

PARK PLACE

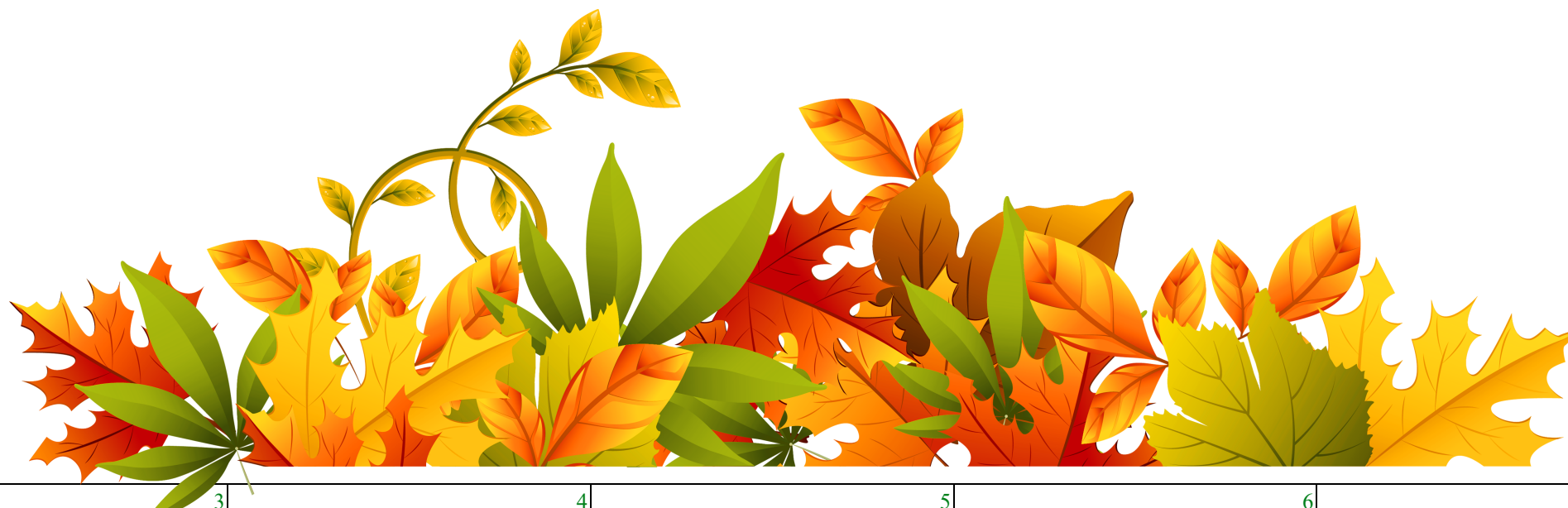
September 2023

















































































































































Location of Activity:

RR = Retirement Residence | SS = Senior Suites
A = Auditorium | B = Bistro | T = Theatre | P = Patio
AR = Activity Room | C = Chapel | LL = Lower Level

Type of Activity:

Blue = Fitness | Green = New | Red = Movie/ TV/ Virtual | Pink = Special | Orange = Game | Purple = Concert

