

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p>  <p>Canada Day</p>	<p>2</p> <p>3 PM Crokinole RR 6:30 pm Cribbage DR 7 PM Bridge DR</p> <p>**KFC Dinner tickets on sale in the Main lobby this week from 10am to 11:30am for \$8**</p> <p><i>Kim Off</i></p>	<p>3</p> <p>**No Coffee Hour** 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 pm Scrabble- DR 1:30 Balance Class- GA</p> <p><i>Kim off</i></p>	<p>4</p> <p>10:15am-Mid-Level Fitness GA 10am – Credit Union QR 11am – BP Clinic Janine's Office 1 PM- Hand Waxing- ML 1:15pm- Scotia Bank-QR</p> <p>1:30 – Men's Strength AR 5:20pm – Music in the Park Outing ML (Please sign up) 6:30pm Euchre- DR</p> <p>Independence Day</p>	<p>5</p> <p>8:45 am-Coffee Hour-Bistro ML 10AM – 11AM: 50/50 tickets ML 10:15 am- Strength Fitness GA 1:30pm- Balance Fitness Class GA</p> <p>2PM – Strawberry Shortcake and Ice Cream Patio and AR (\$4) 2 PM Cards & Games RT</p>	<p>6</p> <p>8:45 am-Coffee Hour- Bistro ML 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2:30 Hamlet Tea RT 3 PM Social Hour + Patio Party AR</p> <p><i>Janine Away</i></p>	<p>7</p> <p>2PM – Learn how to knit: Back to the Basics Bistro 3:00 Café and Pub SL 6:30pm Euchre DR</p> 
<p>8</p> <p>10:00am TV Church Service SL 6:30pm UNO DR</p> 	<p>9</p> <p>**No Coffee Hour** 10:15am-Mid-level Fitness GA 1:30 WT Singers AR 1:30 -Strength Fitness GA 3 PM Crokinole RR 6:30 pm Cribbage DR 7 PM Bridge DR</p> <p><i>Janine and Kim away</i></p>	<p>10</p> <p>**No Coffee Hour** 10AM – 11AM: 50/50 tickets ML 10:30 Outing and Picnic to Goderich Beach! ML 10:30am-Stay Fit- GA 1:30 pm Scrabble- DR 1:30 Balance Class- GA 2pm – Kountry Korner SL 3 PM Social Hour AR</p> <p><i>Janine Away</i></p>	<p>11</p> <p>8:45 am-Coffee Hour-Bistro ML 10:15am-Mid-Level Fitness GA 1:30 – Men's Strength AR 2PM – Movie Matinee: My Big Fat Greek Wedding #2 GA 6:30pm Euchre- DR</p> <p><i>Janine away</i></p>	<p>12</p> <p>**No Coffee Hour** 10AM – 11AM: 50/50 tickets ML 10:15 am- Strength Fitness GA **No Balance Class Today** 2 PM Cards & Games RT 5PM – KFC Chicken Dinner and Old Time Classical Music with Desmond Gaspar GA</p> <p><i>Janine Away</i></p>	<p>13</p> <p>8:45 am-Coffee Hour- Bistro ML 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM – RBC Information Session GA 2PM – Music with Daisy and Anna SL 3 PM Social Hour + Patio Party AR</p> <p><i>Janine away</i></p>	<p>14</p> <p>2PM – Learn how to knit: Back to the Basics Bistro 3:00 Café and Pub SL 6:30pm Euchre DR</p> 
