

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2019

Woodland Towers and Hamlet Estates Activities

<p>10:00am TV Church Service SL 4 3:00 S.L. Café & Pub SL 6:15PM Movie Night! SL</p> 	<p>5</p>  <p><i>Civic Holiday</i></p>	<p>6 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class-GA 3 PM Social Hour Courtyard</p>	<p>7 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex. GA 11:30am – Smoked Pork Chops BBQ DR 1PM – Hand waxing ML 1:15am – Scotia Bank QR 2PM – MONTHLY SIGN-UP'S ML 6:30pm Euchre- DR 6:45PM – Stratford Police Pipe and Drum Band SL</p> 	<p>8 **No Coffee Hour**</p>  <p><i>Kim and Lindsay are away today</i></p>	<p>9 **No Coffee Hour** 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 1:30pm – Adult Colouring with Katie Bistro 2:30 PM Social Hour Bistro <i>Kim off - Katie is here</i></p> 	<p>10 3:00 Café and Pub SL 6:30pm Euchre-DR</p>  <p>2PM – Music with the Stiff Family Bluegrass Band DR 3:00 Café and Pub SL 6:30pm Euchre-DR</p> 
<p>10:00am TV Church Service SL 11 3:00 S.L. Café & Pub SL</p> 	<p>12 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML 1:30 -Combined Fitness GA 3 PM Crokinole RR 6:30PM – Cribbage RR</p>	<p>13 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 11am – KFC Lunch at the Shakespeare Pond! ML 1:30 Balance Class-GA 2PM – Kountry Korner SL</p>	<p>14 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex. GA 10am – Credit Union Bank QR 10:30am RC Communion SL 1PM – Hand waxing ML 1:30 – Men's Strength AR 2PM – Music with Shakey and Jamie SL 6:30pm Euchre- DR</p>	<p>15 8:45 am – Coffee Hour Bistro 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2PM – New Comer's Group! Bistro</p> 	<p>16 **No Coffee Hour** 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 2PM Lemonade Stand and Outdoor Games with Katie ML <i>Kim off - Katie is here</i></p> 	<p>17 3:00 Café and Pub SL 6:30pm Euchre-DR</p> 
<p>10:00am TV Church Service SL 18 3:00 S.L. Café & Pub SL</p> 	<p>19 **No Coffee Hour** 10:15am-Gentle Group Ex. GA 1:30 -Combined Fitness GA 2PM – Sundae Monday with Conn Smythe SL 3 PM Crokinole RR 6:30PM – Cribbage RR <i>Kim off</i></p>	<p>20 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class-GA 1:30 – 3PM Country Hoe Down Tractors Display SL 2PM Learn about and discuss Fall ART PROGRAM AR</p>  	<p>21 8:45am – Coffee Hour Bistro Mini Market 9am-12:30 PM in ML 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML 1:15am – Scotia Bank QR 1:30 – Men's Strength AR 2PM – Cooking Class with Judy Williams AR (\$5 each) 6:30pm Euchre- DR</p> 	<p>22 8:45 am – Coffee Hour Bistro 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2PM – Watermelon Social! ML</p> 	<p>23 **No Coffee Hour** 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 2PM SUMMER Nail Spa with Katie Bistro <i>Kim off - Katie is here</i></p> 	<p>24 3:00 Café and Pub SL 6:30pm Euchre-DR</p> 
<p>10:00am TV Church Service SL 25 3:00 S.L. Café & Pub SL</p>  	<p>26 8:45am Coffee Hour Bistro 10:15 Trivia fun in the Bistro 10:15am-Gentle Group Ex. GA 1:30 -Combined Fitness GA 1:30 PM – Make-up and Hair with Katie! AR 3 PM Crokinole RR 6:30PM – Cribbage RR <i>Kim off- Katie is here</i></p>	<p>27 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10am – Music with Karen Rempel SL 10:30am-Stay Fit- GA 1:30 Balance Class-GA 3 PM Social Hour Courtyard</p>	<p>28 **No Coffee Hour** 10:15am-Mid-Level Fitness GA 10am – Credit Union Bank QR 1:30 – Men's Strength AR 2PM – August Birthday Party with Conn Smythe GA 6:30pm Euchre- DR 5:20PM Music in the Park Outing (sign-up)</p>  	<p>29 8:45 am – Coffee Hour Bistro 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2PM – Community Campfire In Front of Spruce Lodge on Labyrinth</p> 	<p>30 8:45am Coffee Hour Bistro 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 2PM Friends with Music Band SL 3:PM Social Hour Bistro</p>	<p>31 3:00 Café and Pub SL 6:30pm Euchre-DR</p> 

