

Sunday

Monday

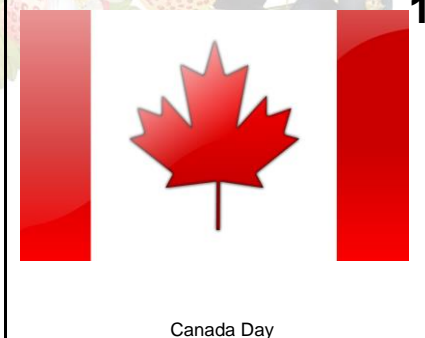
Tuesday

Wednesday

Thursday

Friday

Saturday



Canada Day

****No Coffee Hour**** 2
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Balance Class-**GA**

Kim and Janine off

8:45am – Coffee Hour **Bistro** 3
 10:15am-Gentle Group Ex. **GA**
 10am – Credit Union Bank **QR**
 1PM – Hand waxing **ML**
 1:30 – Men's Strength **AR**
 6:30pm Euchre- **DR**

Janine off

8:45 am – Coffee Hour **Bistro** 4
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness **Class GA**

Janine off

Independence Day (US)

8:45 am-Coffee Hour- **Bistro** 5
 10:00am Tai Chi **SL Alcove**
 10:30am-Stay Fit **GA**
11am BP Clinic with Jeanette
Support Workers Office
 1:30 Paper shredding with Emily **ML**
 2PM – Olde Tyme Sing along with **Karen SL**
 2:30 Hamlet Tea **RT**
 3 PM Social Hour **Courtyard**

Janine off


 3:00 Café and Pub **SL**
 6:30pm Euchre-**DR**

10:00am TV Church Service **7**
SL
 3:00 S.L. Café & Pub **SL**

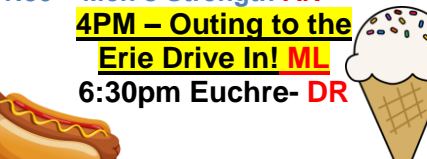


8:45am – Coffee Hour **Bistro** 8
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 1:30pm WT Singers **AR**
 1:30 -Combined Fitness **GA**
 3 PM Crokinole **RR**
 6:30PM – Cribbage **RR**


Janine off

8:45am Coffee Hour **Bistro** 9
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Balance Class-**GA**
 2PM Kountry Korner Band **SL**
 3 PM Social Hour **Courtyard**

**** No Coffee Hour**** 10
 10:15am-Gentle Group Ex. **GA**
12PM – Hamburger BBQ DR
 1PM – Hand waxing **ML**
 1:15am – Scotia Bank **QR**
 1:30 – Men's Strength **AR**
4PM – Outing to the Erie Drive In! ML
 6:30pm Euchre- **DR**



8:45 am – Coffee Hour **Bistro** 11
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness **Class GA**
2PM – Strawberries and Ice Cream Social ML \$4



****No Coffee Hour**** 12
 10:00am Tai Chi **SL Alcove**
****No Stay Fit****
 1:30 Paper shredding with Emily **ML**

Kim Off


 3:00 Café and Pub **SL**
 6:30pm Euchre-**DR**

10:00am TV Church Service **14**
SL
 3:00 S.L. Café & Pub **SL**



8:45am – Coffee Hour **Bistro** 15
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 1:30pm WT Singers **AR**
 1:30 -Combined Fitness **GA**
 2PM – Sun. Mon. Birthday Party with Caroline & Tom **SL**
2PM – Nature Walk with Katie ML
 3 PM Crokinole **RR**
 6:30PM – Cribbage **RR**
 7PM Parkview United Band **SL**

No Coffee Hour today* 16
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Balance Class-**GA**

Kim off

8:45am – Coffee Hour with Katie Bistro 17
 10am – Credit Union Bank **QR**
 10:15am-Gentle Group Ex. **GA**
 1:30 – Men's Strength **AR**
 6:30pm Euchre- **DR**

Kim Off

No Coffee Hour today* 18
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness **Class GA**

Kim Off

8:45am Coffee Hour **Bistro** 19
 10:00am Tai Chi **SL Alcove**
 10:30am-Stay Fit **GA**
 1:30 Paper shredding with Emily **ML**
 2:30 Hamlet Tea **RT**
 3 PM Social Hour **Courtyard**

11am – Outing to the Jobsite Brewery in Stratford for Lunch ML


3:00 Café and Pub **SL**
 6:30pm Euchre-**DR**

10:00am TV Church Service **21**
SL
2PM – Music with Daisy and Anna SL
 3:00 S.L. Café & Pub **SL**




8:45am – Coffee Hour **Bistro** 22
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 1:30pm WT Singers **AR**
 1:30 -Combined Fitness **GA**
 3 PM Crokinole **RR**
 6:30PM – Cribbage **RR**


8:45am Coffee Hour **Bistro** 23
 10AM – 11AM: 50/50 tickets **ML**
 10AM Music with Karen Rempel **SL**
10:30am – Goderich Beach Outing ML
 10:30am-Stay Fit- **GA**
 1:30 Balance Class-**GA**



8:45am – Coffee Hour **Bistro** 24
Mini Market 9am-12:30 PM in ML
 10:15am-Gentle Group Ex. **GA**
 1:15am – Scotia Bank **QR**
**** No Men's Class****
2PM – Community Campfire In Front of Spruce Lodge on Labyrinth
 6:30pm Euchre- **DR**




