

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



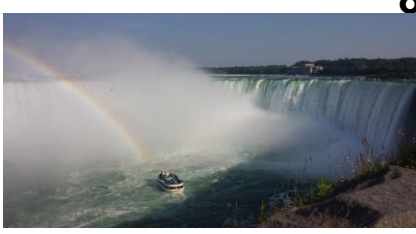







Saturday

July 2017

Woodland Towers and Hamlet Estates Exercise Classes and Activities



Canada Day

 <p>6:30PM Uno DR</p>	<p>2 **No Coffee Hour** 3PM Crokinole AR 6:30 Cribbage DR 7pm Bridge DR <i>Kim, Janine and Lindsay Away (STAT)</i></p>	<p>3 8:45 am-Coffee Hour-DR 10:30am Stay Fit- GA 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class - AR 2pm - Strawberry Social and Video Dance GA 6:30pm Solo Cards DR</p> 	<p>4 8:45 am-Coffee Hour-DR 10am- Credit Union-QR 10:15am - Mid-Level Fitness AR 11am - BP Clinic Janine's Office 12pm - Steak BBQ 1:30PM - Strength Fitness Class AR 6:30pm Euchre-DR</p>	<p>5 **No Coffee Hour** 10:15am - Strength Fitness Class GA 1:30pm - Carpet Bowling - GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2pm - Knitting/ Crafting RR</p> <p><i>Kim Away</i></p>	<p>6 **No Coffee Hour** 11:00 Caregiver Support Group AR **No Happy Hour**</p> <p><i>Kim and Lindsay Away</i></p>	 <p>6:30pm Euchre-DR</p>
	<p>9 **No Coffee Hour** 10:15am- Mid-Level Fitness GA 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR <i>Kim away, Lindsay away in PM; Janine away in AM</i></p>	<p>10 8:45 am-Coffee Hour-DR 10:30am Stay Fit- GA 1:30pm Scrabble -DR 1:30pm - Nature Walk ML 2PM Kountry Korner SL 3PM - Happy Hour AR 6:30pm Solo Cards DR <i>Lindsay away in PM</i></p>	<p>11 ** No Coffee Hour** 10am- Credit Union-QR 10:15am - Mid-Level Fitness GA 1pm - Hand Waxing ML 2PM - Outdoor Labyrinth Walk SL 6pm - Music in the Park Outing ML 6:30pm Euchre-DR</p>	<p>12 **No Coffee Hour** 10:15am - Strength Fitness Class GA 1:30pm - Carpet Bowling - GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2pm - Knitting/ Crafting RR</p> <p><i>Kim Away</i></p>	<p>13 **No Coffee Hour** 10:15am - Strength Fitness Class GA 1:30pm - Carpet Bowling - GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2pm - Knitting/ Crafting RR</p> <p><i>Kim Away</i></p>	<p>14 8:45 am-Coffee Hour-DR 10:30am-Stay Fit GA 11:00am Tai Chi SL Alcove 11:00 Caregiver Support Group AR 1:30 Strength Class AR 2:30pm - Hamlet Tea RT 3pm 50s Trivia Quest Happy Hour GA Janine Away</p> <p>6:30pm Euchre-DR</p> <p>5 2PM - Coffee House and Open Mic - Community Gathering. All welcome! *Feel free to bring a song, story, joke or special item to share ☺**DR</p>
 <p>6:30PM Uno DR</p>	<p>16 8:45 am- Coffee Hour-DR 10:15am- Mid-Level Fitness GA 12PM - Hot Dog BBQ DR 1:30PM - Strength Fitness Class GA 1PM - Handwaxing ML 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR</p>	<p>17 8:45 am-Coffee Hour-DR 10:00am - Music with Karen Rempel SL 10:30am Stay Fit- GA 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class -GA 2PM - Mimosa's and Mixed Drinks Happy Hour Activity Room Patio 6:30pm Solo Cards DR</p>	<p>18 8:45 am-Coffee Hour-DR Mini Market 9am-12:30pm in the WT lobby 10am- Credit Union-QR 10:15am - Mid-Level Fitness GA 10:30am - Sing Along with Karen SL 2PM - July Birthday Party with the Kountry Korner Band GA 6:30pm Euchre-DR</p>	<p>19 8:45 am-Coffee Hour-DR 10:15am - Strength Fitness Class GA 10:30am - Goderich Beach Outing ML 1:30pm - Carpet Bowling - GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2:30pm - Music with Stephanie SL 2pm - Knitting/ Crafting RR</p>	<p>20 **No Coffee Hour** 10:30am-Stay Fit GA 11:00am Tai Chi SL Alcove 11:00 Caregiver Support Group AR 3pm Happy Hour! AR</p> <p><i>Janine and Kim Away</i></p>	 <p>6:30pm Euchre-DR</p>
	<p>23 **No Coffee Hour** 10:15am- Mid-Level Fitness GA 1:30PM - Strength Fitness Class GA 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR <i>Kim away</i></p>	<p>24 8:45 am-Coffee Hour-DR 10:30am Stay Fit- GA 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class -GA 2PM - Music with Conn Smythe SL 3PM - Happy Hour AR 6:30pm Solo Cards DR 6:30 Campfire SL</p>	<p>25 8:45am - Coffee Hour - DR 10am- Credit Union-QR 10:15am - Mid-Level Fitness AR 1PM - Handwaxing ML 1:15pm- Scotia Bank-QR 2PM - Ice Cream Parlour AR 6:30pm Euchre-DR</p>	<p>26 8:45 am-Coffee Hour-DR 10:15am - Strength Fitness Class GA 1:30pm - Outing to The Stratford River Boat Cruise! ML 1:30pm - Carpet Bowling - GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2pm - Knitting/ Crafting RR</p>	<p>27 8:45 am-Coffee Hour-DR 10:30am-Stay Fit GA 11:00 Caregiver Support Group AR 11:00am Tai Chi SL Alcove 2PM - Craft Beer Tasting SL Court Yard (Donnelly Beer etc.) Janine away</p>	 <p>6:30pm Euchre-DR</p>
 <p>6:30PM Uno DR</p>	<p>30 8:45 am- Coffee Hour-DR 10:15am- Mid-Level Fitness GA 1:30PM - Strength Fitness Class GA 1PM - Handwaxing ML 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR</p>	<p>31 8:45 am- Coffee Hour-DR 10:15am- Mid-Level Fitness GA 1:30PM - Strength Fitness Class GA 1PM - Handwaxing ML 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR</p>	<p>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</p> 			

Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or WTActivities@sprucelodge.on.ca.

Spruce Lodge Entertainment Spruce Lodge Living Room

Tuesday, 3rd = Kountry Korner's 2pm

Monday, 17th = Sundae Monday with Randy Grey

Wednesday, 19th = Sing Along with Karen 10:30am

Tuesday, 25th = Conn Smythe 2PM

Store Hours:

Mondays

9:30am-11am

Fridays

9:30am -11am

Credit Union-QR

Every Wed.10am in QR

Scotia Bank-QR

Wed. July 26th in the
Quilting Room from
1:15pm to 2:15pm

Blood Pressure Clinic

Wed, July 5th at 11AM –

11:30am 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, July 19th 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****

Strawberry Social and Video Dance: Tuesday, July 4th

Join us for Fresh Strawberries, Angel Food Cake and Ice Cream in the Griffith Auditorium, at 2pm, for \$4. We will also be having a video dance that afternoon.

Steak BBQ: Wednesday, July 5th

For those of you who missed out on the steak BBQ's for June, we will be having another steak BBQ sign up for the above date, at 12pm in the Woodland Towers Activity Room for \$10.50. Please pay Kim before the day of the BBQ.

Music In the Park: Wednesday, July 12th

We will be heading to the Upper Queens Park to hear the Stratford Concert Band Perform at the above date. The bus will leave from the front of Woodland Towers at 6:00pm, and the cost of the bus is \$5.50.

50s Trivia Quest/ Happy Hour: Friday, July 14th

Join Kim for a fun and interactive Trivia Game in the Griffith Auditorium at 3pm at the above date. The `Bridging Memories Trivia: 1950`s Edition` includes commercials, Movie Clips, Music and More from the 1950`s. Come reminisce and share your memories with us. Purchase beverages at this program ☺

Coffee House and Open Mic: Saturday, July 15th

Again, we will be joining in fellowship at 2pm in the Dining Room, at the above date, for our weekend Coffee House and Open Mic program. We hope that you can join us for this fun program! There will be treats, and coffee/ tea as well.

Mimosa`s and Mixed Drinks: Tuesday, July 18th

Come on down to the Activity Room/ Courtyard at 2pm, to enjoy some Mimosa's and Mixed Drinks! For those of you who don't know, Mimosa's are a mixture of champagne and orange juice or lemonade. There will be non-alcoholic options available also (\$2 for Virgin or \$3 for alcohol)

July Birthday Party: Wednesday, July 19th

For our Birthday Party Celebration this month, we will enjoy music from the Kountry Korner's Band, as well as cake and Ice Cream. Hamlet Estates and Woodland Towers residents all welcome to attend! The program starts at 2pm in the Griffith Auditorium. We will be celebrating July Birthdays!

Goderich Beach Outing: Thursday, July 20th

As we do yearly, we will be returning to the beach! Join us for an outing to Goderich Beach at the above date. The bus leaves at 10:30am from the front entrance of Woodland Towers. We will be having a picnic lunch and we will enjoy the beach as we wish. (snack bar, boardwalk, coffee café etc.) The Trip costs \$30 for the day! Sign Up on the main board

Ice Cream Parlour: Wednesday, July 26th

I Scream, You Scream, we all scream for.....ICE CREAM! We look forward to having some delicious ice cream (a couple flavours to choose from!), at the above date, at 2pm, in the Activity Room/ Courtyard. \$2 for a dish or cone!

Stratford River Boat Cruise: Thursday, July 27th

We are excited to have the opportunity to go for a cruise on the Avon river boat. Please sign up on the main board if you'd like to join us. Unfortunately, the boat is only accessible to one wheelchair. The cost of this outing is \$5.50 for the bus + \$7 for the boat = \$12.50. We will also have time to have an ice cream on the patio, so please bring some extra cash with you. Bus leaves at 1:30pm from Front Entrance.