

Sunday

Monday

Tuesday

Wednesday

Thursday







Friday

Saturday

# November 2017

## Woodland Towers and Hamlet Estates

### Activities and Exercise Programs

<p>10:00am TV Church Service <b>SL 5</b></p>  <p>6:30pm – UNO <b>DR</b> 7pm – Hymn sing with Bethel Church <b>SL</b></p>	<p>8:45 am- Coffee Hour-<b>DR</b> <b>10:15am- Mid-Level Fitness GA</b> 1 PM--Hand Waxing-<b>ML</b> <b>1:30PM – Strength Fitness Class GA</b> 1:30 Woodland Towers Singers <b>AR</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am Stay Fit- AR</b> 1:30pm Scrabble –<b>DR</b> <b>1:30pm – Balance Fitness Class – AR</b> <b>3PM – Social Hour</b> 6:30pm Solo Cards <b>DR</b> 7pm – Viola's Tribute Band <b>SL</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> 10am– Credit Union-<b>QR</b> <b>10:15am – Mid-Level Fitness GA</b> <b>10:30am – RC Communion Chapel</b> 11am – BP Clinic in Janine's Office <b>11:15 LCC Communion Chapel</b> 1 PM--Hand Waxing-<b>ML</b> <b>2PM – Book signing and Book Talk with Lisa Hutchison: Iron Annie GA</b> 6:30pm Euchre-<b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> 10:00am – Bible Study <b>AR</b> <b>10:15am – Strength Fitness Class GA</b> 11am – St. Andrews Presbyterian Service <b>Chapel</b> 1:30 pm – Carpet Bowling <b>GA</b> <b>1:30pm – Balance Fitness Class – GA</b> 2:pm Cards &amp; Games <b>RT</b> 7pm Bingo <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am-Stay Fit AR</b> 10:00am Tai Chi <b>SL Alcove</b> 2:30PM – Hamlet Tea <b>RT</b> <b>2pm Random Act of Kindness Party DR</b></p> <p><b>Random Act of Kindness Day!</b></p> 	<p>Remember to set your <b>4</b> clocks back 1 hour before you go to bed!</p>  <p>6:30pm Euchre-<b>DR</b></p>
<p>10:00am TV Church Service <b>SL 12</b></p>  <p>6:30pm – UNO <b>DR</b> 7pm – Hymn sing with Jubilee Church <b>SL</b></p>	<p>8:45 am- Coffee Hour-<b>DR</b> <b>10:15am- Mid-Level Fitness GA</b> 1 PM--Hand Waxing-<b>ML</b> <b>1:30PM – Strength Fitness Class GA</b> 1:30 Woodland Towers Singers <b>AR</b> 2pm – Sundae Monday with Randy Grey <b>SL</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am Stay Fit- GA</b> 11am – Northwestern Band <b>SL</b> <b>1pm – Gallery Stratford Art Class AR</b> 1:30pm Scrabble –<b>DR</b> <b>1:30pm – Balance Fitness Class – GA</b> 2PM – Kountry Korner Band <b>SL</b> 3PM – Social Hour 6:30pm Solo Cards <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:15am – Mid-Level Fitness GA</b> <b>12PM – Falls Prevention Lunch and Learn: Fish and Chips from Joe's Diner and Fun Falls Prevention Games with Lindsay! GA</b> 1:15pm – Scotia Bank <b>QR</b> 6:30pm Euchre-<b>DR</b></p>	<p><b>**No Coffee Hour**</b> 10:00am – Bible Study <b>AR</b> <b>10:15am – Strength Fitness Class GA</b> 11am – St. Stephen's Anglican Communion Service <b>Chapel</b> 1:30 pm – Carpet Bowling <b>GA</b> <b>1:30pm – Balance Fitness Class – GA</b> 2:pm Cards &amp; Games <b>RT</b> 2:30pm – Music with Stephanie <b>SL</b> 7pm Bingo <b>DR</b></p>	<p>8:45 am-Breakfast Café -<b>DR</b> <b>10:30am-Stay Fit GA</b> 10:00am Tai Chi <b>SL Alcove</b> 2:30PM – Hamlet Tea <b>RT</b> 3pm <b>Social Hour! AR</b></p>	<p><b>Spruce Lodge 18 Holiday Market and Gift Show!</b> 9am – 2pm in the Griffith Auditorium <b>AND</b> the Spruce Lodge Auditorium! Please join us</p> 
