

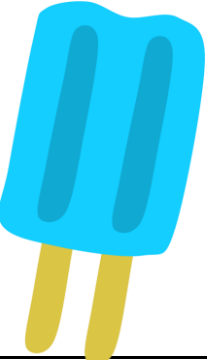




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2017</b> <b>Woodland Towers and Hamlet Estates Exercise Classes and Activities</b>		8:45 am-Coffee Hour- <b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble - <b>DR</b> 1:30pm - Balance Class <b>GA</b> 3PM - Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b>	** No Coffee Hour** 10am- Credit Union- <b>QR</b> 10:15am - Mid-Level Fitness <b>GA</b> 1pm - Hand Waxing <b>ML</b> 6pm - Music in the Park <b>Outing ML</b> 6:30pm Euchre- <b>DR</b>	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> 2:pm Cards & Games <b>RT</b> 2pm - Knitting/ Crafting <b>RR</b>	**No Coffee Hour** 10:30am-Stay Fit <b>GA</b> 11:00am Tai Chi <b>SL Alcove</b> 3pm Happy Hour! <b>AR</b> Kim Off Janine returns	 6:30pm Euchre- <b>DR</b>
<<Janine away July 28 <sup>th</sup> to August 4 <sup>th</sup> >>						
	Civic Stat Holiday 	**No Coffee Hour** 1:30pm Scrabble - <b>DR</b> 2PM Kountry Korner <b>SL</b> 3PM - Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b> Kim and Lindsay Off	8:45 am-Coffee Hour- <b>DR</b> 10am- Credit Union- <b>QR</b> 11am - BP Clinic Janine's Office 10:15am - Mid-Level Fitness <b>GA</b> 2PM - Four Paws Flying Dog <b>Show!! SL</b> 6:30pm Euchre- <b>DR</b> 6:45pm - Police Pipe Band <b>SL</b>	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> 2:pm Cards & Games <b>RT</b> 2pm - Knitting/ Crafting <b>RR</b>	8:45 am-Coffee Hour- <b>DR</b> 10:30am-Stay Fit <b>GA</b> 11:00am Tai Chi <b>SL Alcove</b> 1:30 Strength Class <b>AR</b> 2:30pm - Hamlet Tea <b>RT</b> 3pm Happy Hour! <b>AR</b>	 6:30pm Euchre- <b>DR</b>
	**No Coffee Hour** 10:15am- Mid-Level Fitness <b>GA</b> 1:30PM - Strength Fitness Class <b>GA</b> 1:30 Music and Sing Along Group <b>AR</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b> Kim off	8:45 am-Coffee Hour- <b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble - <b>DR</b> 1:30pm - Balance Class <b>GA</b> 3PM - Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b>	8:45 am-Elvis Coffee Hour- <b>DR</b> 10am- Credit Union- <b>QR</b> 10:15am - Mid-Level Fitness <b>AR</b> 2PM - An afternoon with <b>ELVIS PRESLEY! GA</b> 6:30pm Euchre- <b>DR</b>	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> 11AM - Crabby Joes Patio Lunch <b>Outing ML</b> 2:pm Cards & Games <b>RT</b> 2pm - Knitting/ Crafting <b>RR</b>	**No Coffee Hour** 10:30am-Stay Fit <b>GA</b> 11:00am Tai Chi <b>SL Alcove</b> 3pm Happy Hour! <b>AR</b> Janine and Kim Off	 6:30pm Euchre- <b>DR</b>
	**No Coffee Hour** 10:15am- Mid-Level Fitness <b>GA</b> 1:30PM - Strength Fitness Class <b>GA</b> 1:30 Music and Sing Along Group <b>AR</b> 3PM - Classical Music with Udo Miller <b>SL</b> 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b> Kim off	8:45 am-Coffee Hour- <b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble - <b>DR</b> 1:30pm - Balance Class <b>GA</b> 2PM - Tony Nother Accordion Music <b>SL</b> 3PM - Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b> 6:30pm - SL Campfire <b>SL</b> Beach Dressup 23 <sup>rd</sup> >>	8:45 am-Coffee Hour- <b>DR</b> Mini Market 9am-12:30pm in the WT lobby 10am- Credit Union- <b>QR</b> 10:15am - Mid-Level Fitness <b>GA</b> 1pm - Hand Waxing <b>ML</b> 1:15 - Scotia Bank <b>QR</b> 2PM - Watermelon and Cocktail <b>Social AR</b> 6:30pm Euchre- <b>DR</b>	**No Coffee Hour** 10:15am - Strength Fitness Class <b>GA</b> 1:30pm - Carpet Bowling - <b>GA</b> 1:30pm - Balance Fitness Class - <b>GA</b> 2:pm Cards & Games <b>RT</b> 2pm - Knitting/ Crafting <b>RR</b> Kim Off	8:45 am-Coffee Hour- <b>DR</b> 10:30am-Stay Fit <b>GA</b> 11:00am Tai Chi <b>SL Alcove</b> 2:30pm - Hamlet Tea <b>RT</b> 3pm Happy Hour! <b>AR</b> Janine off	2PM - Coffee House and Open Mic - Community Gathering. All welcome! *Feel free to bring a song, story, joke or special item to share ☺** <b>DR</b> 6:30pm Euchre- <b>DR</b>
	8:45 am- Coffee Hour- <b>DR</b> 10:15am- Mid-Level Fitness <b>GA</b> 1:30PM - Strength Fitness Class <b>GA</b> 1PM - Handwaxing <b>ML</b> 1:30 Music and Sing Along Group <b>AR</b> 2PM - Sundae Monday/ Randy Grey 3PM Crokinole <b>RR</b> 6:30 Cribbage <b>DR</b> 7pm Bridge <b>DR</b>	8:45 am-Coffee Hour- <b>DR</b> 10:30am Stay Fit- <b>GA</b> 1:30pm Scrabble - <b>DR</b> 1:30pm - Balance Class <b>GA</b> 3PM - Happy Hour <b>AR</b> 6:30pm Solo Cards <b>DR</b>	** No Coffee Hour** 10am- Credit Union- <b>QR</b> 10am - Karen Rempel <b>SL</b> 10:15am - Mid-Level Fitness <b>GA</b> 10:30am - Sing Along with Karen <b>SL</b> 2PM - July Birthday Party with the Rockin' Oldies <b>GA</b> 6:30pm Euchre- <b>DR</b>	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> 2:pm Cards & Games <b>RT</b> 2pm - Knitting/ Crafting <b>RR</b> 7pm - Music with Joel Hovath <b>SL</b>		

