


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00am TV Church Svc. <b>SL</b> 1 3:00 S.L. Café & Pub 7PM- Hymn Sing with Bethel Church <b>SL</b> 	8:45am – Coffee Hour <b>Bistro</b> 2 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Combined Fitness <b>GA</b> 2PM – Hawaiian Party with Shaky D <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30PM – Cribbage <b>RR</b> 6:30PM – Bid Euchre/ Pepper <b>RR</b>	8:45am – Coffee Hour <b>Bistro</b> 3 10AM –11:30AM: 50/50 tickets <b>ML</b> 10:15am-Stay Fit- <b>AR</b> 1:00pm Adult Colouring <b>Bistro</b> 1:30 Balance Class- <b>AR</b> 3 PM Social Hour <b>Bistro</b> 6:30pm – Uno <b>DR</b> 7PM – Violas Tribute Band <b>SL</b>	8:45am – Coffee Hour <b>Bistro</b> 4 9:30am Scotiabank <b>Conf. Rm. #1</b> 10:15am-Gentle Group Ex. <b>AR</b> 11am BP Clinic <b>Janine's Office</b> 1:30PM MONTHLY SIGN-UP'S <b>DR</b> 1:30 – Men's Strength <b>AR</b> 6:30pm Euchre- <b>DR</b> 6:30pm – Art Class <b>AR</b>	8:45am Coffee Hour <b>Bistro</b> 5 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15am -Combined Fitness <b>GA</b> 1:30pm- Balance Fitness Class <b>GA</b> 2PM – Face Masks and Hand Massages \$1 <b>AR</b> 7PM – Bingo <b>DR</b> Kim at ADHOP	8:45am Coffee Hour <b>Bistro</b> 6 10:15am-Stay Fit <b>GA</b> 1:30 Paper shredding with Emily <b>ML</b> 2PM – Friday Tunes: Jam Session with Tom Melady <b>GA</b> 2PM – Manicures <b>AR</b> 2:30 Hamlet Tea <b>RT</b> 3 PM Social Hour <b>GA</b> 6PM – Movie Night <b>GA</b> 	 **Spring your clocks ahead before you go to bed!** 3:00 Café and Pub <b>SL</b> 6:30pm Euchre- <b>DR</b>	
10:00am TV Church Svc. <b>SL</b> 8 3:00 S.L. Café & Pub 7PM- Hymn Sing with Jubilee Church <b>SL</b>  Happy St. Patrick's Day Daylight Saving Time Begins	8:45am – Coffee Hour <b>Bistro</b> 9 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Combined Fitness <b>GA</b> 2PM – Sun. Mon with Dan the Country Man <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30PM – Cribbage <b>RR</b> 6:30PM – Bid Euchre/ Pepper <b>RR</b> Purim Begins	8:45am – Coffee Hour <b>Bistro</b> 10 10AM –11:30AM: 50/50 tickets <b>ML</b> 10:15am-Stay Fit- <b>GA</b> 2PM – Irish Shindig and Pub with Michael Kelly! All Welcome <b>GA</b> 1:30 Balance Class- <b>AR</b> 3 PM Social Hour <b>Bistro</b> 6:30pm – Uno <b>DR</b> Wear Green today!	8:45am – Coffee Hour <b>Bistro</b> 11 10am Credit Union Bank <b>Conf Rm. #1</b> 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 – Men's Strength <b>AR</b> 6:30pm Euchre- <b>DR</b> 	8:45am Coffee Hour <b>Bistro</b> 12 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15am -Combined Fitness <b>GA</b> 1PM – 4PM PHOTO DAY For residents with last name starting with A – L <b>Main lobby</b> 1:30pm- Balance Fitness Class <b>GA</b> 7PM – Bingo <b>DR</b>	8:45am Coffee Hour <b>Bistro</b> 13 10:15am-Stay Fit <b>GA</b> 1:30 Paper shredding with Emily <b>ML</b> 3 PM Social Hour <b>Bistro</b> 1PM – 4PM PHOTO DAY For residents with last name starting with M-Z <b>Main lobby</b> 2PM – Hymn Sing with Gladys and Karen <b>SL</b> 6PM – Men's Club: Beer Tasting <b>AR</b>	 3:00 Café and Pub <b>SL</b> 6:30pm Euchre- <b>DR</b>	
