

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# JUNE 2017

## Woodland Towers and Hamlet Estates Exercises Classes and Activities



 <p>6:30PM Uno <b>DR</b></p>	<p>4 8:45 am- Coffee Hour-<b>DR</b> 10:15am- Mid-Level Fitness <b>GA</b> 10:30am – Karen Goforth <b>SL</b> 1 PM--Hand Waxing-<b>ML</b> 1:30PM – Strength Fitness Class <b>GA</b> 1:30 Music and Sing Along Group <b>RR</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>5 8:45 am-Coffee Hour-<b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble –<b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 3PM – Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b> 7PM – Viola's Tribute Band <b>SL</b></p>	<p>6 8:45 am-Coffee Hour-<b>DR</b> 10am– Credit Union-<b>QR</b> 10:15am – Mid-Level Fitness <b>GA</b> 11 am – Blood Pressure Clinic <b>Janine's Office</b> 1 PM--Hand Waxing-<b>ML</b> 2PM – Movie Matinee: A Dog's Purpose (\$snacks available\$) <b>GA</b> 6:30pm Euchre-<b>DR</b></p>	<p>7 8:45 am-Coffee Hour-<b>DR</b> 10:15am – Strength Fitness Class <b>GA</b> 12PM – Steak BBQ (Sign-up) <b>AR</b> 1:30pm – Carpet Bowling – <b>GA</b> 1:30pm – Balance Fitness Class – <b>GA</b> 2pm – Krafty Korner <b>AR</b> 2:pm Cards &amp; Games <b>RT</b> 7pm Bingo <b>DR</b></p>	<p>8 8:45 am-Coffee Hour-<b>DR</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 12PM – Steak BBQ (Sign-up) <b>AR</b> 2PM – Four Steps Gospel Quartet <b>SL</b> 3pm Trivia Quest Happy Hour! <b>AR</b></p>	 <p>6:30pm Euchre-<b>DR</b></p>	
 <p>6:30PM Uno <b>DR</b></p>	<p>11 8:45 am- Coffee Hour-<b>DR</b> 10:15am- Mid-Level Fitness <b>GA</b> 1 PM--Hand Waxing-<b>ML</b> 2PM –Sing Along Time with Karen Goforth <b>GA</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7PM – Main Street United Church Choir <b>SL</b> 7pm Bridge <b>DR</b></p>	<p>12 8:45 am-Coffee Hour-<b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble –<b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 2PM – Kountry Korner <b>SL</b> 3PM – Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b></p>	 <p>13 8:45 am-Coffee Hour-<b>DR</b> 10am– Credit Union-<b>QR</b> 10:15am – Mid-Level Fitness <b>GA</b> 10:30am – 3PM Silver's Clothing Sale <b>SL</b> 1 PM--Hand Waxing-<b>ML</b> 1:15pm- Scotia Bank-<b>QR</b> 1:30PM – Strength Fitness Class <b>GA</b> 2PM – *Father's Day Special* Car Talk with Sean McCoy from the Stratford Perth Archives <b>GA</b> 6:30pm Euchre-<b>DR</b> Flag Day (US)</p>	<p>14 8:45 am-Coffee Hour-<b>DR</b> 10:15am – Strength Fitness Class <b>GA</b> 1:30pm – Balance Fitness Class - <b>AR</b> 2:pm Cards &amp; Games <b>RT</b> 2pm – Knitting/ Crafting <b>RR</b> 2pm – How to Safely Use a Fire Extinguisher with Tim Adair <b>GA</b> 7pm Bingo <b>DR</b></p>	<p>15 8:45 am-Coffee Hour-<b>DR</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 11 am – Army and Navy Outing <b>ML</b> 2PM – Nic Scott Band <b>SL</b> 2:30pm – Hamlet Tea <b>RT</b> 3pm Karaoke Time Happy Hour! <b>AR</b></p>	 <p>It's SUMMER! 6:30pm Euchre-<b>DR</b></p>	
