p>03:00 Community Exercise (SS-A)</p> <p>03:45 Social Hour (RR-B)</p> <p>07:15 Movie Night at SS Theatre <i>Mr. Holmes</i></p> | <p><b>3</b></p> <p>10:00 Zumba Gold Chair (SS-A)</p> <p>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)</p> <p>10:00 Blood Pressure Clinic (RR-Wellness Centre)</p> <p>10:00 Card Games and Coffee (RR-B)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>02:00 Community Exercise (RR-A)</p> <p>02:30 Community Exercise (SS-A)</p> <p>03:00 Community Exercise (SS-A)</p> <p>03:45 Social Hour (SS-B)</p> <p>07:00 Board Games Night (SS-B)</p> <p>07:00 Card Games Night (RR-B)</p> | <p><b>4</b></p> <p>10:00 Resident Fitness (SS-A)</p> <p>10:30 Self Serve Morning Coffee (SS-B / RR-B)</p> <p>01:30 Park Place Sing-Along (SS-A)</p> <p>02:30 Self Serve Afternoon Tea (SS-B / RR-B)</p> <p>03:45 Social Hour (RR-B)</p> <p>07:15 Movie Night at SS Theatre <i>The Horse Dancer</i></p>  |   |
| <p><b>5</b></p> <p>10:15 Communion (RR-C)</p> <p>10:30 Hymn Sing with Debbie (RR-C)</p> <p>10:30 Self-serve Morning Coffee (SS-B / RR-B)</p> <p>11:00 St. Monica's Catholic Mass (live stream) - (SS-T)</p> <p>02:30 Games: Scrabble (SS-B)</p> <p>02:30 Self-serve Afternoon Tea (SS-B / RR-B)</p> <p>02:30 Salvation Army Hymn Sing (RR-C)</p> <p>Jigsaw Puzzle on the go in the SS-Library</p> | <p><b>6</b></p> <p>09:30 Shuttle: Westgate Mall</p> <p>09:45 Yoga with Georgia (RR-A)</p> <p>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)</p> <p>10:30 Coffee, Cookies and Conversation (RR-B)</p> <p>01:30 Park Place Sing-Along (SS-A)</p> <p>02:00 Community Exercise (RR-A)</p> <p>02:30 Community Exercise (SS-A)</p> <p>03:00 Community Exercise (SS-A)</p> <p>03:00 Spiritual Hymns with Fidele (RR-A)</p> <p>03:45 Social Hour (SS-B)</p> <p>07:15 Movie Night at SS Theatre <i>Genius</i></p> | <p><b>7</b></p> <p>09:30 Shuttle: Walmart</p> <p>10:00 Communion (Chapel)</p> <p>10:00 Games: Crazy Eights (RR-B)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 TED Talks (SS-T)</p> <p>01:00 Handi-House (SS-L)</p> <p>01:45 Handi-House (RR-L)</p> <p>01:30 Outing: Minto Walking Circuit in Barrhaven</p> <p>02:30 Community Exercise (RR-A)</p> <p>03:00 Community Exercise (RR-A)</p> <p>03:45 Social Hour (RR-B)</p> <p>07:00 Play BRIDGE (SS-B)</p> | <p><b>8</b></p> <p>09:45 Fitness with Natalie (RR-A)</p> <p>10:00 Games: Throw-away Bingo (RR-B)</p> <p>10:30 Tai Chi (SS-A)</p> <p>02:00 One on One Visits (RR)</p> <p>02:30 Afternoon Music with Bob Schuartz</p> <p>03:45 Social Hour (SS-B)</p> <p>07:15 BINGO (RR-A)<br/>\$2.00 for 3 Cards<br/>All are Welcome</p>                  | <p><b>9</b></p> <p>09:45 Swimming at the Ravines</p> <p>10:00 City View United Church (RR-C)</p> <p>10:30 Fit Minds (SS-A)</p> <p>02:00 Knitting Group (SS-B)</p> <p>02:00 Painting and Watercoloring (RR-AR)</p> <p>02:30 Community Exercise (SS-A)</p> <p>03:00 Community Exercise (SS-A)</p> <p>03:45 Social Hour (RR-B)</p> <p>07:15 Movie Night at SS Theatre <i>Annie</i></p>  | <p><b>10</b></p> <p>10:00 Zumba Gold Chair (SS-A)</p> <p>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)</p> <p>10:00 Card Games and Coffee (RR-B)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>02:00 Community Exercise (RR-A)</p> <p>02:30 Community Exercise (SS-A)</p> <p>03:00 Community Exercise (SS-A)</p> <p>03:45 Social Hour (SS-B)</p> <p>07:00 Board Games Night (SS-B)</p> <p>07:00 Card Games Night (RR-B)</p> | <p><b>11</b></p> <p>10:00 Resident Fitness (SS-A)</p> <p>10:30 Self Serve Morning Coffee (SS-B / RR-B)</p> <p>02:00 Giant Crossword Puzzle (SS-B)</p> <p>02:30 Self Serve Afternoon Tea (SS-B / RR-B)</p> <p>03:45 Social Hour (RR-B)</p> <p>07:15 Movie Night at SS Theatre <i>Holy Camp</i></p> |

