











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																			
10:00am TV Church Service 1 SL  Goodbye Summer!	Happy Labour Day!  Labor Day	8:45am – Coffee Hour Bistro 3 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- AR 1:30 Balance Class- AR 3PM Social Hour Bistro 7PM – Viola’s Tribute Band SL	8:45am – Coffee Hour Bistro 4 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML 1:15am – Scotia Bank QR 1:30 – Men’s Strength AR 2PM – MONTHLY SIGN-UP’S DR 6:30pm Euchre- DR SIGN-UP DAY!	**No Coffee Hour** 5 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am -BP Clinic Janine’s Office 1:30pm- Balance Fitness Class GA 7PM – Bingo DR Kim at meeting	8:45 am-Coffee Hour- Bistro 6 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  3:00 Café and Pub SL 6:30pm Euchre- DR	10:00am TV Church Service 8 SL 2PM – Daisy & Anna SL 3PM – Grandparent’s Day Tea with Homemade Cookies @ the SL Café and Pub! SL  Grandparents' Day	8:45am – Coffee Hour Bistro 9 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML 1:30pm WT Singers AR 1:30 -Combined Fitness GA 2PM – After Grandparents Day Bring and Brag! DR 3 PM Crokinole RR 6:30PM – Cribbage RR	8:45am – Coffee Hour Bistro 10 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class- AR 2PM – Book Talk with Lisa Hutchison: “Bertha” GA 3PM Social Hour Bistro	8:45am – Coffee Hour Bistro 11 9am-2PM Katie’s Jewellery Sale ML 10am – Credit Union Bank QR 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML 1:30 – Men’s Strength AR 2PM – Memorial Service SL 6:30pm Euchre- DR 6:30PM – Art Night AR	8:45am – Coffee Hour Bistro 12 10:00am- Bible Study AR 10:15am -Combined Fitness AR 12PM – Chicken BBQ #1 AR 1:30pm- Balance Fitness Class GA 3PM – Music with Udo and Stephanie SL 7PM – Bingo DR	8:45 am-Coffee Hour- Bistro 13 10:30am-Stay Fit GA 12PM – Chicken BBQ #2 AR 1:30 Paper shredding with Emily ML 2PM – Friday Tunes Jam Session GA 3 PM Social Hour GA  2PM Old Time Sing Along with Karen SL 3:00 Café and Pub SL 6:30pm Euchre- DR	10:00am TV Church Service 15 SL  8:45am – Coffee Hour Bistro 16 10:15am-Gentle Group Ex. GA 1PM – Hand waxing ML **No Choir** 1:30 -Combined Fitness GA 2PM – Sundae Monday with Caroline and Tom SL 3 PM Crokinole RR 6:30PM – Cribbage RR	8:45am – Coffee Hour Bistro 17 10AM – 11AM: 50/50 tickets ML 10:30am-Stay Fit- GA 1:30 Balance Class- GA 1:00pm Adult Colouring Bistro 2PM –Community Campfire In front of Spruce Lodge on Labyrinth 	Mini Market 9am-12:30pm ML 18 10:15am-Gentle Group Ex. GA 11:30PM – Hot Dog BBQ DR 1:15am – Scotia Bank QR 1:30 – Men’s Strength GA 2PM – Dan the Country Man SL 2PM – Cooking Class with Judy Williams AR (\$5 each) 5:30PM Hamlet BBQ GA 6:30pm Euchre- DR	**No Coffee Hour** 19 10:00am- Bible Study AR 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2:30PM – Music with Steph SL 5PM – Outing to the Stratford Fall Fair! ML 7PM – Bingo DR	**No Coffee Hour** 20 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 2PM – Friday Tunes Jam Session GA 3PM – Social Hour GA Kim off	2PM – Coffee House and Open Mic – Community Gathering. All welcome! *Feel free to bring a song, story, joke or special item to share ☺** DR 3:00 Café and Pub SL 6:30pm Euchre- DR Oktoberfest Begins	10:00am TV Church Service 22 SL  Autumn Begins	8:45am – Coffee Hour Bistro 23 10:15am-Gentle Group Ex. AR 1PM – Hand waxing ML 1:30pm WT Singers RR 1:30 -Combined Fitness AR 3 PM Crokinole RR 6:30PM – Cribbage RR	8:45am – Coffee Hour Bistro 24 10AM – 11AM: 50/50 tickets ML 10am Music with Karen Rempel SL 10:30am-Stay Fit- GA 1:30 Balance Class- GA 1:00pm Adult Colouring Bistro 3PM Social Hour Bistro	8:45am – Coffee Hour Bistro 25 10:15am-Mid-Level Fitness GA 10am – Credit Union Bank QR 1:30 – Men’s Strength AR 2PM – September Birthday Party with Friends With Music GA 6:30pm Euchre- DR 6:30PM – Art Night AR	**No Coffee Hour** 26 10:00am- Bible Study AR 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 4:00PM – Outing to River Valley Golf Course for Paul Smith’s Wings! ML 7PM – Bingo DR 7PM – Just for Fun Band SL	8:45 am- Breakfast Café DR 27 10:30am-Stay Fit GA 1:30 Paper shredding with Emily ML 2PM – Friday Tunes Jam Session GA 3 PM Social Hour GA  3:00 Café and Pub SL 6:30pm Euchre- DR	10:00am TV Church Service 29 SL  Rosh Hashanah (first Day)	8:45am – Coffee Hour Bistro 30 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

