

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Save the Date! Saturday, May 11th is the Spring Sale from 9am to 2pm! It is in Spruce Lodge and Woodland Towers.</p> 	<p>**No Coffee Hour** 1 10:15am-Gentle Group Ex.GA 1:30 WT Singers AR 1:30 -Combined Fitness GA 3 PM Crokinole RR 6:30PM – Cribbage RR</p> <p>Kim Away All Fools' Day</p>	<p>**No Coffee Hour** 2 10AM – 11AM: 50/50 tickets ML **No Stay Fit** 1:30 Balance Class- AR 1:00pm Adult Colouring Bistro 3 PM Social Hour DR 7PM – Viola`s Tribute Band SL</p> <p>Kim Away</p>	<p>**No Coffee Hour** 3 10:15am-Gentle Group Ex. GA 11AM – BP Clinic Janine's Office 1:15am – Scotia Bank QR 1:30 – Men's Strength AR 2PM – Hymn Sing with Gladys SL 6:30pm Euchre- DR</p> <p>Kim Away</p>	<p>**No Coffee Hour** 4 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am – Zion Lutheran Service SL 1:30pm- Balance Fitness Class GA 7 PM Bingo DR</p> <p>**Kim and Janine Away** <i>Jeanette is here from 1-9</i></p>	<p>8:45 am-Coffee Hour- Bistro 5 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</p> 	<p>2PM – Board Game Café DR 6:30pm Euchre-DR</p>
<p>10:00am TV Church Service 7 SL 6:30pm UNO DR 7PM- Hymn Sing with Bethel Church SL</p> 	<p>8:45am – Coffee Hour Bistro 8 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 7PM – Parkview Praise Band SL</p> <p>Janine Away Jeanette is here</p>	<p>8:45am – Coffee Hour Bistro 9 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class- AR 1:00pm Adult Colouring Bistro 2PM – Labyrinth Walk with Leslie Wright GA 2PM – Kountry Korner Band SL 3 PM Social Hour DR</p>	<p>8:45am – Coffee Hour Bistro 10 10am – Credit Union Bank QR 10:15am-Gentle Group Ex. GA 10:30am – RC Communion SL 11:15am LCC Communion SL 1PM – Hand waxing ML 2PM – Travelogue: The Netherlands GA 1:30 – Men's Strength AR 6:30pm Euchre- DR</p>	<p>8:45 am – Coffee Hour Bistro 11 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am – Presbyterian Service SL 1:30pm- Balance Fitness Class GA 2:30pm – Nature Walk ML 7 PM Bingo DR</p>	<p>8:45 am-Coffee Hour- Bistro 12 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</p> 	<p>13 6:30pm Euchre-DR</p>
<p>10:00am TV Church Service 14 SL 6:30pm UNO DR 7PM- Hymn Sing with Jubilee Church</p> 	<p>8:45am – Coffee Hour Bistro 15 10:15am-Gentle Group Ex.GA 1PM – Hand waxing ML 1:30 WT Singers RR 1:30 -Combined Fitness AR 2PM – Dan the Country Man SL 2PM – General Residents Meeting GA 3 PM Crokinole RR 6:30PM – Cribbage RR 7PM Parkview Praise Band SL</p>	<p>8:45am – Coffee Hour Bistro 16 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class- AR 1:00pm Adult Colouring Bistro 2PM – Movie Matinee: Mama Mia #2 GA</p>	<p>**No Coffee Hour** 17 9AM – 12:30PM Mini Market ML 10:15am-Gentle Group Ex. GA 1:15am – Scotia Bank QR 1:30 – Men's Strength AR 5:30PM – Hamlet Spring Dinner GA 6:30pm Euchre- DR</p>	<p>8:45 am – Coffee Hour Bistro 18 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am St. Stephen's Anglican Church Service SL 1:20pm - Snacks and Bowling at Mikes Lanes ML 1:30pm- Balance Fitness Class GA 3:30pm Stephanie`s Music SL 7 PM Bingo DR</p>	<p>Good Friday 19  Good Friday</p>	<p>20 6:30pm Euchre-DR</p> 
<p>10:00am TV Church Service 21 SL 6:30pm UNO DR</p> 	<p>8:45am – Coffee Hour Bistro 22 10:15am-Gentle Group Ex.GA 1PM – Hand waxing ML 1:30 WT Singers AR 1:30 -Combined Fitness GA 2PM – Friends With Music SL 3 PM Crokinole RR 6:30PM – Cribbage RR (Janine is away until May 1st)</p> <p>Earth Day</p>	<p>8:45am – Coffee Hour Bistro 23 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class- GA 1:00pm Adult Colouring Bistro 2 PM Ice Cream Floats \$3 DR</p> <p>Jeanette is here today</p>	<p>8:45am – Coffee Hour DR 24 10am – Credit Union Bank QR 10:15am-Mid-Level Fitness GA 1:30 – Men's Strength AR 2PM – Birthday Party with Bob Heywood (Accordion) GA 6:30pm Euchre- DR</p>	<p>**No Coffee Hour** 25 10am – 2pm Stars of SA Modern Jewellery Sale ML 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am Avondale United Service SL 1:30pm- Balance Fitness Class GA 7 PM Bingo DR 7PM – Just For Fun Band SL</p> <p>**Kim Away**</p>	<p>8:45 am-Breakfast Café DR 26 10:00am Tai Chi SL Alcove 10:30am-Stay Fit AR 1:30 Paper shredding with Emily ML ** No Jam Session** 2PM – The Nic Scott Band SL 3 PM Social Hour Bistro Jeanette is here today</p> <p>Arbor Day</p>	<p>27 6:30pm Euchre-DR</p> 
<p>10:00am TV Church Service 28 SL 2PM – Music with Shakey and Jamie SL 6:30pm UNO DR 7PM- Hymn Sing with Stephanie Schelhaas SL</p>	<p>8:45am – Coffee Hour Bistro 29 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</p>	<p>8:45am – Coffee Hour Bistro 30 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 11am – Outing to the Stratford Museum Stratford Festival Exhibit (Lunch and Museum tour) ML 1:30 Balance Class-GA 1:00pm Adult Colouring Bistro 3 PM Social Hour DR</p>	 <p>April 2019</p> <p>Woodland Towers and Hamlet Estates Activities</p>			<p>28</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, 2nd = Viola's Tribute Band 7pm