 <p>6:30PM Uno <b>DR</b> Father's Day</p>	<p>18 8:45 am- Coffee Hour-<b>DR</b> 10:15am- Mid-Level Fitness <b>GA</b> 1 PM--Hand Waxing-<b>ML</b> 1:30PM – Strength Fitness Class <b>GA</b> 1:30 Music and Sing Along Group <b>RR</b> 2PM – Sundae Monday with the Half Tones <b>SL</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>19 8:45 am-Coffee Hour-<b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble –<b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 3PM – Happy Hour <b>AR</b> Cruise Night Car Show! 5PM – 8PM Rear Parking Lots of Woodland Towers/ Spruce Lodge **Food, Music, Cars, and More!**</p>	 <p>20 8:45 am-Coffee Hour-<b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble –<b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 3PM – Happy Hour <b>AR</b> Cruise Night Car Show! 5PM – 8PM Rear Parking Lots of Woodland Towers/ Spruce Lodge **Food, Music, Cars, and More!**</p>	<p>21 8:45 am-Coffee Hour-<b>DR</b> 10:15am – Strength Fitness Class <b>GA</b> 10:30am – Donnelly Museum Outing + Picnic Lunch (sign up) <b>ML</b> 1:30pm – Carpet Bowling – <b>GA</b> 1:30pm – Balance Fitness Class - <b>GA</b> 2:pm Cards &amp; Games <b>RT</b> 2:30pm – Music with Steph <b>SL</b> 7pm Bingo <b>DR</b> **Last Bingo Night until September!**</p>	<p>22 8:45 am-Coffee Hour-<b>DR</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 3pm Trivia Quest Happy Hour! <b>AR</b></p>	 <p>6:30pm Euchre-<b>DR</b></p>	
<p>2PM – Four Paws Flying Entertainment Dog Show! (Spruce Lodge)</p>  <p>6:30PM Uno <b>DR</b></p>	<p>25 8:45 am- Coffee Hour-<b>DR</b> 10:15am- Mid-Level Fitness <b>GA</b> 1 PM--Hand Waxing-<b>ML</b> 1:30PM – Strength Fitness Class <b>GA</b> 1:30 Music and Sing Along Group <b>RR</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b></p>	<p>26 8:45 am-Coffee Hour-<b>DR</b> 10:30am Stay Fit- <b>AR</b> 1:30pm Scrabble –<b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 3PM – Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b></p>	<p>27 8:45 am-Coffee Hour-<b>DR</b> 10am– Credit Union-<b>QR</b> 10:15am – Mid-Level Fitness <b>GA</b> 1:15pm- Scotia Bank-<b>QR</b> 2PM – Woodland Towers and Hamlet Estates June Birthday Party with The Nic Scott Band <b>GA</b> 6:30pm Euchre-<b>DR</b></p>	<p>28 8:45 am-Coffee Hour-<b>DR</b> 10:15am – Strength Fitness Class <b>GA</b> 1:30pm – Carpet Bowling – <b>GA</b> 1:30pm – Balance Fitness Class - <b>GA</b> 5:00PM – Canada's 150th Birthday Bash! BBQ and Street Dance (All Welcome!) Rear Parking Lot  **Wear your Red and White!**</p>	<p>29 8:45 am-Coffee Hour-<b>DR</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 3pm Karaoke Time Happy Hour! <b>AR</b></p>	<p>30 8:45 am-Coffee Hour-<b>DR</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 3pm Karaoke Time Happy Hour! <b>AR</b>  Janine Away</p>	<p><b>Program Area Codes:</b> <b>AR</b> - Activity Room <b>SL</b>- Spruce Lodge <b>GA</b> - Griffith Auditorium <b>RT</b> - Rotunda –Hamlet Estates <b>DR</b> - Dining Room <b>FL</b> - Front Lobby <b>RR</b> - Rose Room <b>QR</b> – Quilting Room <b>ML</b> – Main Lobby</p>

Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or [WTActivities@sprucelodge.on.ca](mailto:WTActivities@sprucelodge.on.ca).