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

Spruce Lodge Entertainment

Spruce Lodge Living Room

Wednesday, 7th = Stratford Police Pipe Band 6:45pm
Friday, 9th = Sing Along with Karen 2PM
Tuesday, 13th = Kountry Korner's Band 2PM
Wednesday, 14th = Music with Shakey and Jamie 2PM
Monday 19th = Sundae Monday with Conn Smythe 2PM
Tuesday, 27th = Music with Karen Rempel 10am
Friday, 30th = Friends with Music 2PM

Store Hours:

Mondays

9:30am-11am

(Closes on Civic Holiday)

Wednesdays

1:30pm – 3pm

(Only open on August 7th)

Fridays

9:30am -11am

Credit Union-QR

Wednesday, August 14th and
28th at 10AM in the QR

Scotia Bank-QR

Wednesday, August 7th and 21st
from 1:15pm to 2:15pm in the
QR

Blood Pressure Clinic

Wednesday, August 7th 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 August Birthday Party is on Wednesday, August 28th at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music with Conn Smythe!

Mary's Mini Market and Diana's Bakery will be here on Wednesday, August 28th from 9am to 12:30pm in the Main Lobby of Woodland Towers

*The Stiff
Family*



Smoked Pork Chop BBQ!

Join us on **Wednesday, August 7th** for the Smoked Pork Chop BBQ in the Dining Room at **11:30am!** This counts as one of your monthly meals. Feel free to bring some change if you'd like to purchase a beverage from the bar cart. \$1 Pop and \$3 Beer!

Monthly Sign-up's!

This month, we will be trialing a new method of sign-ups for outings, special meals and other events. For many years, we have been signing our names on the Main Activity Board for sign-ups, but starting this month, we will be signing up for all of the months events on the first Wednesday of each month. This will give you the opportunity to sign up through Kim directly, to pay in advance, and to ask questions regarding upcoming programs. You will also be able to provide suggestions for an outing or program/event idea. If you wish to attend any Outing, or class, join us at **2PM** in the **Main Lobby on Wednesday, August 7th!** These sign-ups are for Woodland Towers and Hamlet Estates Residents. First Come – First Serve.

Stratford Police Pipe and Drum Band

On **Wednesday, August 7th**, the Stratford Police Pipe and Drum Band will be performing at **6:45pm** at the **front entrance of Spruce Lodge**. Come on out to hear all of your favourite Bagpipe tunes. This event is free to all, and we welcome you to invite family and friends. There will be some chairs available, but if you have a lawn chair or another type of comfortable seat available, please feel free to bring it along with you. This event will be weather permitting.

The Stiff Family Bluegrass Gospel Band

On **Saturday, August 10th**, the Stiff Family will be performing Bluegrass Gospel Music for us, while they are here on their summer tour. This family is currently residing on the East Coast, but they are back to share their beautiful music with us. This is a very musically talented family that will brighten your day. All are welcome – please invite anyone who you feel would enjoy this program! **2PM in the Dining Room on Saturday, August 10th**

See Insert for more program details!

Lunch at the Tin House/ Shakespeare Pond

On **Tuesday, August 13th at 11am**, we will be hopping aboard the bus and touring to Shakespeare for Lunch at the Tin House Fry Truck (Burgers, Pulled Pork, Fries etc.). We will then be stopping at the Shakespeare Pond for some leisure time. (We may take our food to the picnic area at the pond for a nice view!). The cost of the bus is **\$15.50**. Please sign up in the Lobby at 2PM on Wednesday, August 7th if you'd like to come! You can also pay the day of the sign-up if funds are available.

Looking forward to having you join us!

New Comer's Group

Are you new to Woodland Towers or Hamlet Estates?

Would you like to learn more about the activity programs and events that are offered in your new home? Are you having trouble finding your way around? Or do you just have some general questions? Come on out for some complimentary tea/ coffee and cookies in the Bistro on **Thursday, August 15th at 2pm**. Bring your questions, and come looking forward to meeting some folks who are on the same boat as you 😊.

Lemonade Stand and Outdoor Games!

When life hands you lemons ...make LEMONADE! Join Katie for a refreshing glass of cold Lemonade on **Friday, August 16th at 2PM** in the **Main Lobby**. Only **50¢**. Take your lemonade outside, or enjoy it in the Dining Room/ Bistro. After Lemonade is served, we will be playing some fun outdoor games (weather permitting of course!). We look forward to spending the afternoon with you!