September 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

Tuesday, 3rd = Viola's Tribute Band 7PM

Tuesday, 10th = Kountry Korner's Band 2PM

Thursday, 12th = Music with Udo and Steph 3PM

Saturday, 14th = Sing Along with Karen 2PM

Monday 16th = Sundae Monday: Tom and Caroline 2PM

Wednesday, 18th = Music with Dan the Country Man 2PM

Thursday, 19th = Music with Stephanie 2:30PM

Tuesday, 24th = Music with Karen Rempel 10am

Thursday, 26th = The Just for Fun Band 7PM

Store Hours:

Mondays

9:30am-11am

(Closed on Labour Day)

Wednesdays

1:30pm – 3pm

(Not open on Sept. 25th)

Fridays

9:30am -11am

Credit Union-QR

Wednesday, August 14th

and 28th at 10AM in the

QR

Scotia Bank-QR

Wednesday, September

4th and 18th from 1:15pm

to 2:15pm in the QR

Blood Pressure Clinic

Thursday, September

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

Monthly Sign-up`s!

Our Monthly Sign-up session will take place on **Wednesday, September 4th** at **2PM** in the **Dining Room**. Come on out, and sign-up for the following programs: Chicken BBQ #1 & #2, Cooking Class, Outing to the Fall Fair, Outing to River Valley, and Breakfast Café! Sign-up directly, pay in advance, and reserve your seat! These sign-ups are for Woodland Towers and Hamlet Estates Residents. First Come – First Serve.

Jam Sessions

Last year, we began a very successful and fun regular program called "Friday Tunes: Jam Session"! We took a break over the summer, but we are looking forward to starting back this month! If you, or anyone you know, enjoy playing a musical instrument, or if you are interested in learning more about playing instruments, we would be happy to have you join us for some fun each **Friday Afternoon at 2PM** in the **Griffith Auditorium**. Bring any musical content that you need, or play by ear. Residents, Family, Community, Staff, everyone is welcome! Happy Hour begins at 3PM ☺

After Grandparents Day Bring and Brag!

We are celebrating Grandparents Day this year with a special "Bring and Brag" program. Bring a photo of your Grandchildren, something that they gave/made you or even a story to share with our group! Come and join us for some fun and some refreshments in the **Dining Room** at **2PM** on **Monday, September 9th**. All welcome ☺

Book Talk with Lisa Hutchison

Bertha: Shine Like the Dawn is the true story of Bertha, the author's great-grandmother, born into relative wealth and comfort in 1860 Germany, orphaned as a baby, and begrudgingly raised by two sets of grandparents. This is a tender romance, filled with compassion and many unexpected turns in life. Bertha experiences unbelievable trials, tribulations, and triumphs, as well as great love and great loss. Readers will cheer for her, cry for her, and love with her.

Tuesday, September 10th, at 2PM in
the Griffith Auditorium.

Katie's Jewellery Sale!

Come and see what Katie has to offer at her Jewellery Sale **Wednesday, September 11th** from **9am to 2pm.**

Chicken BBQ's

Sign-up at the Monthly Sign-up session on Wednesday, September 4th at 2PM if you would like to come to one of the Chicken BBQ's on **Thursday, September 12th** and **Friday September 13th** at **12PM in the Activity Room.** **Only \$10** for BBQ Chicken, Corn on the Cob, Baked Potato, Caesar Salad, Ice Cream Bar and Gingerale!

Community Campfire

On **Tuesday, September 17th** 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! (Bring a lawn chair if you'd like)

Cooking Class with Judy

On **Wednesday, September 18th**, come on out for our Cooking Class with Judy Williams in **the Activity Room** at **2PM**. This will be a monthly program, costing only \$5 (to cover the cost of groceries). Judy is a Pampered Chef Consultant, and she's very excited to teach us simple methods of cooking/ baking delicious meals and treats.

Speak with Kim at 2PM on Wednesday, September 4th, at the sign-up session if you'd like to attend!

The September Birthday Party is on Wednesday, September 25th at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music with "Friends with Music"

Mary's Mini Market and Diana's Bakery will be here on Wednesday, September 18th from 9am to 12:30pm in the Main Lobby of Woodland Towers