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
					<p>1</p> <p>●10:00 Strength and Balance Exercise (SS-A) ●10:15 Mobile Tuck Shop (10:15 RR-L & 10:45 SS-L) ●10:30 Axe Throwing (RR-L) ●1:30 Baking Group (RR-AR) ●2:00 Play Jeopardy! (SS-T) ●3:00 Patio Social Hour (SS-P & RR-P)</p>	<p>2</p> <p>●10:30 Coffee and Current Events (SS-B) ●10:30 Group Crossword (RR-B) ●1:45 Bingo (SS-B) ●3:15 Afternoon TV: Waiting for God (SS-T) ●3:30 Drop in Trivia (RR-B) ●7:15 Movie Night: True Spirit (SS-T)</p>
<p>3</p> <p>●10:00 Virtual Catholic Mass (RR-A) ●10:30 Virtual United Church Service (SS-T) ●10:40 Scrabble Group (RR-B) ●2:30 Fresh Air Club (RR-P) ●2:30 Knitting Club (SS-L) ●7:15 Movie Night: The Swimmers (SS-T)</p>	<p>4</p> <p>Labour Day **Please note there is no 10:00 exercise class today ●10:30 Bowling (RR-L) ●1:30 Bingo (RR-AR) ●3:00 Social Hour (SS-B) ●7:15 Movie Night: Inkheart (RR-A)</p>	<p>5</p> <p>●10:00 - 2:00 In House Jewellery Shopping (SS-L) ●10:00 Outing: Shopping at Carlingwood ●10:00 Light Cardio Fitness (SS-A) ●10:15 Tuck Shop (RR-LL) ●10:30 Current Events Discussion Group (RR-B) ●12:00 Outing: Lunch at Chances R ●1:30 Fitness with Harmanpreet (RR-A) ●3:00 Smoothie Bar and Trivia (SS-B) ●7:15 Movie Night: The Call (SS-T)</p>	<p>6</p> <p>●10:00 Fitness with Activities (SS-A) ●10:30 Group Crossword (RR-B) ●10:35 Yoga with Georgia (SS-A) ●1:30 Chair Drums (RR-A) ●2:00 Painting Group (SS-A) ●3:00 Social Hour (SS-B & RR-B)</p>	<p>7</p> <p>●10:00 Coffee and Colouring (RR-B) ●10:00 Fitness with Activities (SS-A) ●10:45 Morning Mindfulness (RR-A) ●1:30 Fitness with Harmanpreet (RR-A) ●2:00 Book Club (SS-A) ●3:00 Fit Minds (SS-B & RR-B) ●7:15 Movie Night: Monster House (SS-T)</p>	<p>8</p> <p>●8:00 RR Chef's Showcase (RR-DR) ●10:00 Strength and Balance Exercise (SS-A) ●10:15 Mobile Tuck Shop (10:15 RR-L & 10:45 SS-L) ●10:30 Bean Bag Toss (RR-L) ●10:45 Men's Group (SS-T) ●1:30 Baking Group (RR-AR) ●2:00 Play Jeopardy! (SS-T) ●3:00 Patio Social Hour (SS-P & RR-P)</p>	<p>9</p> <p>●10:30 Coffee and Current Events (SS-B) ●10:30 Group Crossword (RR-B) ●1:45 Bingo (SS-B) ●3:15 Afternoon TV: Waiting for God (SS-T) ●3:30 Drop in Trivia (RR-B) ●7:15 Movie Night: The Bucket List (SS-T)</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10  10:00 Virtual Catholic Mass (RR-A)  10:30 Virtual United Church Service (SS-T)  10:40 Scrabble Group (RR-B)  2:30 Knitting Club (SS-L)  2:30 Sing-A-Long with Kelly (RR-L)  7:15 Movie Night: Gifted Hands (SS-T)	11  10:00 Fitness with Activities (SS-A)  10:15 Women's Group (SS-T)  7:30 Morning Music with Dai Bassett (RR-A)  1:30 Bingo (RR-AR)  2:00 Garden Club Meeting (SS-B)  3:00 Social Hour (SS-B & RR-B)  7:15 Movie Night: Indiana Jones - The Crystal Skull (RR-A)	12  10:00 Outing: Shopping at Walmart  10:00 Light Cardio Fitness (SS-A)  10:15 Tuck Shop (RR-LL)  10:30 Current Events Discussion Group (RR-B)  1:30 Outing: Shopping at Rexall (Seniors Day-sign up to get 20% off. See an Activity Aide for assistance)  1:30 Fitness with Harmanpreet (RR-A)  2:00 Computer & Smart Phone Tutorials: General Q & A (SS-T)  3:00 Smoothie Bar and Trivia (RR-B)  7:15 Movie Night: Elisa and Marcela (SS-T)	13 **Please note there is no Group Crossword today  10:00 Fitness with Activities (SS-A)  10:30 Current Events with Prof. Cammy (SS-T)  10:35 Yoga with Georgia (SS-A)  1:30 Chair Tai Chi with Hiromi (RR-A)  2:00 Painting Group (SS-A)  3:00 Social Hour (SS-B & RR-B)	14  10:00 Coffee and Colouring (RR-B)  10:00 Fitness with Activities (SS-A)  10:45 Morning Mindfulness (RR-A)  1:30 Fitness with Harmanpreet (RR-A)  2:00 Movie Committee Meeting (SS-T)  3:00 Fit Minds (SS-B & RR-B)  7:15 Movie Night: Dead Poets Society (SS-T)	15  8:00 SS Chef's Showcase (SS-DR)  10:00 Strength and Balance Exercise (SS-A)  10:15 Mobile Tuck Shop (10:15 RR-L & 10:45 SS-L)  10:30 Bowling (RR-L)  1:30 Baking Group (RR-AR)  2:00 Play Jeopardy! (SS-T)  3:00 Patio Social Hour (SS-P & RR-P)	16  10:30 Coffee and Current Events (SS-B)  10:30 Group Crossword (RR-B)  1:45 Bingo (SS-B)  3:15 Afternoon TV: Waiting for God (SS-T)  3:30 Drop in Trivia (RR-B)  7:15 Movie Night: Nanny McPhee (SS-T)
