

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2019



## Woodland Towers and Hamlet Estates Activities

8:45 am-Coffee Hour- **Bistro 1**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
 2:30 Hamlet Tea **RT**  
 3 PM Social Hour **GA**



6:30pm Euchre-**DR**

10:00am TV Church Service **3**  
**SL**  
 7PM- Hymn Sing with Bethel Church **SL**



8:45 am-Coffee Hour- **Bistro 4**  
 10:15am-Gentle Group Ex. **GA**  
 1PM – Hand waxing **ML**  
 1:30 WT Singers **AR**  
 1:30 -Combined Fitness **GA**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

8:45 am-Coffee Hour-**Bistro 5**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **AR**  
 1:30 Balance Class- **AR**  
 1:00pm Adult Colouring **Bistro**  
 3 PM Social Hour **DR**  
 4:30PM Pancake Tuesday **DR**  
 7PM Viola's Tribute Band **SL**

Mardi Gras

8:45 am-Coffee Hour-**Bistro 6**  
 10:15am-Gentle Group Ex. **GA**  
 11AM – BP Clinic **Janine's Office**  
 1PM – Hand waxing **ML**  
 1:30 – Men's Strength **AR**  
 2PM – Hymn Sing with Gladys **SL**  
 6:30pm Euchre- **DR**

Ash Wednesday

8:45am – Coffee Hour **Bistro 7**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 11AM – Lutheran Church Svc. **SL**  
 1:30pm- Balance Fitness Class **GA**  
 7 PM Bingo **DR**

8:45 am-Coffee Hour- **Bistro 8**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
 3 PM Social Hour **GA**



**\*\*Spring your clocks ahead before you go to bed!\*\***

6:30pm Euchre-**DR**

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



8:45 am-Coffee Hour- **Bistro 11**  
 10:15am-Gentle Group Ex. **GA**  
 1PM – Hand waxing **ML**  
 1:30 WT Singers **AR**  
 1:30 -Combined Fitness **GA**  
 2PM – The Half Tones **SL**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

8:45 am-Coffee Hour-**Bistro 12**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **GA**  
 1:00pm Adult Colouring **Bistro**  
 2PM – Kountry Korner's Band **SL**  
 3 PM Social Hour **DR**

8:45 am-Coffee Hour-**Bistro 13**  
 9am-2PM Katie's Jewellery **ML**  
 10:15am-Gentle Group Ex. **GA**  
 10:30am RC Communion **SL**  
 11:15am LCC Communion **SL**  
 1PM – Hand waxing **ML**  
 2PM – Ireland Travelogue **GA**  
 \*\*No Men's Class today\*\*  
 6:30pm Euchre- **DR**

**Wear Green Day 14**  
 8:45am – Coffee Hour **Bistro**  
 10:00am- Bible Study **AR**  
 \*\*No Exercise Classes Today\*\*  
 11:30am – Fish n' Chips sign-up Lunch **GA**  
 12:30am – St. Patrick's Bash with Michael Kelly! All Welcome **GA**  
 7 PM Bingo **DR**

8:45 am-Coffee Hour- **Bistro 15**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – The Nic Scott Band **SL**  
 2PM – Friday Tunes Jam Session **GA**  
 2:30 Hamlet Tea **RT**  
 3 PM Social Hour **GA**



6:30pm Euchre-**DR**

10:00am TV Church Service **17**  
**SL**  
 2PM – Music with Anna and Daisy **SL**  
 3PM – St. Patrick's Café **SL**



8:45 am-Coffee Hour- **Bistro 18**  
 10:15am-Gentle Group Ex. **GA**  
 1:30 WT Singers **AR**  
 11:00 Outing to Gilly's Pub **ML**  
 1:30 -Combined Fitness **GA**  
 2PM – Sun. Mon. Birthday Party with Conn Smythe **SL**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

8:45 am-Coffee Hour-**Bistro 19**  
 10AM Music with Karen Rempel **SL**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **GA**  
 1:00pm Adult Colouring **Bistro**  
 3 PM Social Hour **DR**

**Wear Happy Spring Colours 20**  
 8:45 am-Coffee Hour-**Bistro**  
 9AM – 12:30PM Mini Market **ML**  
 10:15am-Gentle Group Ex. **GA**  
 1PM – Hand waxing **ML**  
 1:30 – Men's Strength **AR**  
 2PM – OSPCA Talk with Christine Jones **GA**  
 6:30pm Euchre- **DR**

