





# Recreation Choices March 2020

Stittsville Villa by Revera • Andrea McIntyre, Recreational Director, Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
1:30 *Mental Aerobics AR 2:00 Latin Chair Dancing w/Michael 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T <b>"Celine Dion" Live in Las Vegas</b>	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 JAVA Music Club AR</b> 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR 2:00 Shuffleboard GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	9:30 Gentle Fitness GR <b>10:15 Giant Tiger Shuttle</b> <b>10:30 "Tulip"visits w/Kim L</b> 11:00 * Memory Workout I Pad GR 11:30 Manicures w/ Jean AR <b>2:00 Music / Vicki Spurrell L</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Euchre AR	9:30 Ball Fitness GR <b>10:15 Grocery Shopping &amp; Bank</b> <b>10:30 Catholic Service T</b> 11:00 * Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre AR	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>2:00 Music/ Barry &amp; Heather L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Movie – T Resident Choice 7:00 Shuffleboard GR	<b>9:45 Hazeldean Mall Shuttle</b> 10:00 Crafts AR 11:00 *I Pad Word Challenge GR <b>12:30 Calendar Planning w/Andrea AR</b> 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "Hairspray"	10:00 Knotty Knitters AR <b>11:00 *I Pad word scapes GR</b> 12:30 TEP Tier 2 Fitness GR 1:30 Mental Aerobics AR <b>2:00 Music/Trudy Latourneau L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR <b>Clocks ahead 1 hour at bedtime</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Daylight Saving</b> <b>10:00 Dorothy on Piano Sing a long L</b> 1:30 *Mental Aerobics AR <b>2:00 Music / Sophia Qu L Piano</b> 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Save The Last Dance"	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 JAVA Music Club AR</b> 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:00 Healthy Minds / Dental Services Presentation GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	9:30 Gentle Fitness GR <b>10:45 Lunch / Heart &amp; Soul Café Dunrobin</b> 11:00 * Memory Workout I Pad GR 11:30 Manicures w/ Sue & Jean <b>2:00 Music / The Kay Denison Trio</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Euchre AR	9:30 Ball Fitness GR <b>10:00 Salvation Army Shuttle</b> 11:00 * Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre AR	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>1:00 Healthy Minds Helix Hearing</b> <b>2:00 Pool Noodle Hockey GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR <b>7:00 Music / Simon Clarke L</b>	<b>9:45 Walmart-Fernbank Mall</b> 10:00 Crafts AR 11:00 *I Pad Word Challenge GR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "My Girl"	10:00 Knotty Knitters AR <b>11:00 * I Pad Travels GR</b> 12:30 TEP Tier 2 Fitness GR 1:45 Mental Aerobics AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 Color Your World AR 1:30 *Mental Aerobics AR <b>2:00 Latin Chair Dancing w/Michael</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "The Book Thief"	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 JAVA Music Club - AR</b> 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:00 * Trivia / Ireland AR</b> 3:00 Afternoon Tea 3:45 Social Club GR 7:00 Bingo GR	<b>St Patrick's Day</b> 9:30 Gentle Fitness GR <b>10:15 Drive / Cobs Bakery /Barrhaven</b> <b>10:30 "Tulip"visits w/Kim L</b> <b>11:00 * Travel to Ireland – I Pad GR</b> 11:30 Manicures w/Sue & Jean AR <b>11:15 The Glen Scottish Pub /Lunch</b> <b>2:00 Music/ Steve Malcolm L</b> <b>3:00 Leprechaun Coolers / Tea L</b> <b>3:45 Social Club / Green Beer GR</b> 7:00 Bridge GR	9:30 Ball Fitness GR 11:00 Mental Aerobics AR <b>11:15 Shuttle Play-Matinee at the Gladstone" Dancing at Lughnasa"</b> 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 3:45 Social Club GR <b>7:00 Denyse on Piano L</b>	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>2:00 In House Shopping L Tan Jay Clothing</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Shuffleboard GR	<b>9:45 Hazeldean Mall Shuttle</b> 10:00 Crafts AR 11:00 * I Pad Word Challenge 2:00 Bingo GR 2:00 Scrabble AR 3:00 Valentine Tea L 3:45 Social Club GR 7:00 Movie T "Take Me Out To The Ball Game"	10:00 Knotty Knitter AR <b>11:00 *Buzz Off" Trivia GR</b> 12:30 TEP Tier 2 Fitness GR 1:30 Mental Aerobics AR <b>2:00 Shuffleboard GR</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>10:00 Dorothy on Piano Hymns &amp; Songs L</b> 1:30 * Mental Aerobics AR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Sparkle"	9:30 Exercise w/ Yvonne GR 10:00 Exercise w/ Yvonne GR 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:00 Sounds of Music Chorus L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	9:30 Gentle Fitness GR 11:00 * I Pad Word Challenge GR 11:30 Manicures w/Sue & Jean AR <b>12:00 Smith Falls / Tweed Visitor Centre Tour</b> 2:00 Bean Bag Toss GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bridge GR	9:30 Ball Fitness GR <b>10:00 Anglican Service T</b> <b>10:15 Dollar Store Shuttle</b> 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR <b>3:30 Villa Food For Thought Meeting</b> 3:45 Social Club GR 7:00 Euchre AR	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 Presentation/Kidney Function Director Of Health &amp; Wellness</b> 1:00 COPD Fitness GR <b>2:00 Birthday Party! Cathy &amp; Bernie</b> 2:00 Scrabble AR 3:45 Social Club GR 7:00 Shuffleboard GR	<b>9:45 Walmart-Fernbank Shuttle</b> 10:00 Crafts AR <b>10:30 Stittsville Curling Club /Watch Curling &amp; Lunch</b> 2:00 Bingo GR <b>3:00 Wine &amp; Cheese / Welcoming New Residents &amp; Tenants L</b> 3:45 Social Club GR 7:00 Friday Night Movie T "National Velvet"	10:00 Knotty Knitters AR 11:00 * Mental Aerobics GR 12:30 TEP Tier 2 Fitness GR <b>2:00 *I Pad International "What's in the News GR</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>29</b>	<b>30</b>	<b>31</b>	<b>Dates To Remember</b>	<b>Room Legend</b>		
10:00 Color Your World AR 1:30 *Mental Aerobics AR <b>2:00 Music / Vintage Fiddlers L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "The Secret Garden"	9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 JAVA Music Club AR</b> 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:30 Villa Resident Meeting GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	9:30 Gentle Fitness GR <b>10:15 Mystery Drive</b> <b>10:30 "Tulip"visits w/Kim L</b> 11:00 * I Pad Word Scapes GR 11:30 Manicures w/ Sue & Jean AR <b>2:00 Pool Noodle Hockey GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR <b>7:00 Denyse on Piano L</b>	<b>March 10<sup>th</sup> lunch / Heart &amp; Soul Café in Dunrobin</b> <b>March 17<sup>th</sup> St Patrick's Day</b> <b>March 18<sup>th</sup> Play / Gladstone Theatre</b> <b>March 19<sup>th</sup> In House Shopping Tan Jay</b>	<b>GR Games Room</b> <b>AR Activity Room</b> <b>L Lounge</b> <b>T Theatre</b>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