17 Dementia Awareness Week  10:00 Virtual Catholic Mass (RR-A)  10:30 Virtual United Church Service (SS-T)  10:40 Scrabble Group (RR-B)  2:30 Knitting Club (SS-L)  2:30 Sing-A-Long with Kelly (RR-L)  7:15 Movie Night: 50 to 1 (SS-T) Please note there will be donation boxes at both receptions throughout the week.	18 Dementia Awareness Week  10:00 Bean Bag Toss (RR-L)  10:00 Fitness with Activities (SS-A)  11:00 Balloon Ball (RR-L)  1:30 Bingo (RR-AR)  2:00 Dementia Awareness Presentation with Maggie Beckett (SS-T)  3:00 Social Hour (SS-B & RR-B)  7:15 Movie Night: The School of Good and Evil (RR-A) 50/50 tickets for sale by activities or at reception. Winner will be drawn Friday, September 22 @ 3:00pm	19 Dementia Awareness Week  10:00 Outing: Swimming at Ravines' Pool  10:00 Light Cardio Fitness (SS-A)  10:15 Tuck Shop (All proceeds will go to Dementia Awareness Fundraiser) (RR-LL)  10:30 Current Events Discussion Group (RR-B)  1:30 Outing: Ottawa Art Gallery  1:30 Fitness with Harmanpreet (RR-A)  3:00 Smoothie Bar and Trivia (SS-B)  7:15 Movie Night: Rush Hour (SS-T)	20 Dementia Awareness Week  10:00 Fitness with Activities (SS-A)  10:30 Group Crossword (RR-B)  10:35 Yoga with Georgia (SS-A)  1:30 Chair Drums (RR-A)  2:00 Resident + Staff Trivia Contest (SS-A)  3:00 Social Hour (SS-B & RR-B)	21 Dementia Awareness Week  10:00 Coffee and Colouring (RR-B)  10:00 Fitness with Activities (SS-A)  10:45 Morning Mindfulness (RR-A)  1:30 Fitness with Harmanpreet (RR-A)  2:00 Walker and Car Wash (Parking Lot)  3:00 Fit Minds (SS-B & RR-B)  7:15 Movie Night: Titanic (SS-T)	22 Dementia Awareness Week  Handi House (Walker and Wheelchair Repair) (9:30 SS-L) (10:15 RR-L)  10:00 Strength and Balance Exercise (SS-A)  10:15 Mobile Tuck Shop (All proceeds will go to Dementia Awareness Fundraiser) (10:15 RR-L & 10:45 SS-L)  10:30 Axe Throwing (RR-L)  1:30 Walk for Dementia (Meet in RR Lobby)  3:00 Patio Social Hour (SS-P & RR-P)	23 Dementia Awareness Week  10:30 Coffee and Current Events (SS-B)  10:30 Group Crossword (RR-B)  1:45 Bingo (SS-B)  3:15 Afternoon TV: Waiting for God (SS-T)  3:30 Fall Equinox Trivia (RR-B)  7:15 Movie Night: Beautiful Creatures (SS-T)
24  10:00 Virtual Catholic Mass (RR-A)  10:30 Virtual United Church Service (SS-T)  10:40 Scrabble Group (RR-B)  2:30 Knitting Club (SS-L)  2:30 Sing-A-Long with Kelly (RR-L)  7:15 Movie Night: First Daughter (SS-T)	25  10:00 Bowling (RR-L)  10:00 Fitness with Activities (SS-A)  11:00 Balloon Ball (RR-L)  1:30 Bingo (RR-AR)  2:00 Fall Equinox Craft (SS-T)  3:00 New Resident Meet and Greet (SS-B & RR-B)  7:15 Movie Night: Rescued by Ruby (RR-A)	26  10:00 Outing: Shopping at Billings Bridge  10:00 Light Cardio Fitness (SS-A)  10:15 Tuck Shop (RR-LL)  10:30 Current Events Discussion Group (RR-B)  1:00 Outing: Drive Through Park Omega (See Newsletter for details)  1:30 Fitness with Harmanpreet (RR-A)  3:00 Smoothie Bar and Trivia (RR-B)  7:15 Movie Night: 10,000 BC (SS-T)	27  10:00 Fitness with Activities (SS-A)  10:30 Group Crossword (RR-B)  10:35 Yoga with Georgia (SS-A)  1:30 Chair Tai Chi with Hiromi (RR-A)  2:00 Painting Group (SS-A)  3:00 Social Hour (SS-B & RR-B)  5:00 Monthly Birthday Dinner - One Seating (SS-DR & RR-DR)	28  10:00 Coffee and Colouring (RR-B)  10:00 Fitness with Activities (SS-A)  10:45 Morning Mindfulness (RR-A)  1:30 Fitness with Harmanpreet (RR-A)  2:00 Anglican & Lutheran Worship Service (RR-C)  3:00 Fit Minds (SS-B & RR-B)  7:15 Movie Night: Vampire Day (SS-T)	29  10:00 Strength and Balance Exercise (SS-A)  10:15 Mobile Tuck Shop (10:15 RR-L & 10:45 SS-L)  10:30 Bean Bag Toss (RR-L)  10:30 SS GM Chat (SS-T)  11:30 Moon Festival Lunch (Regular Seating Times) (SS-DR & RR-DR)  1:30 Baking Group (RR-AR)  1:45 RR GM Chat (RR-A)  2:00 Play Jeopardy! (SS-T)  3:00 Patio Social Hour (SS & RR-P)	30 National Day for Truth and Reconciliation Wear an Orange Shirt to show support!  10:30 Coffee and Current Events (SS-B)  10:30 Group Crossword (RR-B)  1:45 Bingo (SS-B)  3:15 Afternoon TV: Truth and Reconciliation: " Every Child Matters: Truth - Act One" (SS-T)  3:30 Drop in Trivia (RR-B)  7:15 Movie Night: A Simple Favour (SS-T)