<p>10:00am TV Church Service <b>SL 19</b></p>  <p>6:30pm – UNO <b>DR</b> 7pm – Hymn sing with The Stewart Family <b>SL</b></p>	<p>8:45 am- Coffee Hour-<b>DR</b> <b>10:15am- Mid-Level Fitness GA</b> 1 PM--Hand Waxing-<b>ML</b> 1:30 Woodland Towers Singers <b>RR</b> 2PM – Resident's Council <b>AR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am Stay Fit- GA</b> <b>1pm – Gallery Stratford Art Class AR</b> 1:30pm Scrabble –<b>DR</b> <b>2PM – Falls Prevention Line Dancing Class with Shirley Davis! GA</b> 3PM – Social Hour 6:30pm Solo Cards <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>Mini Market 9am-12:30pm in the WT lobby</b> 10am– Credit Union-<b>QR</b> <b>10:15am – Mid-Level Fitness AR</b> 2PM – Hymn Sing with Gladys <b>SL</b> 6:30pm Euchre-<b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> 10:00am – Bible Study <b>AR</b> <b>10:15am – Strength Fitness Class GA</b> <b>10:30am Christmas Shopping at the Stratford Mall! ML</b> 11am – Worship Service <b>Chapel</b> 1:30 pm – Carpet Bowling <b>GA</b> <b>1:30pm – Balance Fitness Class – GA</b> 2:pm Cards &amp; Games <b>RT</b> 7pm Bingo <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am-Stay Fit GA</b> 10:00am Tai Chi <b>SL Alcove</b> 2PM – The Nic Scott Band <b>SL</b> <b>2PM –Labyrinth Walk with Leslie GA</b> 3pm <b>Social Hour! AR</b></p>	<p>6:30pm Euchre-<b>DR</b></p> 
<p><b>**Deck the Halls Week! Let Kim know if you'd like to help decorate for Christmas!**</b></p>						
<p><b>Woodland Towers Resident and Family Christmas Open House with music by Yeager and Friends!</b> 2PM – 4PM in the Griffith Auditorium</p> 	<p>8:45 am- Coffee Hour-<b>DR</b> <b>10:15am- Mid-Level Fitness GA</b> 1 PM--Hand Waxing-<b>ML</b> <b>1:30PM – Strength Fitness Class GA</b> 1:30 Woodland Towers Singers <b>AR</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b> Kim Off</p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10:30am Stay Fit- GA</b> <b>1pm – Gallery Stratford Art Class AR</b> 1:30pm Scrabble –<b>DR</b> <b>1:30pm – Balance Fitness Class – Conf Rm #1</b> 2pm – Music with Conn Smythe <b>SL</b> <b>2pm – Cool Aid Form presentation with Jeff Sager, Commander of Perth County Paramedics GA</b> 3PM – Social Hour</p>	<p>8:45 am-Coffee Hour-<b>DR</b> <b>10AM – 2PM Stars of SA Modern Jewellery SALE in Main Lobby</b> <b>10:15am – Mid-Level Fitness GA</b> 1 PM--Hand Waxing-<b>ML</b> 1:15pm – Scotia Bank <b>QR</b> <b>2PM – November Birthday Party and Old-Time Sing Along with Karen GA</b> 6:30pm Euchre-<b>DR</b> <b>7PM – Festival Sounds Chorus GA</b></p>	<p>8:45 am-Coffee Hour-<b>DR</b> 10:00am – Bible Study <b>AR</b> <b>10:15am – Strength Fitness Class GA</b> 11am – Zion Lutheran Worship Service <b>Chapel</b> 1:30 pm – Carpet Bowling <b>GA</b> <b>1:30pm – Balance Fitness Class – GA</b> 2:pm Cards &amp; Games <b>RT</b> 7pm – The Just For Fun Band <b>SL</b> 7pm Bingo <b>DR</b></p>	<p><b>Don't forget to buy your tickets for the Woodland Towers Resident and Family Christmas Open House! Tickets will be for sale in the main lobby from 10am – 11:30am on Mondays and Wednesdays</b></p>	

Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or [WTActivities@sprucelodge.on.ca](mailto:WTActivities@sprucelodge.on.ca)



## **Spruce Lodge Entertainment Spruce Lodge Living Room**

**Tuesday, 7<sup>th</sup>** = Viola's Tribute Band 7pm  
**Monday, 13<sup>th</sup>** = Sundae Monday with Randy Grey 2PM  
**Tuesday, 14<sup>th</sup>** = Northwestern Band 11am  
**Tuesday, 14<sup>th</sup>** = Kountry Korner's Band 2pm  
**Thursday, 16** = Music with Stephanie 2:30pm  
**Friday, 24<sup>th</sup>** = Nic Scott Band 2PM  
**Tuesday, 28<sup>th</sup>** = Music with Conn Smythe 2pm  
**Friday, 30<sup>th</sup>** = The Just For Fun Band 7pm

### **Store Hours:**

#### **Mondays**

9:30am-11am

#### **Fridays**

9:30am -11am

### **Banking**

#### **Credit Union-QR**

Wednesday, November 8<sup>th</sup> and 22<sup>nd</sup> at 10am in **QR**

#### **Scotia Bank-QR**

Wed. November 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> in the Quilting Room from 1:15pm to 2:15pm

### **Blood Pressure Clinic**

Wed, November 8<sup>th</sup> 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

### **Mini Market/ Bake Sale**

Wednesday, October 25<sup>th</sup> from 9am – 12:30pm in the **ML**

**November Birthday Party is Wednesday, November 29<sup>th</sup> at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and an old time Sing Along with our New Volunteer Coordinator Karen Goforth**



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

**\*\*See Program Area Codes Legend posted above\*\***

### **Random Act of Kindness Day**

On **Friday, November 3<sup>rd</sup>**, the Cowan Insurance Group will be paying a special visit to us in recognition of Random Act of Kindness Day. They will be coming to spend some time with us, and they will be providing us with some special treats. Join us at **2pm in the Dining Room** for their visit. We will be playing some more table games and Trivia as we wait for their arrival!

### **Book Talk/ Signing with Lisa Hutchison**

We look forward to having Lisa Hutchison visit us on **Wednesday, November 8<sup>th</sup> at 2pm** in the **Griffith Auditorium**, to discuss her book "Iron Annie and A Long Journey" with us. Her book is true story about a daring rescue, a harrowing escape, the theft of Eva Braun's boots, piloting Hitler, surviving the horrors of WWII, an unexpected reunion, the tragic losses and new beginnings in a foreign country. Follow the astounding, thrilling and breathtaking journey spanning close to 100 years of a German family. It's a mesmerizing read that will not disappoint. There will be a book sale and signing after her presentation(\$20)

### **Flu Shot Clinic**

Our final flu shot clinic will be taking place **on Friday, November 10<sup>th</sup>** from **10am to 4pm** in the **Griffith Auditorium**. If you haven't already had your flu shot, now is the time to do so!

### **Remembrance Day**

The Remembrance Day Service will be held at 10:45am in the Spruce Lodge Living Room. Our Spiritual Care Coordinator Lily will officiate. All welcome. Lest we forget.

### **Art Classes with Gallery Stratford**

As we have done in years prior, the Gallery Stratford will be offering an art class for our residents, which is funded by a grant project called "New Horizon's". Therefore, this program will be entirely free to our residents. Please sign-up on the main board if you are interested in being a part of this great experience. The classes will be held every Tuesday, at 1pm, from November 14<sup>th</sup> – December 19<sup>th</sup> In the Activity Room.

### **Falls Prevention Lunch and Learn**

Lindsay and Kim look forward to welcoming you to a Falls Prevention "Lunch and Learn" **in the Griffith Auditorium**, on **Wednesday, November 15<sup>th</sup> at 12pm**. We will be having Fish and Chips from Joe's Diner. The cost of the meal (fish n' chips, drink and dessert) is \$12, paid to Kim before date of lunch. Please sign up on the main activity board. There will be fun Falls Prevention Games to follow!

### **Falls Prevention Line Dancing**

You asked for it – you got it! Kim's Line Dancing Teacher, Shirley, will be joining us to teach some line dances that are accessible to residents that are free standing, or using mobility aids (walker/ cane/ wheelchair). Come on out and have some fun on Tuesday, November 21<sup>st</sup>! The cost of the class is **FREE**

### **Christmas Shopping and Lunch**

We will be Christmas Shopping at the Stratford Mall on Thursday, November 23<sup>rd</sup> from 10:30am to 2:20pm. The cost of the bus is \$5.50. Sign-up on the main activity board to claim your seat!

### **Cool Aid Form Presentation**

Jeff Sager, the Commander of Perth County Paramedics, will be here on **Tuesday, November 28<sup>th</sup> at 2pm** in the **Griffith Auditorium**, to discuss the new form that you will receive which will be handed to the first responders in case of an emergency.

### **Festival Sounds Chorus**

Join the Festival Sounds Chorus (previously known as the Sweet Adeline's) for a festive musical performance as we prepare for the Holiday Season! **Wednesday, November 29<sup>th</sup> at 7pm** in the **Griffith Auditorium**. All welcome!