10:00am TV Church Svc. <b>SL</b> 15 3:00 S.L. Café & Pub  <b>MARCH BREAK!</b>	8:45am – Coffee Hour <b>Bistro</b> 16 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Combined Fitness <b>AR</b> 2pm – Woodland Towers Singers Concert followed by <b>KARAOKE! GA</b> 3 PM Crokinole <b>RR</b> 6:30PM – Cribbage <b>RR</b> 6:30PM – Bid Euchre/ Pepper <b>RR</b>	8:45am – Irish Cream Coffee Hour <b>Bistro</b> 17 10AM –11:30AM: 50/50 tickets <b>ML</b> 10:15am-Stay Fit- <b>GA</b> 2PM <b>Outing to Molly Blooms ML</b> 1:30 Balance Class- <b>AR</b> 2PM – St. Patrick's Day Party with Caroline & Tom <b>SL</b> 6:30pm – Uno <b>DR</b> St. Patrick's Day	8:45am – Coffee Hour <b>Bistro</b> 18 9AM – 12:30PM Dianna and Mary's Mini Market <b>FL</b> 9:30am Scotiabank <b>Conf. Rm. #1</b> 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 – Men's Strength <b>AR</b> 2PM – 50's TV and Celebrity Trivia on the <b>BIG screen! GA</b> 6:30pm Euchre- <b>DR</b> 6:30pm –Art Class <b>AR</b>	8:45am Coffee Hour <b>Bistro</b> 19 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15am -Combined Fitness <b>GA</b> 1:30pm- Balance Fitness Class <b>GA</b> 2PM – Spring Manicures <b>AR</b> 7PM – Bingo <b>DR</b> Wear your Spring Colours! Spring Begins	8:45am Coffee Hour <b>Bistro</b> 20 10:15am-Stay Fit <b>GA</b> 1:30 Paper shredding with Emily <b>ML</b> 2PM – Friday Tunes: Jam Session with Tom Melady <b>GA</b> 1:30PM Baking w. Katie <b>AR</b> 2:30 Hamlet Tea <b>RT</b> 3 PM Social Hour <b>GA</b> 6PM – Movie Night <b>GA</b>	<b>2PM – Spring has SPRUNG Karaoke in the GA</b> 3:00 Café and Pub <b>SL</b> 6:30pm Euchre- <b>DR</b>	
10:00am TV Church Svc. <b>SL</b> 22 3:00 S.L. Café & Pub 	8:45am – Coffee Hour <b>Bistro</b> 23 10:15am-Gentle Group Ex. <b>GA</b> 1PM – Hand waxing <b>ML</b> 1:30 -Combined Fitness <b>AR</b> 2PM – General Residents Meeting <b>GA</b> 3 PM Crokinole <b>RR</b> 6:30PM – Cribbage <b>RR</b> 6:30PM – Bid Euchre/ Pepper <b>RR</b>	8:45am – Coffee Hour <b>Bistro</b> 24 10AM –11:30AM: 50/50 tickets <b>ML</b> 10:15am-Stay Fit- <b>GA</b> 1:00pm Adult Colouring <b>Bistro</b> 1:30 Balance Class- <b>GA</b> 2 PM Take me out to the Ball Game Social <b>Dining Room</b> 6:30pm – Uno <b>DR</b> Wear your <b>Baseball Jersey!!</b> 	8:45am – Coffee Hour <b>Bistro</b> 25 10am Credit Union Bank <b>Conf Rm. #1</b> 10:15am-Gentle Group Ex. <b>GA</b> 1:30 – Men's Strength <b>AR</b> 2PM – March Birthday Party with The Time Travelers Country Band <b>GA</b> 6:30pm Euchre- <b>DR</b>	8:45am Coffee Hour <b>Bistro</b> 26 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15am -Combined Fitness <b>GA</b> 1:30pm- Balance Fitness Class <b>AR</b> 2PM – Basic Budgeting Workshop with Tanya from the <b>YNCU GA</b> 7PM – Bingo <b>DR</b> 6PM – Hockey Game <b>GA</b>	8:45am Breakfast Café <b>DR</b> 27 10:15am-Stay Fit <b>GA</b> 1:30 Paper shredding with Emily <b>ML</b> 1:30PM – Nature Walk <b>ML</b> 3 PM Social Hour <b>Bistro</b> 	 3:00 Café and Pub <b>SL</b> 6:30pm Euchre- <b>DR</b>	
10:00am TV Church Svc. <b>SL</b> 29 3:00 S.L. Café & Pub 	8:45am – Coffee Hour <b>Bistro</b> 30 10:15am-Gentle Group Ex. <b>GA</b> 11PM -Outing to McDonalds <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Combined Fitness <b>GA</b> 3 PM Crokinole <b>RR</b> 6:30PM – Cribbage <b>RR</b> 6:30PM – Bid Euchre/ Pepper <b>RR</b>	8:45am – Coffee Hour <b>Bistro</b> 31 10AM –11:30AM: 50/50 tickets <b>ML</b> 10:15am-Stay Fit- <b>GA</b> 1:00pm Adult Colouring <b>Bistro</b> 1:30 Balance Class- <b>GA</b> 3 PM Social Hour <b>Bistro</b> 6:30pm – Uno <b>DR</b>				<h1>March 2020</h1> <h2>Woodland Towers and Hamlet Estates Activities</h2> 	