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| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|--|---|---|--|
| <p><b>12</b></p> <p>10:00 Bible Film with Liza (RR-A)<br/>10:15 Communion (RR-C)<br/>10:30 Self-serve Morning Coffee (SS-B / RR-B)<br/>11:00 St. Monica's Catholic Mass (live stream) - (SS-T)<br/>11:30 Mother's Day Brunch (SS-D / RR-D)<br/>02:30 Card Games (RR-B)</p> <p>02:30 Self-serve Afternoon Tea (SS-B / RR-B)</p> <p><b>Jigsaw Puzzle on the go in the SS-Library</b></p> | <p><b>13</b></p> <p>09:30 Shuttle: Billings Bridge Mall<br/>09:45 Yoga with Georgia (RR-A)<br/>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)<br/>10:30 Coffee, Cookies and Conversation (RR-B)<br/>01:30 Park Place Sing-Along (SS-A)<br/>02:00 Ottawa Library Visiting (RR-AR)<br/>02:00 Community Exercise (RR-A)<br/>02:30 Exercise Class (SS-A)<br/>03:00 Exercise Class (SS-A)<br/>03:00 Spiritual Hymns with Fidele (RR-A)<br/>03:45 Social Hour (SS-B)<br/>07:15 Movie Night at SS Theatre <i>One for the Money</i></p> | <p><b>14</b></p> <p>09:30 Shuttle: Carlingwood Mall<br/>10:00 Communion (Chapel)<br/>10:00 Games: Crazy Eights (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>01:00 Outing: Bank of Canada Museum<br/>02:30 Community Exercise (RR-A)<br/>03:00 Community Exercise (RR-A)<br/>03:45 Social Hour (RR-B)<br/>07:00 Play BRIDGE (SS-B)</p>  | <p><b>15</b></p> <p>09:45 Fitness with Natalie (SS-A)<br/>10:00 Games: Throw-away Bingo (RR-B)<br/>02:00 Professor Cammy (SS-T)<br/>02:00 One on One Visits (RR)<br/>03:45 Social Hour (SS-B)<br/>07:15 BINGO (RR-A)<br/>\$2.00 for 3 Cards<br/>All are Welcome</p>  | <p><b>16</b></p> <p>09:45 Swimming at the Ravines<br/>10:30 Fit Minds (SS-A)<br/>02:00 Afternoon Pancakes and Music (RR-B)<br/>02:00 Anglican Church Services (RR-C)<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:45 Social Hour (RR-B)<br/>07:15 Movie Night at SS Theatre <i>Color Me Barbara</i></p> | <p><b>17</b></p> <p>10:00 Zumba Gold Chair (SS-A)<br/>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)<br/>10:00 Card Games and Coffee (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>02:30 Catholic Mass (RR-A)<br/>02:00 Community Exercise (SS-A)<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:45 Social Hour (SS-B)<br/>07:00 Board Games Night (SS-B)<br/>07:00 Card Games Night (RR-B)</p>                                 | <p><b>18</b></p> <p>10:00 Resident Fitness (SS-A)<br/>10:30 Self Serve Morning Coffee (SS-B / RR-B)<br/>01:30 Park Place Sing-along (SS-A)<br/>02:30 Self Serve Afternoon Tea (SS-B / RR-B)<br/>03:45 Social Hour (RR-B)<br/>07:15 Movie Night at SS Theatre <i>The Wishing Tree</i></p>       |
| <p><b>19</b></p> <p>10:15 Communion (RR-C)<br/>10:30 Self-serve Morning Coffee (SS-B / RR-B)<br/>10:30 Hymn Sing with Debbie (RR-C)<br/>11:00 St. Monica's Catholic Mass (live stream) - (SS-T)<br/>02:30 Games: Scrabble (SS-B)<br/>02:30 Self Serve Afternoon Tea (SS-B / RR-B)</p> <p><b>Jigsaw Puzzle on the go in the SS-Library</b></p>  | <p><b>20</b></p> <p>09:30 NO SHOPPING<br/>09:45 Yoga with Georgia (RR-A)<br/>10:00 Moderate Intensity Exercise (SS-Fitness Room)<br/>10:30 Coffee, Cookies and Conversation (RR-B)<br/>01:30 Park Place Sing-Along (SS-A)<br/>02:00 Community Exercise (RR-A)<br/>02:30 Exercise Class (SS-A)<br/>03:00 Exercise Class (SS-A)<br/>03:00 Spiritual Hymns with Fidele (RR-A)<br/>03:45 Social Hour (SS-B)<br/>07:15 Movie Night at SS Theatre <i>The Great Alone</i><br/><b>VICTORIA DAY</b></p>   | <p><b>21</b></p> <p>09:30 Shuttle: Billings Bridge Mall<br/>10:00 Communion (Chapel)<br/>10:00 Games: Crazy Eights (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>10:30 TED Talks (SS-T)<br/>01:30 Tulip Festival Outing - Walking through Dow's Lake Park<br/>02:30 Community Exercise (RR-A)<br/>03:00 Community