

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am TV Church Service <b>SL</b> 1 7PM –Hymn Sing with Bethel Church <b>SL</b> 	8:45 am- Coffee Hour- <b>DR</b> 2 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 Woodland Towers Singers <b>AR</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 3 10:30am Stay Fit- <b>AR</b> 10:30am – Anna Mae's Outing <b>ML</b> 1:30pm Scrabble – <b>DR</b> 1:30pm – Balance Fitness Class – <b>AR</b> 3PM – Social Hour and Lantern Making <b>AR</b> 6:30pm Solo Cards <b>DR</b> 7pm – Viola's Tribute Band <b>SL</b>	8:45 am-Coffee Hour- <b>DR</b> 4 10:15am – Mid-Level Fitness <b>AR</b> 1:15pm – Scotia Bank <b>QR</b> 11am – BP Clinic <b>Janine's Office</b> 2PM – Wunderbar Oktoberfest Celebrations with Peter Bauman on accordion 6:30pm Euchre- <b>DR</b> <b>Oktoberfest Dress-up Day!</b>	8:45 am-Coffee Hour- <b>DR</b> 5 10:00am – Bible Study <b>AR</b> 10:15am – Strength Fitness Class <b>GA</b> 11am – Communion with Zion Lutheran <b>Chapel</b> 1PM – Outing to the St. Marys Museum <b>ML</b> **No Balance Class** 1:30 pm – Carpet Bowling <b>GA</b> 2:pm Cards & Games <b>RT</b> 7pm Bingo <b>DR</b> Sukkot	8:45 am-Coffee Hour- <b>DR</b> 6 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 2PM – Halloween Planning Meeting <b>AR (All welcome!)</b> 2:30PM – Hamlet Tea <b>RT</b> 3pm What are you Thankful For Social Hour! <b>AR</b>	
10:00am TV Church Service <b>SL</b> 8 7PM –Hymn Sing with Jubilee Church <b>SL</b> 	 Columbus Day (US) Thanksgiving Day (Canada)	8:45 am-Coffee Hour- <b>DR</b> 9 10:30am Stay Fit- <b>AR</b> 1:30pm Scrabble – <b>DR</b> 1:30pm – Balance Fitness Class – <b>AR</b> 2pm – Kountry Korner Band <b>SL</b> 3pm Social Hour! <b>AR</b> 6:30pm Solo Cards <b>DR</b> <div>Janine Away Sept 10-13</div>	8:45 am-Coffee Hour- <b>DR</b> 10 10am– Credit Union- <b>QR</b> 10:15am – Mid-Level Fitness <b>GA</b> 10:30am – RC Communion <b>Chapel</b> 11:15 LCC Communion <b>Chapel</b> 1 PM--Hand Waxing- <b>ML</b> 2PM – Germany/ Oktoberfest Travelogue <b>GA</b> 6:30pm Euchre- <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 11 10:00am – Bible Study <b>AR</b> 10:15am – Strength Fitness Class <b>GA</b> 11am Communion Service/ Avonton Presbyterian <b>Chapel</b> 1:30 pm – Carpet Bowling <b>GA</b> 1:30pm – Balance Fitness Class – <b>GA</b> 2PM – Girl Talk: Make-up with Katie! <b>AR</b> 2:pm Cards & Games <b>RT</b> 7pm Bingo <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 12 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 11:00am Army and Navy Outing <b>ML</b> 2PM – Labyrinth Walk with Leslie 3pm Social Hour! <b>AR</b>	2PM – 4PM 14 <b>Community Music and Art Show In Spruce Lodge</b>  6:30pm Euchre- <b>DR</b>