Tuesday, 9th = Kountry Korner's 2PM

Monday 15th = Sun. Mon. with Dan the Country Man 2PM

Thursday, 18th = Music with Stephanie 3:30PM

Monday, 22nd = Friends with Music 2PM

Wednesday, 24th = Hawaiian Party with Steel Drum Band 2PM

Thursday, 25th = The Just For Fun Band 7PM

Friday, 26th = The Nic Scott Band 2PM

Sunday, 28th = Music with Shakey and Jamie 2PM

Monday, 29th = Music with Joel Horvath 7PM

Tuesday, 30th = Music with Udo and Stephanie 3PM

Store Hours:

Mondays

9:30am-11am

Wednesdays

1:30pm – 3pm (not open on the 24th)

Fridays

9:30am -11am

Credit Union-QR

Wednesday, March 13th
and **27th** at 10 am in QR

Scotia Bank-QR

Wednesday, March 6th
and **20th**

from 1:15pm to 2:15pm
in the QR

Blood Pressure Clinic

Wed, April 3rd 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 April Birthday Party is on Wednesday, April 24th at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music from Bob Heywood (accordion)

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/>



Board Game Café

On **Saturday, April 6th**, join Kim in the **Dining Room at 2PM** for some fun board games. Bring your favourite game, or a deck of cards, and join us for some fun as we try new games, as well as games that we are familiar with. All welcome. Bring your friends or come solo for a wonderful afternoon (Board Games, Crokinole, Scrabble, Uno, Euchre etc.)

Labyrinth Walk with Leslie Wright

Are you interested in learning how to release stress, improve your inner peace, and combat fatigue and other chronic ailments? Walking the Labyrinth is a perfect start to building inner peace and joy. **Join us on Tuesday, April 9th at 2PM** in the **Griffith Auditorium**. Leslie will teach us how to get the most out of this relaxing, therapeutic and grounding activity. All welcome!

Travelogue: The Netherlands

Come on out to the **Griffith Auditorium** on **Wednesday, April 10th at 2pm**, as Rick Steves leads us on another tour of the Best of Europe! This trip will take us through the beautiful Netherlands with a final stop in Amsterdam! Shown on the big screen in the Griffith Auditorium, an experience that you will enjoy!

Nature Walk

How nice is it that directly across from our home is a beautiful walking path! Let's go on a nature hike through a small part of the TJ Dolan Trail (The Old Grove). Enjoy nature as the buds begin to blossom, and take in some fresh air! We will meet at **2:30pm** in the **Main Lobby** on **Thursday, April 11th**. All welcome!

Movie Matinee: Mama Mia: Here We Go Again (#2)

By popular request, we will be watching the NEW Mama Mia #2 movie on **Tuesday, April 16th at 2PM** in the **Griffith Auditorium**.

This is a comical movie that will have your feet tapping! Expect tons of laughs and maybe even some singing ☺ "Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.". Pop is \$1 and popcorn is complimentary!

Breakfast Café

The next Breakfast Café will be on **Friday, April 26th at 8:45am** in the Dining Room. The menu is French Toast with Sausage and Fruit Salad. \$5. Sign-up on the Activity Board

Chapel Services- Held in Spruce Lodge

Wed. April 3rd = Hymn Sing with Gladys 2PM

Thurs. April 4th = Zion Lutheran Communion Service
At 11am

Wed. April 10th = Roman Catholic Mass at 10:30am
= LCC Communion Service
At 11:15am

Thurs, April 11th = Presbyterian Communion
Service
At 11am

Wednesday, 17th = Readings and Prayers with
Lorraine Brooks 2PM

Thursday, 18th = St. Stephen's Anglican Service 11am

Thurs, April 25th = Avondale United Church Service 11am

Bowling Outing

On Thursday, April 18th, we will be going to Mike's Bowling Lanes at **1:20pm** for some fun bowling and snacks. Transportation, Shoe Rental, and lane fee will cost you only \$15. Sign up on the main activity board if you'd like to join us! Pay Kim to secure your seat on the bus.

Ice Cream Floats

Come on out for a yummy Ice Cream treat on **Tuesday, April 23rd at 2PM** in the **Dining Room**. Only \$3 for a Rootbeer or Orange Creamsicle Float! Join us for some fun social time and reminiscing to follow.

Stars of SA Modern Jewellery!

Save the date for our next Jewellery Sale! **Thursday, April 25th at 10am** in the Main lobby of Woodland Towers. Lots of beautiful sparkly items to consider!

Outing to the Stratford Museum

On **Tuesday, April 20th at 11am**, we will be going to the Stratford Perth Museum for lunch and a personalized tour of the museum to see The Stratford Festival Exhibit, Stratford's Heritage and the CN Shops, and even the Justin Bieber exhibit if you're interested! Transportation, admission and lunch will only cost you \$20 for this fun day out! Sign up on the main board.