Spring Begins

**\*\*No Coffee Hour\*\* 21**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 11am – Anglican Church Svc. **SL**  
 1:30pm- Balance Fitness Class **GA**  
 2:30PM – Music with Steph **SL**  
 7 PM Bingo **DR** (Kim Off)

Purim

**8:45am Breakfast Café DR 22**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
 3 PM Social Hour **GA**

**2PM – Coffee House and Open Mic – Community Gathering. All welcome! \*Feel free to bring a song, story, joke or special item to share ☺\*\*DR**  
 6:30pm Euchre-**DR**

10:00am TV Church Service **24**  
**SL**  
 7PM- Hymn Sing with Stephanie Schelhaas



8:45 am-Coffee Hour- **Bistro 25**  
 10:15am-Gentle Group Ex. **GA**  
 1:30 -Combined Fitness **AR**  
 2PM – March Birthday Party with Tony Nother (accordion) **GA**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

8:45 am-Coffee Hour-**Bistro 26**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **GA**  
 1:30 WT Singers **AR**  
 1:00pm Adult Colouring **Bistro**  
 2PM – Music with Wyatt Ladd **SL**  
 3 PM Social Hour **DR**

8:45 am-Coffee Hour-**Bistro 27**  
 10:15am-Gentle Group Ex. **GA**  
 1:30 – Men's Strength **AR**  
 2PM – Spruce Lodge and Woodland Towers Memorial Service **SL** (All Welcome)  
 6:30pm Euchre- **DR**

**Wear Your Baseball Jersey 28**  
 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**  
 7PM – Just For Fun Band **SL**

**\*\* No Coffee Hour\*\* 29**  
 10-3 Geri Fashions **SL**  
 10:00am Tai Chi **SL Alcove**  
 \*\*No Stay Fit Today\*\*  
 1:30 Paper shredding with Emily **ML**  
 6:00PM Open Mic Showcase with Kiersten and Friends **GA**



6:30pm Euchre-**DR**

10:00am TV Church Service **31**  
**SL**



### A couple reminders:

- If you are interested in attending any outing, special meal, or event that requires pre-payment, please be sure to sign your name on the main activity board (or give Kim a call at the phone number listed below), and pay Kim to claim your seat.
- Every time you are submitting money to Kim, please be sure to have it enclosed in an envelope or zip lock bag with your name, room # (or Hamlet Estates unit #) on it, and please also include what event the payment is for.
- All payments must be brought to Kim's office. If Kim is unavailable, please submit your \$ to Janine or Erin's office to hand in to Kim. Thank-you ☺!

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, 5<sup>th</sup> = Violas Tribute Band 7pm

Monday, 11<sup>th</sup> = The Half Tones 2PM

Tuesday, 12<sup>th</sup> = Kountry Korner 2PM

Thursday, 14<sup>th</sup> = Mike Kelly 2PM

Friday, 15<sup>th</sup> = The Nic Scott Band 2PM

Sunday, 17<sup>th</sup> = Music with Daisy and Anna 2PM

Monday 18<sup>th</sup> = Sun. Mon. with Conn Smythe 2PM

Tuesday, 19<sup>th</sup> = Music with Karen Rempel 10am

Wednesday, 20<sup>th</sup> = Tom and Caroline 2PM

Thursday, 21<sup>st</sup> = Music with Stephanie 2:30PM

Tuesday, 26<sup>th</sup> = Wyatt Ladd 2PM

Thursday, 28<sup>th</sup> = The Just For Fun Band 7PM

#### Store Hours:

##### Mondays

9:30am-11am

##### Wednesdays

1:30pm – 3pm

##### Fridays

9:30am -11am

#### Credit Union-QR

Wednesday, March  
13<sup>th</sup> and 27<sup>th</sup> at 10 am  
in QR

#### Scotia Bank-QR

Wednesday, March  
6<sup>th</sup> and 20<sup>th</sup>  
from 1:15pm to  
2:15pm in the QR

#### Blood Pressure Clinic

Wed, March 6<sup>th</sup> at  
11AM in Janine's  
Office

#### Program Area Codes:

**AR** - Activity Room

**B** - Bistro

**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 March Birthday Party is on Monday, March 25<sup>th</sup> at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music from Tony Nother**