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



**Tuesday, 8<sup>th</sup>** = Kountry Korner 2pm

**Wednesday, 9<sup>th</sup>** = Police Pipe Band 6:45pm

**Monday, 14<sup>th</sup>** = Sing Along with Karen 10:30am

**Thursday, 17<sup>th</sup>** = Music with Stephanie 2:30pm

**Monday 21<sup>st</sup>** = Classical Music with Udo Miller 3PM

**Tuesday, 22<sup>nd</sup>** = Tony Nother Accordion Music 2PM

**Friday, 25<sup>th</sup>** = Bell Choir Performance 2PM

**Monday, 28<sup>th</sup>** = Sundae Monday with Randy Grey 2PM

**Wednesday, 30<sup>th</sup>** = Karen Rempel 10am

**Thursday, 31<sup>st</sup>** = Music with Joel Horvath 7PM

### Store Hours:

#### Mondays

9:30am-11am

#### Fridays

9:30am -11am

#### Credit Union-QR

Every Wed.10am in QR

#### Scotia Bank-QR

Wed. August 23<sup>rd</sup> in the  
Quilting Room from  
1:15pm to 2:15pm



### Blood Pressure Clinic

Wed, August 9<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, August 23<sup>rd</sup> from  
9am – 12:30pm in the ML

