

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Woodland Towers and Hamlet Estates Activities



10:00am TV Church Service **SL**
7PM- Hymn Sing with **SL**

8:45 am-Coffee Hour- **Bistro**
10:15am-Gentle Group Ex. **GA**
1PM – Hand waxing **ML**
1:30 WT Singers **AR**
1:30 -Combined Fitness **GA**
3 PM Crokinole **RR**

8:45 am-Coffee Hour-**Bistro**
10AM – 11AM: 50/50 tickets **ML**
10:30am-Stay Fit- **GA**
1:30 pm Scrabble- **DR**
1:30 Balance Class- **GA**
1:30pm Adult Colouring **Bistro**
3PM I <3 Elvis Social Hour **Bistro**

****No Coffee Hour****
10:15am-Gentle Group Ex. **GA**
11am – Blood Pressure Clinic **Janine's Office**
1PM – Hand waxing **ML**
1:30 – Men's Strength **AR**
5PM – Doors on Your Floors **Champs Pizza Supper GA**
6:30pm Euchre- **DR**

****No Coffee Hour today****
10:00am- Bible Study **AR**
10:15am -Combined Fitness **GA**
1:30pm- Balance Fitness **Class GA**
6:30pm – Sing Along with Karen **SL**
7 PM Bingo **DR**
Kim at meeting

****No Coffee Hour****
10:00am Tai Chi **SL Alcove**
10:30am-Stay Fit **GA**
1:30 Paper shredding with Emily **ML**
2PM – The Nic Scott Band **SL**
****No Happy Hour****
5PM – Hamlet New Year's Dinner **GA**

2PM – Learn how to knit: Back to the Basics **Bistro**
6:30pm Euchre-**DR**

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1:30 Balance Class- **GA**
1:30pm Adult Colouring **Bistro**
3 PM Social Hour **Bistro**

8:45 am-Coffee Hour-**Bistro**
10:15am-Gentle Group Ex. **GA**
1:30 – Men's Strength **AR**
6:30pm Euchre- **DR**
11:20AM – Lunch outing to the NEW Montana's **ML**

8:45am – Coffee Hour **Bistro**
10:00am- Bible Study **AR**
10:15am -Combined Fitness **GA**
1:30pm- Balance Fitness **Class GA**
2PM – Games Social **DR**
2:30PM – Music with Steph **SL**
7 PM Bingo **DR**
7PM – Music with Joel Horvath **SL**

****No Coffee Hour****
10:00am Tai Chi **SL Alcove**
10:30am-Stay Fit **GA**
1:30 Paper shredding with Emily **ML**

*Kim Away***

2PM – Open Mic and Coffee House **DR**
6:30pm Euchre-**DR**

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6:30pm Euchre-**DR**

10:00am TV Church Service **SL**
7PM- Hymn Sing with **SL**

8:45 am-Coffee Hour- **Bistro**
10:15am-Gentle Group Ex. **GA**
1PM – New Residents Welcome Tea **Bistro**
1:30 WT Singers **AR**
1:30 -Combined Fitness **GA**
2PM – Sundae Monday with Conn Smythe **SL**
3 PM Crokinole **RR**

Martin Luther King Day
Tu B'Shevat

8:45 am-Coffee Hour-**Bistro**
10AM – 11AM: 50/50 tickets **ML**
10:30am-Stay Fit- **GA**
1:30 pm Scrabble- **DR**
1:30 Balance Class- **GA**
1:30pm Adult Colouring **Bistro**
3 PM Social Hour **Bistro**

8:45 am-Coffee Hour-**Bistro**
10:15am-Gentle Group Ex. **GA**
1PM – Hand waxing **ML**
2PM – Learn something New!: Walking the Labyrinth with Leslie **GA**
1:30 – Men's Strength **AR**
6:30pm Euchre- **DR**

8:45am – Coffee Hour **Bistro**
10:00am- Bible Study **AR**
10:15am -Combined Fitness **GA**
1:30pm- Balance Fitness **Class AR**
2PM – Movie Matinee: "Little Women" **GA**
7 PM Bingo **DR**
7PM The Just for Fun Band **SL**

8:45 am Breakfast Café **Bistro**
10:00am Tai Chi **SL Alcove**
10:30am-Stay Fit **GA**
1:30 Paper shredding with Emily **ML**
2PM – Friday Tunes Jam Session **GA**
2PM – Friends with Music **SL**
2:30pm – Hamlet Tea **RT**
3 PM Social Hour **GA**
Where ye Kilt day!
Robbie Burns Day

2PM – Learn how to knit: Back to the Basics **Bistro**
6:30pm Euchre-**DR**

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10:00am TV Church Service **SL**
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8:45 am-Coffee Hour- **Bistro**
10:15am-Gentle Group Ex. **GA**
1:30 WT Singers **AR**
1:30 -Combined Fitness **AR**
2PM – Strawberry Daiquiri's \$3 Indoor Beach Day **GA**
3 PM Crokinole **RR**
****Wear your Beach Clothes****

Australia Day (observed)

8:45 am-Coffee Hour-**Bistro**
10AM – 11AM: 50/50 tickets **ML**
10:30am-Stay Fit- **GA**
1:30 pm Scrabble- **DR**
1:30 Balance Class- **GA**
1:30pm Adult Colouring **Bistro**
3 PM Social Hour **Bistro**