<p>15</p> <p>10:00am TV Church Service SL 6:30pm UNO DR</p> 	<p>16</p> <p>**No Coffee Hour** 10:15am-Mid-level Fitness GA 1:30 WT Singers AR 1:30 -Strength Fitness GA 2PM – Sundae Monday with Conn Smythe SL 3 PM Crokinole RR 6:30 pm Cribbage DR 7 PM Bridge DR</p> <p><i>Kim off</i></p>	<p>17</p> <p>**No Coffee Hour** 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 pm Scrabble- DR 1:30 Balance Class- GA 2PM Adult Colouring with K-K-K-Katie AR</p> <p><i>Kim off</i></p>	<p>18</p> <p>**No Coffee Hour** Mini Market 9am-12:30 PM in WT Lobby 10am – Credit Union QR 10:15am-Mid-Level Fitness GA 1:15pm- Scotia Bank-QR 1:30 – Men's Strength AR 6:30pm Euchre- DR</p> <p><i>Kim off</i></p>	<p>19</p> <p>**No Coffee Hour** 10AM – 11AM: 50/50 tickets ML 10:15 am- Strength Fitness GA 1:30pm- Balance Fitness Class GA 2 PM Cards & Games RT 2:30PM – Music with Stephanie SL</p> <p><i>Kim off</i></p>	<p>20</p> <p>** No Coffee Hour** 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM – Friends of Music Band SL</p> <p><i>Kim off</i></p>	<p>21</p> <p>2PM – Learn how to knit: Back to the Basics Bistro 3:00 Café and Pub SL 6:30pm Euchre DR</p> 
<p>22</p> <p>10:00am TV Church Service SL 6:30pm UNO DR</p> 	<p>23</p> <p>8:45am Coffee Hour Bistro ML 10:15am-Mid-level Fitness GA 1 PM-Hand Waxing- ML 1:30 WT Singers AR 1:30 -Strength Fitness GA 3 PM Crokinole RR 3PM – Music with Udo and Steph SL 6:30 pm Cribbage DR 7 PM Bridge DR</p>	<p>24</p> <p>8:45am Coffee Hour Bistro ML 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 pm Scrabble- DR 1:30 Balance Class- GA 2PM Adult Colouring with K-K-K-Katie AR 2PM – Music with Tom and Caroline SL 3 PM Social Hour AR</p>	<p>25</p> <p>*No Coffee Hour* 10:15am-Mid-Level Fitness GA 11am – BP Clinic Janine's Office 1:30 – Men's Strength AR 2PM – Birthday Party with Friends of Music! GA 5:20pm – Music in the Park Outing ML (Please sign up) 6:30pm Euchre- DR</p>	<p>26</p> <p>8:45 am-Coffee Hour-Bistro ML 10AM – 11AM: 50/50 tickets ML 10:15 am- Strength Fitness GA 11:30pm – Chicken BBQ DR 1:30pm- Balance Fitness Class GA 2 PM Cards & Games RT 7PM – Just For Fun Band SL</p>	<p>27</p> <p>** No Coffee Hour** 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove</p> <p><i>*Kim off **</i></p>	<p>28</p> <p>11:30 Bike Fest Get together SL parking lot</p>  <p>3:00 Café</p>
<p>29</p> <p>10:00am TV Church Service SL 6:30pm UNO DR</p> 	<p>30</p> <p>8:45am Coffee Hour Bistro ML 10:15am-Mid-level Fitness GA 1 PM-Hand Waxing- ML 1:30 WT Singers AR 1:30 -Strength Fitness GA 3 PM Crokinole RR 3PM – Music with Udo and Steph SL 6:30 pm Cribbage DR 7 PM Bridge DR</p>	<p>31</p> <p>8:45am Coffee Hour Bistro ML 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit-GA 1:30 pm Scrabble- DR 1:30 Balance Class- GA 2:00 Craft Beer Tasting & Men's Jam Session Performance Central Courtyard SL</p> 	 <p style="text-align: center;"><i>July</i> 2018</p> <p style="text-align: center;">Woodland Towers and Hamlet Estates Activities</p>			

Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or WTActivities@sprucelodge.on.ca

Spruce Lodge Entertainment Spruce Lodge Living Room

Tuesday, 10th = Kountry Korner Band 2PM
Friday, 13th = Music with Daisy and Anna 2PM
Monday, 18th = Sundae Mon. Conn Smythe 2PM
Thursday, 19th = Music with Stephanie 2:30PM
Friday, 20th = Friends of Music Band 2PM
Monday, 23rd = 3PM Music with Steph and Udo
Tuesday, 24th = Music with Tom and Caroline 2PM

Store Hours:

Mondays
9:30am-11am
(*Closed Mon. Jul 2nd*)

Wednesdays
July 4th, 11th and 25th
from 1:30pm to 3pm

Fridays
9:30am -11am

Credit Union-QR
Wednesday, July 4th and
18th at 10 am

Scotia Bank - QR
Wednesday, July 4th and
18th at 1:15pm

Mini Market/ Bake Sale
Wednesday, July 18th from
9am – 12:30pm in the ML

Blood Pressure Clinic

Wed, July 4th at 11AM
in Janine's Office

Program Area Codes:

AR - Activity Room

SL - Spruce Lodge

GA - Griffith
Auditorium

RT - Rotunda –
Hamlet Estates

DR - Dining Room

FL - Front Lobby

RR - Rose Room

QR – Quilting Room

ML – Main Lobby



The July Birthday Party is on Wednesday, July 25th at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music from Friends of Music!



Check out the following link, or pass it along to your family and friends, to view Activity Calendars, Information about our home, important announcements and More!:

<https://sprucelodge.on.ca/>

KFC Dinner and Entertainment

We will be enjoying our KFC Dinner on **Thursday, July 12th at 5pm** in the Griffith Auditorium. The dinner will include KFC chicken, French fries, macaroni or coleslaw salad, and dessert. (You can bring your own beverage, or purchase one from our bar cart; water will be available). The cost of the meal is **\$8**, and you can **purchase your tickets in the main lobby of Woodland Towers from 10am to 11:30am from Monday, July 2nd to Friday, July 6th**. This will be a first come- first serve sign up, so please be sure to get your tickets as soon as possible! The evening will also include special entertainment by Desmond Gaspar on the piano. Desmond is a well-known musician in Stratford, and he used to perform with the Hayter's on the Stratford River Boat.

We hope to see you out for this wonderful evening!

Music in the Park Outing

Sign up on the activity board if you would like to attend one of our music in the Park Outings. **July 4th or July 25th at 5:20pm**. The cost is **\$5.50** for the bus. Bring some cash with you to purchase dinner and/or dessert at Duke's concession stand (Hot dogs, Hamburgers, Sausage on a bun, fries, schnitzel etc!). After dinner, we will enjoy music from the Stratford Concert Band!

Strawberry Shortcake and Ice Cream

As strawberries are now being sold in our local markets, we would like to bring a special Ontario Strawberries treat to you! On **Thursday, July 5th**, join Pat and Kim in the Activity Room, and on the Patio, **at 2pm**, for some fresh strawberries atop angel food cake. This yummy treat will be paired with vanilla ice cream! The cost is \$4. Lots of fun to be had at this special Strawberry Social!

Goderich Beach Outing

It's time again for our annual trip to Goderich Beach! Sign-up on the main activity board and pay Kim, if you'd like to come on our Day Trip: **Tuesday, July 10th at 10:30am!** It's only **\$30** for the bus + a picnic lunch, and all of the smiles and laughs are free! We will be departing from the front entrance of Woodland Towers at 10:30am sharp. What to bring: hat, sunscreen, sunglasses, bathing suit (optional), favourite beach game (optional) and a positive attitude! Washrooms on site!

Movie Matinee: My Big Fat Greek Wedding #2

Our movie matinee for this month will be the fun family comedy "My Big Fat Greek Wedding #2". A Portokalos family secret brings the beloved characters back together for an even bigger and Grecker wedding. Come and watch this funny movie with us in the **Griffith Auditorium on Wednesday, July 11th at 2pm in the Griffith Auditorium**. Freshly popped buttered popcorn will be complimentary and pop costs \$1.

RBC Info Session

Join Darcy from the RBC Bank as she shares with us important information regarding how to protect yourself from Financial Fraud. This information session will be held on **Friday, July 13th at 2pm in the Griffith Auditorium**. Feel free to bring any questions you may have.

Bike Fest

Kelly Kummerfield (Director of Resident Care) will be joining us, with some of her friends from her Bike club, to tell you about their motorcycles and show you how they operate, on **Saturday, July 28th at 11:30am** at the front entrance of Spruce Lodge. Come check out this neat program, and get your photo taken with a Motorcycle if you wish!

Please remember to check your Program Calendars regularly, as locations of Activity Programs and Exercise Classes may change **