**Please remember to check your Program  
Calendars regularly, as locations of Activity  
Programs and Exercise Classes may  
change \*\***

**\*\*See Program Area Codes Legend on either  
side of this Calendar\*\***

### Four Paws Flying Dog Show

On **Wednesday, August 9<sup>th</sup> at 2pm**, join us for  
**the Four Paws Flying Dog Show**, at the front entrance of  
Spruce Lodge! Bring a lawn chair or a walker to sit on, if you  
wish! The performance includes World Champion skilled disc  
catching dogs, high flying freestyle disc dogs, amazing high  
jumping dogs, superfast agility dogs and very cute trick dogs!  
You will see several different breeds, including some that have  
been rescued from shelters. We hope that you can make it!

Bring friends and family for this exciting afternoon!

Admission is **FREE!**

### Police Pipes and Drums Band

On **Wednesday, August 9<sup>th</sup> at 6:45pm**, join us for a  
performance from the Stratford Police Pipe Band,  
at **the front entrance of Spruce Lodge!** Members of the  
Stratford Police Pipes and Drums hail from Stratford, as well as  
neighbouring communities in Perth, Huron, and Waterloo  
Counties. The Band is a familiar attraction each year at fairs,  
parades and charitable events throughout Southwestern Ontario.  
The Band often marches with Royal Canadian Legion Branch 8  
in Stratford, and Unit 261 of the Army, Navy and Air Force  
Veterans Association. *Don't miss their wonderful performance!*

### An afternoon with Elvis Presley

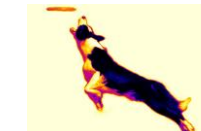
Elvis Aaron Presley (January 8, 1935 – August 16, 1977) was an  
American singer and actor. Regarded as one of the most  
significant cultural icons of the 20th century, he is often referred  
to as the "King of Rock and Roll" or simply "the King". Elvis was  
known for his style, fashion, his "wiggle/ shake" and much more!  
Come and join us on **Wednesday, August 16<sup>th</sup> at 2pm** in the  
**Griffith Auditorium** as we welcome Tribute Artist,  
Pete Dorion, to our home, to perform a tribute to the late Elvis  
Presley, in recognition of 40 years since his death in 1977.

### Crabby Joes Patio Lunch Outing

We will be going out for lunch to the Crabby Joes Patio on  
**Thursday, August 17<sup>th</sup>**. The bus costs \$5.50, and it will be  
leaving from the front entrance of Woodland Towers at **11am**.  
Sign up on the main board if you would like to join us!

### Watermelon and Cocktail Social/ Beach Theme Day

On **Wednesday, August 23<sup>rd</sup>**, at **2pm**, we will  
be having a watermelon and Cocktail Social in  
the basement activity room/ courtyard. If the  
weather does not permit, we will be upstairs in  
the Dining Room! The cost of watermelon is  
by donation, and the cost of cocktails is \$2 for  
virgin and \$4 for alcohol. Join us in dressing  
up for the beach this day (swim suits, sun  
cover ups, sunglasses, hats,  
Hawaiian shirts etc!)



### Coffee House and Open Mic

Again, we will be joining in fellowship at **2pm**  
in **the Dining Room**, on **Saturday, August  
26<sup>th</sup>**, for our weekend Coffee House and  
Open Mic program. We hope that you can join  
us for this fun program! Please feel free to  
bring a joke, story, a show and tell item or  
song to share.

There will be treats, and coffee/ tea as well.

### July Birthday Party with the Rockin' Oldies

We look forward to another hoppin' birthday  
party on **Wednesday, August 30<sup>th</sup> at 2pm**  
in the Griffith Auditorium. This month we will be  
enjoying music from Harvey Fishleigh and his  
Rockin' Oldies Band! There will be cake and  
ice cream for all, as well as jokes and more  
fun! We hope to see you there!