8:45 am-Coffee Hour-**Bistro**
10:15am-Gentle Group Ex. **GA**
1:30 – Men's Strength **AR**
2PM – January Birthday Party with Friends With Music **GA**
6:30pm Euchre- **DR**

8:45am – Coffee Hour **Bistro**
10:00am- Bible Study **AR**
10:15am -Combined Fitness **GA**
1:30pm- Balance Fitness **Class GA**
7 PM Bingo **DR**

****The Adult Colouring Club Starts Back on Tuesdays!****

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

Spruce Lodge Entertainment Spruce Lodge Living Room

Thursday, 10th = Sing Along with Karen 6:30pm

Friday, 11th = The Nic Scott Band 2PM

Thursday, 17th = Music with Stephanie 2:30pm

Monday, 21st = Sundae Mon. with Conn Smythe 2PM

Wednesday, 12th = Christian School Christmas Concert 1:45PM

Thursday, 24th = The Just for Fun Band 7PM

Friday, 25th = Friends with Music 2PM

Store Hours:

Mondays
9:30am-11am

Wednesday's
2nd, 9th and 23rd from
1:30pm to 3pm

Fridays
9:30am -11am

Banking

Credit Union-QR

Wednesday, January
2nd, 16th and 30th at
10am in QR

Scotia Bank-QR

Wed. January, 9th and
23rd in the Quilting
Room at 1:15pm

Mini Market/ Bake Sale

****No Bakery this Month****



Blood Pressure Clinic

Wed, January 9th 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



Lunch Outing to the New Montana's

After popular request, I have booked the Mobility bus for a lunch outing to the **NEW Montana's in Stratford**, on **Wednesday, January 16th**. The bus will leave at **11:20am sharp**, and return back to Woodland Towers at 1:20pm. The cost of the bus is **\$5.50**. Please sign your name on the main activity board and pay Kim your \$5.50 to reserve your seat. Also, be prepared to pay for your meal at the restaurant.

Games Social

The Games Social will be held in the **Dining Room at 2pm** on **Thursday, January 17th**. Come join us for a fun social gathering – bring a game to play, or play one of ours! If you do not wish to play a game, we would still enjoy your company, so please join us.

Coffee House and Open Mic

Come on out to join us in fellowship on **Saturday, January 19th at 2pm** in the **Dining Room**. We will be enjoying some treats, coffee/tea/ hot chocolate, and music. Feel free to bring a story, joke or item to share. All are welcome!

New Residents Welcome Tea

Are you a new resident of Woodland Towers or Hamlet Estates? Are you having trouble finding your way around, or would you just like to learn more about our community and the programs and services that we provide? Join us on **Monday, January 21st at 2pm** in the **Woodland Towers Bistro** for a special treat, along with a cup of coffee, tea or juice.

Learn Something New: Labyrinth

Are you interested in learning how to release stress, improve your inner peace, and combat fatigue and other chronic ailments? Come learn about walking the Labyrinth and how it can be used to benefit your health. Leslie Wright is a skilled and knowledgeable practitioner of this relaxing therapy, and she will teach you how to use this technique to make each day better, and more grounded. Come for an informative session where you will have the opportunity to ask Leslie questions, and stay for a walk guided by Leslie. Leslie has taught Kim how to use this technique and Kim swears by its power and ability to bring happiness and peace into your life. If any of this is interesting to you, we welcome you to our session on **Wednesday, January 23rd at 2pm** in the **Griffith Auditorium**.

Movie Matinee

For the movie on the big screen this month, we will be watching, "Little Women". This story will warm your hearts as we take a step back in time to the 1860s. The Storyline is as follows - "Louisa May Alcott's autobiographical account of her life with her three sisters in Concord, Massachusetts in the 1860s. With their father fighting in the American Civil War, sisters Jo, Meg, Amy and Beth are at home with their mother, a very outspoken woman for her time. The story tells of how the sisters grow up, find love and find their place in the world". Enjoy complimentary hot chocolate and popcorn, and bring \$1 if you would rather have a pop. Join us at **2pm in the Griffith Auditorium on Thursday, January 24th**

Breakfast Café

On **Friday, January 25th**, it is Robbie Burns Day! We will be celebrating Robbie Burns Day by dressing in our Scottish Clothing, and we will enjoy a delicious Scottish Breakfast. Breakfast is at **8:45am** in the **Dining Room**. The menu will be posted on the bulletin boards once the menu is confirmed. Please sign your name, and pay Kim your \$5 before the day of breakfast to confirm your seat.

Strawberry Daiquiri's + Beach Day!

Join us as we beat the winter blues with a fun Beach Theme Day! Wear your beach clothes to lunch, and join us for a Strawberry Daiquiri and some Beach fun in the **Griffith Auditorium at 2pm** on **Monday, January 28th**. (\$3 with vodka or Rum and \$2 without alcohol). Enjoy some fun music and some Beach Games as we slip away to paradise on this January Afternoon.

Birthday Party

The Birthday Party will be held in the **Griffith Auditorium at 2pm on Wednesday, January 30th**. Join us for tons of fun as sing happy birthday to our residents celebrating their birthday in January. Come on down for a piece of cake, ice cream, coffee, tea and juice, and tap your toes to music from the Friends With Music Band!