Katie Block Placement Week! Wahoooo 10:00am TV Church Service <b>SL</b> 7PM –Hymn Sing with The Stewarts <b>SL</b> 	8:45 am- Coffee Hour- <b>DR</b> 15 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 Woodland Towers Singers <b>AR</b> 2PM –Sundae Monday with Anna and Daisy <b>SL</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 16 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble – <b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 3pm Social Hour! <b>AR</b> 6:30pm Solo Cards <b>DR</b> 7pm –Stratford Teutonia German Choir Oktoberfest Performance <b>GA</b>	8:45 am-Coffee Hour- <b>DR</b> 17 10:15am – Mid-Level Fitness <b>GA</b> 11:30PM – Oktoberfest BBQ <b>DR (\$3 Beer &amp; \$1 Pop)</b> 1:15pm – Scotia Bank <b>QR</b> 2PM- Readings and Prayers with Lorraine Brooks <b>Chapel</b> 2PM – October Birthday Party with Music from Sam and Ron <b>GA</b> 6:30pm Euchre- <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 18 10:15am – Strength Fitness Class <b>GA</b> 10:00am – Bible Study <b>AR</b> 11am – St. James' Anglican Service 1PM – Fall Colour Tour and Outing to the Shantz Family Farm Pumpkin Patch in Petersburg <b>ML</b> 1:30pm – Balance Fitness Class – <b>AR</b> 1:30 pm – Carpet Bowling <b>GA</b> 2:pm Cards & Games <b>RT</b> 7pm Bingo <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 19 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 2PM – The Four Steps Gospel Quartet <b>SL</b> 2:30PM – Hamlet Tea <b>RT</b> 3PM – Hot Apple Cider and Warm Apple Pie \$5 <b>AR</b>	 6:30pm Euchre- <b>DR</b>
10:00am TV Church Service <b>SL</b> 22 7PM –Hymn Sing with Carla Pol <b>SL</b> 	8:45 am- Coffee Hour- <b>DR</b> 23 10:15am- Mid-Level Fitness <b>AR</b> 1 PM--Hand Waxing- <b>ML</b> 1:30PM – Strength Fitness Class <b>AR</b> 1:30 Woodland Towers Singers <b>AR</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 24 10:30am Stay Fit- <b>AR</b> 1:30pm Scrabble – <b>DR</b> 1:30pm – Balance Fitness Class – <b>AR</b> 1PM – Fall/ Halloween Scavenger Hunt! <b>ML</b> 3pm Social Hour! <b>AR</b> 6:30pm Solo Cards <b>DR</b>	**No Coffee Hour** 25 Mini Market 9am-12:30pm in the WT lobby 10am– Credit Union- <b>QR</b> 10:15am – Mid-Level Fitness <b>GA</b> 6:30pm Euchre- <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 26 10:00am – Bible Study <b>AR</b> 10:15am – Strength Fitness Class <b>GA</b> 11:00AM- Avondale United Service <b>Chapel</b> 1PM – Fall Photo Shoot with Katie <b>ML</b> 1:30pm – Balance Fitness Class – <b>AR</b> 1:30 pm – Carpet Bowling <b>GA</b> 2:pm Cards & Games <b>RT</b> 7pm Bingo <b>DR</b> 7pm – The Just For Fun Band <b>SL</b>	8:45 am-Breakfast Cafe- <b>DR</b> 27 10AM – 4PM Flu Clinic <b>GA</b> 10:30am-Stay Fit <b>AR</b> 10:00am Tai Chi <b>SL Alcove</b> 10:30am – Making Halloween Treat Bags <b>RR</b> 2PM – Pumpkin Carving <b>AR</b> 2PM – The Nic Scott Band <b>SL</b> 3pm Social Hour! <b>AR</b>	 6:30pm Euchre- <b>DR</b>
10:00am TV Church Service <b>SL</b> 29 7PM –Hymn Sing with Annetta Munro <b>SL</b> 	8:45 am- Coffee Hour- <b>DR</b> 30 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 Woodland Towers Singers <b>AR</b> 2PM – Woodland Towers General Resident Meeting <b>GA</b> 3PM Crokinole <b>RR</b> 3:30pm Men's Jam Session <b>Chapel</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b>	8:45 am-Boo to you Coffee Hour- <b>DR</b> 31 10:30am Stay Fit- <b>GA</b> 11:30pm- Halloween Dress-up Lunch! <b>DR</b> 1:30pm Scrabble – <b>DR</b> 1:30pm – Balance Fitness Class – <b>GA</b> 2pm Halloween Costume Bash! <b>DR</b> 5PM – Handing out Halloween Candy Front Entrance 6:30pm Solo Cards <b>DR</b> 				