8:45 am – Coffee Hour **Bistro** 25
 10:15am -Combined Fitness **GA**
2PM – Craft Beer Tasting Spruce Lodge Courtyard



1:30pm- Balance Fitness **Class GA**
 7PM – Just for Fun Band **SL**

****No Coffee Hour**** 26
 10:00am Tai Chi **SL Alcove**
****No Stay Fit****
 1:30 Paper shredding with Emily **ML**
2PM – 4PM Community Music and Art Show SL
 1:30PM Visits with Katie
 3 PM Social Hour **Courtyard**

Kim off - Katie Here 


 3:00 Café and Pub **SL**
 6:30pm Euchre-**DR**

10:00am TV Church Service **28**
SL
 3:00 S.L. Café & Pub **SL**



****No Coffee Hour**** 29
 10:15am-Gentle Group Ex. **GA**
 1:30pm WT Singers **AR**
 1:30 -Combined Fitness **GA**
 3 PM Crokinole **RR**
 6:30PM – Cribbage **RR**

Kim Off

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



****No Coffee Hour**** 31
 10:15am-Mid-Level Fitness **GA**
 10am – Credit Union Bank **QR**
 1:30 – Men's Strength **AR**
2PM – July Birthday Party with Friends With Caroline and Tom GA
 6:30pm Euchre- **DR**
5:20PM Music in the Park Outing (sign-up) ML

July 2019

Woodland Towers and Hamlet Estates Activities

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

Spruce Lodge Entertainment

Spruce Lodge Living Room

Friday, 5th = Old Tyme Sing Along with Karen 2PM

Tuesday 9th = Kountry Korner 2PM

Monday 15th = Caroline and Tom (Sundae Mon) 2PM
= Parkview Praise Band 7PM

Sunday, 21st = Music with Daisy and Anna 2PM

Tuesday, 23th = Music with Karen Rempel 2PM

Friday, 26th = Community Music and Art Show 2PM

Store Hours:

Mondays

9:30am-11am

(Closed Canada Day)

Wednesdays

1:30pm – 3pm

(Only open on July 3rd)

Fridays

9:30am -11am

Credit Union-QR

Wednesday, July 3, 17,
and 31 **QR**

Scotia Bank-QR

Wednesday, July 10 and
24th from 1:15pm to
2:15pm in the **QR**

Blood Pressure Clinic

Friday, July 5th 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 July Birthday Party is on Wednesday,
July 31st at 2pm in the Griffith Auditorium.
Come and join us for cake and ice cream,
coffee and tea. and Special Music!*

*Mary's Mini Market and Diana's Bakery
will be here on Wednesday, July 24th
from 9am to 12:30pm in the Main Lobby
of Woodland Towers*

Erie Drive-In Outing

On **Wednesday, July 10th**, Hop on the bus, and join us for a dinner and Ice Cream outing to **the Erie Drive In**.

Our bus will leave at 4PM from the front entrance of Woodland Towers, and we will return at 6PM. It costs **\$5.50 for the bus**. Please sign your name on the main activity board and pay Kim your \$5.50 (By Tuesday, July 9th), to claim your seat!

Strawberries and Ice Cream Social!

Although the Ontario Fresh Strawberries were late this year, we will not go without! Join us for our **Strawberries and Ice Cream Social** on Thursday, July 11th at 2pm.

We will be serving from the Main Lobby of Woodland Towers. You have the choice to sit in the Dining Room, or take your treat outside (weather permitting, of course!).

It's only \$4 for this delicious treat!

Nature Walk with Katie

We are happy to have our friend Katie helping to cover some programs while Kim is away on Vacation! Come on out for **Katie's Nature Hike** on Monday, July 15th at 2PM.

You will be leaving from the Main Lobby. If the weather conditions and in our favour, the walk will take place through the "Old Grove" TJ Dolan Trail. You have your choice of how far you wish to walk. Please bring whichever you feel you require for this walk (Hat, Sun Glasses, Sunscreen, water bottle, etc.). Enjoy a lovely walk and see what is blooming in the woods!



See Insert for more program details!

Outing to the NEW Jobsite Brewery

The Jobsite Brewery is located in the old "Pounders/ Timber Mart" building near the tracks on West Gore/ Cambria St. They have turned this building into a brewery and distillery, and we will be paying them a visit on **Saturday, July 20th at 11am**. Enjoy a Brewery Tour, some woodfired homemade Pizza (yum!) and try a flight, or a pint, of their house crafted beer! The cost is \$10 plus whichever you wish to drink/ eat. Please pay Kim you \$10 before July 19th.

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 23rd 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!

Community Campfire on the Labyrinth

On **Wednesday, July 24th at 2PM** outside the front of Spruce Lodge, join us for a campfire on the Labyrinth. We will be enjoying special s'mores, as well as spidered hot dogs! Bring a lawn chair if you have one, and a beverage or 2, and come sing some campfire songs, hear some stories and enjoy a good ole' fashioned campfire with your friends and neighbours. All are welcome! Ask Kim if you need assistance finding the location of the Campfire. We will be having one campfire each summer month, so stay tuned for more dates!