Exercise (RR-A)<br/>03:45 Social Hour (RR-B)<br/>07:00 Play BRIDGE (SS-B)<br/>07:15 Capital String and Voices Collective Concert (RR-A)</p> | <p><b>22</b></p> <p>09:45 Fitness with Natalie (RR-A)<br/>10:00 Games: Throw-away Bingo (RR-B)<br/>10:30 Tai Chi (SS-A)<br/>11:00 Presentation: Navigating to Health Care System (RR-A)<br/>02:00 One on One Visits (RR)<br/>04:45 Birthday Dinner (RR-D)<br/>05:30 Birthday Dinner (SS-D)<br/>07:15 BINGO (RR-A)<br/>\$2.00 for 3 Cards<br/>All are Welcome</p> | <p><b>23</b></p> <p>09:45 Swimming at the Ravines<br/>10:30 Fit Minds (SS-A)<br/>02:00 Knitting Group (SS-B)<br/>02:00 Painting and Watercoloring (RR-AR)<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:45 Social Hour (RR-B)<br/>07:15 Movie Night at SS Theatre <i>Guess Who</i></p>                   | <p><b>24</b></p> <p>10:00 Zumba Gold Chair (SS-A)<br/>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)<br/>10:00 Card Games and Coffee (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>02:00 Community Exercise (RR-A)<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:00 Vegetable &amp; Flower Gardens Planting (RR - Patio)<br/>03:45 Social Hour (SS-B)<br/>07:00 Board Games Night (SS-B)<br/>07:00 Card Games Night (RR-B)</p> | <p><b>25</b></p> <p>10:00 Resident Fitness (SS-A)<br/>10:30 Self Serve Morning Coffee (SS-B / RR-B)<br/>02:00 Painting and Watercoloring (SS-B)<br/>02:30 Self Serve Afternoon Tea (SS-B / RR-B)<br/>03:45 Social Hour (RR-B)<br/>07:15 Movie Night at SS Theatre <i>The Spy Next Door</i></p> |
| <p><b>26</b></p> <p>10:00 Bible Film with Liza (RR-A)<br/>10:15 Communion (RR-C)<br/>10:30 Self-serve Morning Coffee (SS-B / RR-B)<br/>11:00 St. Monica's Catholic Mass (live stream) - (SS-T)<br/>02:30 The MET Church (RR-A)<br/>02:30 Card Games</p> <p>02:30 Self-serve Afternoon Tea (SS-B / RR-B)</p> <p><b>Jigsaw Puzzle on the go in the SS-Library</b></p>                    | <p><b>27</b></p> <p>09:30 Shuttle: Westgate Mall<br/>09:45 Yoga with Georgia (RR-A)<br/>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)<br/>10:30 Coffee, Cookies and Conversation (RR-B)<br/>02:00 Community Exercise (RR-A)<br/>02:30 Residents' Council Meeting (SS-T)<br/>02:30 Community Exercise (RR-A)<br/>03:00 Community Exercise (RR-A)<br/>03:00 Spiritual Hymns with Fidele (RR-C)<br/>03:45 Social Hour (SS-B)<br/>07:15 Movie Night at SS Theatre <i>Leap Year</i></p>   | <p><b>28</b></p> <p>09:30 Shuttle: Billings Bridge Mall<br/>10:00 Communion (Chapel)<br/>10:00 Games: Crazy Eights (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>11:00 Outing to Rideau Carleton Raceway Casino and Lunch<br/>02:30 Community Exercise (RR-A)<br/>03:00 Community Exercise (RR-A)<br/>03:45 Social Hour (RR-B)<br/>07:00 Play BRIDGE (SS-B)</p>   | <p><b>29</b></p> <p>09:45 Fitness with Natalie (SS-A)<br/>10:00 Games: Throw-away Bingo (RR-B)<br/>02:00 One on One Visits (RR)<br/>02:30 Afternoon Music with Noel D.<br/>03:45 Social Hour (SS-B)<br/>07:15 BINGO (RR-A)<br/>\$2.00 for 3 Cards<br/>All are Welcome</p>  | <p><b>30</b></p> <p>09:45 Swimming at the Ravines<br/>10:30 Fit Minds (SS-A)<br/>02:00 Afternoon Pancakes and Music (RR-B)<br/>02:15 Shuttle: Shopper's Drug Mart<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:45 Social Hour (RR-B)<br/>07:15 Movie Night at SS Theatre <i>The Bounty Hunter</i></p>   | <p><b>31</b></p> <p>10:00 Zumba Gold Chair (SS-A)<br/>10:00 Moderate Intensity Exercise with Bien (SS-Fitness Room)<br/>10:00 Card Games and Coffee (RR-B)<br/>10:15 Tuck Shop (RR-Basement)<br/>02:00 Community Exercise (RR-A)<br/>02:30 Community Exercise (SS-A)<br/>03:00 Community Exercise (SS-A)<br/>03:45 Social Hour (SS-B)<br/>07:00 Board Games Night (SS-B)<br/>07:00 Card Games Night (RR-B)</p>  |  |