

ACTIVITIES CALENDAR

SHUTTLES & OUTINGS

Please be sure to sign up at Reception at least 48 hours in advance!

MARCH



2020



LEGENDS

- A Auditorium
- AR Activity Room
- B Bistro
- C Chapel
- DR Dining Room
- FR Fitness Room
- GR Games Room
- L Lobby
- RR Retirement Residence
- SS Senior Suites
- SS-RR Senior Suites Red Room
- T Theatre
- WC Wellness Centre



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:15 Communion (RR-C) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:30 Catholic TV Mass SS Theatre 01:30 American Sign Language Class with Laura (SS-B) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 07:00 Resident Game Night (SS-B / RR-B) Jigsaw Puzzle on the go in the SS-Library	09:30 Loblaws (Baseline) 09:45 YOGA with Georgia (SS-A) 10:30 Resident Coffee, Cookies and Conversation (RR-B)/(SS-B) 10:35 Moderate Intensity Exercise (SS-A) 01:30 Park Place Sing-Along (SS-T) 01:30 Community Exercise (RR-A) 02:00 Play BRIDGE (RR-Games Room) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Bridget Jones's Diary: Edge Reason</i>	09:30 Shuttle: Merivale Mall 10:00 Communion (Chapel) 10:00 Mobile Chiropractic Service (RR-A) 10:15 Tuck Shop (RR-Basement) 10:30 Tai Chi (SS-A) 10:30 Resident Card Game (RR-B) 01:30 Shuttle: Bayshore Mall 01:30 Hymn Sing with Debbie (RR-C) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Play BRIDGE (SS-B)	09:45 Fitness with Natalie (SS-A) 10:30 Fit Minds (RR-B) 10:30 Presentation by Algonquin Students: <i>American Sign Language 101 / Heart Disease</i> (SS-Theatre) 02:00 Afternoon Movie (SS-Theatre) <i>Two Popes</i> 02:00 One on One Visits (RR) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Wednesday Night BINGO (SS Auditorium)	09:30 NO SWIMMING 10:30 Fit Minds (SS-B) 10:00 Vendor: Marianna's Jewelry (SS-Lobby) 02:00 Book Club (SS-Red Room) 01:15 Painting: "Create with Navy" (RR-AR) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B) 07:00 Play BRIDGE (RR-Bistro) 07:15 Movie Night (SS-Theatre) <i>The Tourist</i>	10:00 Zumba Gold Chair (SS-A) 10:15 Tuck Shop (RR-Basement) 10:30 Trivia Fun (RR-B) 10:30 Blood Pressure Clinic (RR-Wellness Centre) 10:35 Moderate Intensity Exercise (SS-A) 01:30 Park Place Sing-Along (SS-T) 01:30 Community Exercise (RR-A) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Residents Game Night (SS-B / RR-B)	10:00 Resident Fitness (SS-A) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:45 Card / Board Games (RR-B) 02:00 Afternoon BINGO (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>About A Boy</i>
8	9	10	11	12	13	14
09:30 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:30 Catholic TV Mass SS Theatre 01:30 American Sign Language Class with Laura (SS-B) 02:30 Salvation Army Hymn Sing (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 07:00 Resident Game Night (SS-B / RR-B) Jigsaw Puzzle on the go in the SS-Library	09:30 Shuttle: Walmart 09:45 YOGA with Georgia (SS-A) 10:30 Resident Coffee, Cookies and Conversation (RR-B)/(SS-B) 10:35 Moderate Intensity Exercise (SS-A) 01:30 Park Place Sing-Along (SS-T) 01:30 Community Exercise (RR-A) 02:00 Ottawa Library Visiting (RR-AR) 02:00 Play BRIDGE (RR-Games Room) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Silver Linings Playbook</i>	09:30 Shuttle: Carlingwood Mall 10:00 Communion (Chapel) 10:15 Tuck Shop (RR-Basement) 10:30 Giant Crossword Puzzle (SS-B) 10:30 Resident Card Game (RR-B) 11:30 Lunch: Red Lobster 01:30 Hymn Sing with Debbie (RR-C) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Play BRIDGE (SS-B)	09:45 Fitness with Natalie (SS-A) 10:30 Fit Minds (RR-B) 10:30 Presentation/Seminar: <i>Stocks The Nuts and Bolts</i> (SS-B) 02:00 One on One Visits (RR) 02:00 Pet Visits (RR) 02:30 Food Forum (SS-T) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Wednesday Night BINGO (SS Auditorium)	09:30 NO SWIMMING 10:30 Fit Minds (SS-B) 10:00 Vendor: Pam's Travelling (SS-Lobby) 02:00 Knitting Group (SS-B) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B) 07:00 Play BRIDGE (RR-Bistro) 07:15 Movie Night (SS-Theatre) <i>Dog Days</i>	10:00 Zumba Gold Chair (SS-A) 10:15 Tuck Shop (RR-Basement) 10:30 Trivia Fun (RR-B) 10:35 Moderate Intensity Exercise (SS-A) 01:30 Park Place Sing-Along (SS-T) 01:30 Community Exercise (RR-A) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Residents Game Night (SS-B / RR-B)	10:00 Resident Fitness (SS-A) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:45 Card / Board Games (RR-B) 02:00 Afternoon BINGO (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Captain Corelli's Mandolin</i>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:30 Catholic TV Mass SS Theatre 01:30 American Sign Language Class with Laura (SS-B) 02:30 MET Church (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 07:00 Resident Game Night (SS-B / RR-B)</p> <p>Jigsaw Puzzle on the go in the SS-Library</p>	<p>16</p> <p>09:30 Shuttle: Giant Tiger (Merivale) 09:45 YOGA with Georgia (SS-A) 10:30 Resident Coffee, Cookies and Conversation (RR-B)/(SS-B) 10:35 Moderate Intensity Exercise (SS-B) 01:30 Community Exercise (RR-A) 01:30 Park Place Sing-Along (SS-T) 02:00 Play BRIDGE (RR-Games Room) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>My Best Friend's Wedding</i></p>	<p>17</p> <p>09:30 Shuttle: Billings Bridge 10:00 Communion (Chapel) 10:00 Mobile Chiropractic Service (RR-A) 10:15 Tuck Shop (RR-Basement) 10:30 Tai Chi (SS-A) 10:30 Resident Card Game (RR-B) 01:30 Shuttle: Value Village (Merivale) Winners, Dollarama, Beer Store 02:30 St. Patrick's Day Party with Guy Lallonde (RR-A) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Play BRIDGE (SS-B)</p>	<p>18</p> <p>09:45 Fitness with Natalie (SS-A) 10:30 Fit Minds (RR-B) 11:00 Documentary Film (SS-T) Explained: The Next Pandemic 02:00 One on One Visits (RR) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Wednesday Night BINGO (SS Auditorium)</p>	<p>19</p> <p>09:30 NO SWIMMING 10:30 Fit Minds (SS-B) 01:15 Painting: "Create with Navy" (RR-AR) 02:00 Anglican Church Services (RR-B) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 06:30 Casino Night (SS-Lobby) 07:15 Movie Night (SS-Theatre) <i>Erin Brockovich</i></p>	<p>20</p> <p>10:00 Zumba Gold Chair (SS-A) 10:00 Vendor: Adelle Creations (SS-Lobby) 10:15 Tuck Shop (RR-Basement) 10:30 Trivia Fun (RR-B) 10:35 Moderate Intensity Exercise (SS-B) 11:15 Movie Committee (SS-T) 01:30 Community Exercise (RR-A) 01:30 Park Place Sing-Along (SS-T) 02:30 Catholic Mass (RR-A) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B)</p>	<p>21</p> <p>10:00 Resident Fitness (SS-A) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:45 Card / Board Games (RR-B) 02:00 Afternoon BINGO (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Catch Me If You Can</i></p>