October 2017



**Spruce Lodge Entertainment**  
**Spruce Lodge Living Room**

**Tuesday, 3<sup>rd</sup>** = Viola’s Tribute Band 7pm  
**Tuesday, 10<sup>th</sup>** = Kountry Korner’s Band 2PM  
**Tuesday, 12<sup>th</sup>** = Kountry Korner’s 2pm  
**Monday, 16<sup>th</sup>** = Sundae Monday with Daisy and Anna 2pm  
**Thursday, 19** = Music with Stephanie 2:30pm  
**Thursday, 19<sup>th</sup>** = Music with Joel Horvath 7pm  
**Friday, 20** = Four Step Gospel Quartet 2PM  
**Thursday, 26**= The Just For Fun Band 7PM  
**Friday, 27** = The Nic Scott Band 2PM

**Store Hours:**  
**Mondays**  
**9:30am-11am**

**Fridays**  
**9:30am -11am**

**Banking**  
**Credit Union-QR**  
**Wednesday, October**  
**11<sup>th</sup> and 25<sup>th</sup> at 10am in**  
**QR**

**Scotia Bank-QR**  
**Wed. October 4<sup>th</sup> and**  
**18<sup>th</sup> in the Quilting**  
**Room from**  
**1:15pm to 2:15pm**

**Blood Pressure Clinic**  
**Wed, October 4<sup>th</sup> at**  
**11AM in Janine’s**  
**Office**

**Program Area Codes:**  
**AR - Activity Room**  
**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**

**Mini Market/ Bake Sale**  
**Wednesday, October 25<sup>th</sup> from**  
**9am – 12:30pm in the ML**

**October Birthday Party is Wednesday, October**  
**18<sup>th</sup> at 2pm in the Griffith Auditorium.**  
**Come and join us for cake and ice cream,**  
**coffee and tea, and music from our friends,**  
**Sam and Ron!**

**Please remember to check your Program Calendars**  
**regularly, as locations of Activity Programs and**  
**Exercise Classes may change \*\***  
**\*\*See Program Area Codes Legend posted above\*\***

**Halloween Candy!**

As we did last year, we are kindly accepting donations for Halloween Candy to be handed out to our Trick-OR-Treater’s on Halloween Night. You can either donate sealed Halloween Candy, or you can donate money to put towards the purchase of candy. You can place donations of candy in the red box in the Main Lobby, or hand to Kim, Katie or Emma. All monetary (\$) donations, are asked to be submitted to Kim’s office directly.

**Anna Mae’s Outing!**

On Tuesday, October 3<sup>rd</sup>, we will be taking a bus trip to Anna Mae’s, in Millbank, for lunch. The cost of the bus is \$15.50. The bus departs from the front entrance at 10:30am. Please sign up on the main board, and pay Kim to claim your seat on the bus.

**Social Hour and Lantern Making**

“Stratford’s first annual Lantern Parade celebrating our heritage and diversity will be held on Saturday, October 14<sup>th</sup> at 6pm. Bring your family, friends and neighbours for a magical stroll along the riverbank. Meet at York St. Tourist Information Centre at 6pm, walk begins at 7pm, finale and reception at Gallery Stratford at 8pm. Children and Pets welcome! If wet or windy, parade will be postponed to October 15”

**We have been asked to take part in making Lantern’s for this walk listed above. Please join us in the Activity Room at 3pm on Tuesday, October 3<sup>rd</sup> to prepare the lanterns. All helpers welcome and encouraged to join!**

**Wunderbar Oktoberfest Celebrations**

On Wednesday, October 4<sup>th</sup>, at 2pm in the Griffith Auditorium, join us for a festive celebration of Oktoberfest, with Peter Bauman on the accordion! All Welcome! Complimentary snacks and punch! Cash bar available ☺.

**\*Oktoberfest Dress up Day!\***

**Outing to the St. Marys Museum**

On Thursday, October 5<sup>th</sup>, we will be taking a bus outing to the St. Marys Museum to see “Our Boys in Battle” exhibit. Explore the stories of First World War soldiers from St. Marys who lost their lives in 1917. Also, other exhibits include Canada’s 150, Medical Tools from the past, and “What’s in a name”. The cost of the bus is \$15.50, and admission to the museum is by donation. Sign up on the main activity board if you wish to join us!

**Halloween Planning Meeting**

We will be meeting in the Activity Room at 2pm on Friday, October 6<sup>th</sup>, to discuss our upcoming Halloween Programs. We are looking for helpers to assist with these programs, so if anyone is interested, please join us!

**Germany/ Oktoberfest Travelogue**

Join Kim and Robin to celebrate Oktoberfest with a Travel Video in the Griffith Auditorium, on Wednesday, October 11<sup>th</sup> at 2pm.

**Girl Talk: Make-up with Katie**

Our College Co-op Student, Katie, LOVES make-up, fashion, photography and more! She is excited to start a new program called “Girl Talk” where she shares her favourite styles and trends with you. This month, she will be doing make-up demo’s, answering make-up questions, and she will teach you special techniques. If you have your own make-up, and would like to bring it to Katie for a consultation, bring it with you to the group. Katie’s program will be held at 2pm in the Activity Room, on Thursday, October 12<sup>th</sup>.

**Army and Navy Outing**

On Friday, October 13<sup>th</sup>, we will be taking a bus to the Stratford Army and Navy for some lunch. The menu has yet to be posted, but the meal is only \$8, and it’s always delicious! The cost of the bus is \$5.50. Please sign up on the main activity board, if you’d like to join us and pay Kim \$13.50 to cover your meal and bus (beverages cost extra)



**See insert**  
**for**  
**additional**  
**featured**  
**programs!**