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

Monday, 2<sup>nd</sup> = Hawaiian Party with Shaky D 2PM

Tuesday, 3<sup>rd</sup> = Karen Rempel 10am

Tuesday, 3<sup>rd</sup> = Viola's Tribute Band 7PM

Monday, 9<sup>th</sup> = Sundae Mon. with Dan the Country Man 2PM

Tuesday, 10<sup>th</sup> = Kountry Korner 2PM

Friday, 13<sup>th</sup> = Hymn Sing with Gladys and Karen 2PM

Tuesday, 17<sup>th</sup> = St. Patrick's with Caroline and Tom 2PM

Wednesday, 18<sup>th</sup> = Music with Udo and Steph 3PM

Thursday, 26<sup>th</sup> = The Just for Fun Band 7PM

#### Store Hours:

##### Mondays

9:30am-11am

##### Wednesdays

1:30pm – 3pm

(Not open on March 25<sup>th</sup>)

##### Fridays

9:30am -11am

#### Credit Union

Wednesday, March 11<sup>th</sup>

and 25<sup>th</sup> at 10AM in

Conference Room #1

#### Scotia Bank

Wednesday, March 4<sup>th</sup>

and 18<sup>th</sup> at 9:30am in

Conference Room #1

#### Blood Pressure Clinic

Wednesday, March 4<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

ML – Main Lobby

**The March Birthday Party is on Wednesday, 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 The Time Travellers Country Band!**

**Mary's Mini Market and Diana's Bakery will be here on Wednesday, March 18<sup>th</sup>**

**from 9am to 12:30pm at the**

**Front Entrance**

#### Monthly Sign-up's!

Our Monthly Sign-up session will take place on **Wednesday, March 4<sup>th</sup>** at **1:30PM** in the **Dining Room**. Come on out, and sign-up for the following programs: Outing to Molly Blooms, Outing to McDonalds, 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.

#### Friday Tunes Jam Session with Tom!

We look forward to our upcoming jam sessions on **Friday, March 6<sup>th</sup> and 20<sup>th</sup>**! Our friend Tom Melady will be leading these sessions for us. We welcome you to join us in the **Griffith Auditorium at 2PM** to hear some of your favourite songs. If you play an instrument, you are welcome to play with our group made up of residents and community participants. All are welcome ☺ - This is a fun afternoon where we have the opportunity to practice our music in a safe and supportive atmosphere, with our fellow residents present. Happy Hour will be served at 3pm, so bring some cash if you'd like a beverage!

#### Irish Shindig and Pub with Michael Kelly!

One of our FAVOURITE days of the year is on its way! St. Patrick's Day! We are going to start the festivities off early this year with a special St. Paddy's Irish Shindig and Pub in the **Griffith Auditorium at 2PM on Tuesday, March 10<sup>th</sup>**. Come on out for some Irish tunes performed by the one and only Michael Kelly! Onion Rings (\$2), munchies and beverages are available, so bring along some cash if you'd like some refreshments! Wear green, bring a smile, and invite your friends and family to join in the fun! No admission charge.

#### Photo Days

It's important that we have an up-to-date photo of all of our residents in Woodland Towers, for the purpose of identification during an emergency or medical encounter. You will soon receive a notification in your mailboxes with a date and time that you will be required to come to the Main Lobby of Woodland Towers to have your photo taken for our system. Please make the necessary changes to meet your appointment time. Connect with Kim or Katie if you have any questions. We thank-you in advance for your assistance with this project and we appreciate your cooperation ☺

#### Woodland Towers Singers Concert/ Karaoke

On Monday, **March 16<sup>th</sup>**, at **2PM in the Griffith Auditorium**, we will enjoy a special performance from our very own Woodland Towers Singers! Come and listen to what they have been working on, and stay for some Karaoke!

#### St. Patty's Day 2020!

On St. Patty's Day, **Tuesday, March 17<sup>th</sup>** we will enjoy an Irish Cream Coffee Hour (at **8:45am** in the **Bistro**)! Come on out for some Irish Cream in your coffee on this special lucky and **GREEN** day! Spring is just around the corner! In the afternoon, we will head out to Molly Blooms for some apps, live music and **GREEN BEER**! Please note that unfortunately Molly Blooms is not wheelchair accessible, but we look forward to going to another more accessible pub next month, so stay tuned! If you are signing up for the Molly Blooms outing, please come to the Sign-up session in the Dining Room at 1:30PM on Wednesday, March 4<sup>th</sup>. You can pay Kim then. It is \$5.50 for your bus fare (be prepared to pay for your drinks and apps at Molly Blooms)

#### 50s Trivia!

On **Wednesday, March 18<sup>th</sup> at 2PM**, we will be Playing a fun 50s trivia game, on the **BIG SCREEN** in the Griffith Auditorium! Come on out and participate or watch. This game will show video clips, commercials and celebrities from the 50s and it is a lot of fun.

#### Spring has sprung Karaoke!

Join us in the Griffith Auditorium on **Saturday, March 21<sup>st</sup> at 2PM** for some fun Karaoke to celebrate the beginning of Spring! Beverages are available from the Bar Cart! \$1 Pop, \$2 Liquor, and \$3 Beer. Sing your favourite songs and read the lyrics on the big screen. All are welcome to join us for this fun afternoon!

#### Take Me out to the Ballgame

On **Tuesday, March 24<sup>th</sup>** we will be celebrating our Baseball day! Wear your jerseys and celebrate with us as we gear up for another exciting season of baseball! At **2pm**, join us in the Dining Room for some drinks and games!