**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\*\***

#### Katie's Jewellery

Come on out to the **Main Lobby** on **Wednesday, March 13<sup>th</sup>** from **9am to 2pm** to do some shopping at **Katie's Jewellery Boutique**. They will be selling beautiful handcrafted, designer brand, and unique jewellery items, as well as scarves, hats and MORE! Don't miss out on this great shopping vendor, and pay them a visit in the Main Lobby right here at your home ☺

#### Ireland Travelogue

Fasten your seatbelt, as we take you on an exciting journey to **Ireland**, where Rick Steves will teach us about the food, arts, culture, history, and luck of the Irish! Don't miss out on this fun afternoon. **2pm in the Griffith Auditorium, on Wednesday, March 13<sup>th</sup>**! Come view this great video on the BIG SCREEN!

#### St. Patrick's Sign-up Lunch!

We will be ordering in a Fish n' Chips dinner from Joe's Diner. The cost of the meal is **\$12**, and it includes beverage and dessert. Sign-up on the main board, and pay Kim, if you would like to attend our St. Patrick's Fish n' Chips lunch on **Thursday, March 14<sup>th</sup>**, at **11:30am** in the **Griffith Auditorium**. Wear Green!

#### St. Patrick's Irish Bash with Michael Kelly!

Michael Kelly will be performing for us directly following the Fish N' Chips dinner in the Griffith Auditorium. Join us for a fun pub party with snacks and green beer of course! Sing your favourite Irish Tunes with a true Irish Man – Michael Kelly! **Thursday, March 14<sup>th</sup> 12:30pm – 1:30pm** in the **Griffith Auditorium!**  
**All welcome!**

#### Outing to Gilly's Pub

Hop on the bus as we tour to Gilly's Pub for some yummy pub grub, drinks, and Games (Pool!) on **Monday, March 18<sup>th</sup>**. The mobility bus will pick us up at **11AM** from the Front Entrance of Woodland Towers, and we will return at 1:40pm. Sign your name on the activity board in the main lobby, and pay Kim your \$5.50 once your name is signed up. Please be prepared to pay for your own meal and beverage(s).

#### First Day of Spring!!!!

Join us as we welcome spring on **Wednesday, March 20<sup>th</sup>**, by wearing your Spring Colours!

#### OSPCA Talk with Christine Jones

On **Wednesday, March 20<sup>th</sup> at 2PM** in the **Griffith Auditorium**, we welcome Christine Jones from the Stratford OSPCA to talk to us about the OSPCA, Animal Poison Prevention and More! Donations to the OSPCA will be accepted today (if interested)!

#### Chapel Services-

#### Held in Spruce Lodge

**Wed. March 6<sup>th</sup>** = Ash Wednesday Service at 11am

**Thurs. March 7<sup>th</sup>** = Zion Lutheran Communion Service  
At 11am

**Wed, March 13<sup>th</sup>** = Roman Catholic Mass at 10:30am  
= LCC Communion Service at 11:15am

**Thurs, March 14<sup>th</sup>** = St. Andrew's Presbyterian  
Communion Service at 11am

**Thurs, March 21<sup>st</sup>** = St. Paul's Anglican  
Communion Service at 11am

**Thurs, March 28<sup>th</sup>** = Worship Service at 11am

#### Breakfast Café

Our **Breakfast Café** will be held on **Friday, March 22<sup>nd</sup>** at **8:45am** in the Dining Room. Our breakfast Feature will be cheesy egg scramble with toast and bacon, coffee and tea. Sign-up on the main board and pay Kim your **\$5** before the day of breakfast to claim your seat.

#### Memorial Service

Join us in the **Spruce Lodge Living Room** on **Wednesday, March 27<sup>th</sup> at 2PM**, as we remember our friends and fellow residents who have passed away this past year. Listen to some beautiful music, hear some thoughtful stories and prayers, and reminisce with friends as we enjoy refreshments afterwards.

#### Baseball Theme Day

Celebrate the Jay's Home Opener with us, as we wear our **Baseball outfits** on **Thursday, March 28<sup>th</sup>!!**

#### Open Mic with Kiersten and Friends

Our Woodland Towers Singers Choir Leader, Kiersten, will be hosting a **Community Open Mic and Music Show** with refreshments on **Friday, March 29<sup>th</sup>** at 6PM in the Griffith Auditorium. More Information will be available soon!

**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/>**