<p>22</p> <p>09:30 Bible Film with Lisa (RR-A) 10:15 Communion (RR-C) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:30 Catholic TV Mass SS Theatre 01:30 American Sign Language Class with Laura (SS-B) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 07:00 Resident Game Night (SS-B / RR-B)</p> <p>Jigsaw Puzzle on the go in the SS-Library</p>	<p>23</p> <p>09:30 Shuttle: Carlingwood Mall 09:45 YOGA with Georgia (SS-A) 10:30 Resident Coffee, Cookies and Conversation (RR-B)/(SS-B) 10:35 Moderate Intensity Exercise (SS-B) 10:15 Basic Spanish with Nilda (SS-B) 11:45 Lunch: East Side Marios (Carling corner Kirkwood) 01:30 Park Place Sing-Along (SS-T) 01:30 Community Exercise (RR-A) 02:00 Play BRIDGE (RR-Games Room) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>The Post</i></p>	<p>24</p> <p>09:30 Shuttle: Westgate Mall 10:00 Communion (Chapel) 10:15 Tuck Shop (RR-Basement) 10:30 Poetry Group with Debbie (SS-B) 10:30 Resident Card Game (RR-B) 11:00 Outing: Wheelers Maple - Pancake House 01:30 Hymn Sing with Debbie (RR-C) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Play BRIDGE (SS-B)</p>	<p>25</p> <p>09:45 Fitness with Natalie (SS-A) 10:30 Fit Minds (RR-B) 11:00 Documentary Film (SS-T) Explained: Beauty 02:00 One on One Visits (RR) 05:00 Birthday/Anniversary Dinner (RR - Dining Room) 05:00 Birthday/Anniversary Dinner (SS - Dining Room) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Wednesday Night BINGO (SS Auditorium)</p>	<p>26</p> <p>09:30 NO SWIMMING 09:30 Shuttle: Shoppers Drug Mart (Merivale Mall) 10:30 Fit Minds (SS-B) 01:30 Shuttle: Shoppers Drug Mart (near Food Basic) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Definitely Maybe</i></p>	<p>27</p> <p>10:00 Zumba Gold Chair (SS-A) 10:15 Tuck Shop (RR-Basement) 10:30 Trivia Fun (RR-B) 10:35 Moderate Intensity Exercise (SS-B) 01:30 Community Exercise (RR-A) 01:30 Park Place Sing-Along (SS-T) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B)</p>	<p>28</p> <p>10:00 Resident Fitness (SS-A) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:45 Card / Board Games (RR-B) 02:00 Afternoon BINGO (RR-A) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 03:45 Social Hour (RR-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Forever My Girl</i></p>
<p>29</p> <p>10:15 Communion (RR-C) 10:30 Self-Serve Morning Refreshment (SS-B / RR-B) 10:30 Catholic TV Mass (SS Theatre) 01:30 American Sign Language Class with Laura (SS-B) 02:30 Self-Serve Afternoon Refreshment (SS-B / RR-B) 07:00 Resident Game Night (SS-B / RR-B)</p> <p>Jigsaw Puzzle on the go in the SS-Library</p>	<p>30</p> <p>09:30 Shuttle: Merivale Mall 10:15 Basic Spanish with Nilda (SS-B) 10:30 Resident Coffee, Cookies and Conversation (RR-B)/(SS-B) 10:35 Moderate Intensity Exercise (SS-B) 01:30 Resident Council Meeting (SS-T) 01:30 Community Exercise (RR-A) 02:00 Play BRIDGE (RR-Games Room) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (SS-B) 07:00 Resident Game Night (SS-B / RR-B) 07:15 Movie Night (SS-Theatre) <i>Wonder</i></p>	<p>31</p> <p>09:30 Billings Bridge Mall 10:00 Communion (Chapel) 10:00 Mobile Chiropractic Service (RR-A) 10:15 Tuck Shop (RR-Basement) 10:30 Tai Chi (SS-A) 10:30 Vendor: My Closet Jewelry (SS-Lobby) 11:45 Outing: Rideau Carleton Raceway Casino 01:30 Hymn Sing with Debbie (RR-C) 02:30 Community Exercise (SS-A) 03:00 Community Exercise (SS-A) 03:45 Social Hour (RR-B) 07:00 Play BRIDGE (SS-B)</p>				