







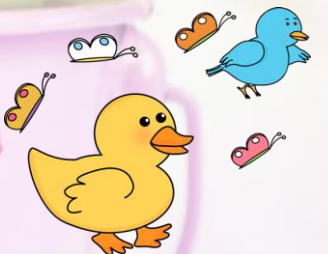



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program Area Codes: AR - Activity Room SL - Spruce Lodge GA - Griffith Auditorium RT - Rotunda –Hamlet Estates DR - Dining Room FL - Front Lobby RR - Rose Room QR – Quilting Room ML – Main Lobby	8:45 am- Coffee Hour- DR 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM – Strength Fitness Class GA 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR 	8:45 am-Coffee Hour- DR 10:30am Stay Fit- AR 1:30pm Scrabble – DR 1:30pm – Balance Fitness Class – AR 3PM – Happy Hour AR 6:30pm Solo Cards DR 7pm – Violas Tribute Band SL	8:45 am-Coffee Hour- DR 10am– Credit Union- QR 10:15am – Mid-Level Fitness GA 10:30 am – Sing Along with Karen SL 11am – Blood Pressure Clinic Janine's Office 1 PM--Hand Waxing- ML 6:30pm Euchre- DR	**No Coffee Hour** 10:00 Bible Study AR 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 7pm Bingo DR Kim Away	8:45 am-Coffee Hour- DR 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2:30pm – Hamlet Tea RT 3pm Cinco de Mayo Happy Hour AR 	 6:30pm Euchre- DR
 6:30PM Uno DR	8:45 am- Coffee Hour- DR 10:15am- Mid-Level Fitness AR 1 PM--Hand Waxing- ML 1:30PM – Strength Fitness Class AR 1:30 Music and Sing Along Group RR 2 PM – Sundae Monday with Randy Grey SL 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	8:45 am-Coffee Hour- DR 10:30am Stay Fit- AR 1:30pm Scrabble – DR 1:30pm – Balance Fitness Class – AR 2PM – Kountry Korner's Band SL 3PM – Happy Hour AR 6:30pm Solo Cards DR	8:45 am-Coffee Hour- DR 10am– Credit Union- QR 10:15am – Mid-Level Fitness AR 1 PM--Hand Waxing- ML 1:15pm- Scotia Bank- QR 2PM – Hymn Sing with Gladys SL 2PM – Outdoor Walk and Ice Cream! ML 6:30pm Euchre- DR	**No Coffee Hour** 10:00 Bible Study AR 10:15am – Strength Fitness Class AR **No Carpet Bowling** 1:30pm – Balance Fitness Class - AR 2:pm Cards & Games RT 2pm – Knitting/ Crafting RR 7pm Bingo DR Kim off	8:45 am-Coffee Hour- DR 10:30am-Stay Fit AR 10:00am Tai Chi SL Alcove 3pm Happy Hour AR	9AM – 2PM Spring Market and Gift Show! Spruce Lodge Auditorium (Upper) and Woodland Towers Griffith Auditorium (Lower)! 6:30pm Euchre- DR
 6:30PM Uno DR Mother's Day	8:45 am- Coffee Hour- DR 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM – Strength Fitness Class GA 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	8:45 am-Coffee Hour- DR 10:30am Stay Fit- GA 1:30pm Scrabble – DR 1:30pm – Balance Fitness Class - GA 3PM – Happy Hour AR 6:30pm Solo Cards DR	8:45 am-Coffee Hour- DR Mini Market 9am-12:30 PM in ML 10am– Credit Union- QR 10:15am – Mid-Level Fitness AR 1 PM--Hand Waxing- ML 2PM – Krafty Korner's AR 6:30pm Euchre- DR	8:45 am-Coffee Hour- DR 10:00 Bible Study AR 10:15am – Strength Fitness Class AR 1:30pm – Carpet Bowling – GA 1:30pm – Balance Fitness Class - AR 2PM – Legends of Classic Country Music Tribute Show! GA 7pm Bingo DR	8:45 am-Coffee Hour- DR 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM Derek Byrne Entertainment SL 2PM – Walk the Labyrinth with Leslie GA 2:30pm – Hamlet Tea RT 3pm Happy Hour AR	 6:30pm Euchre- DR Armed Forces Day
 6:30PM Uno DR		8:45 am-Coffee Hour- DR 10:30am Stay Fit- GA 1:30pm Scrabble – DR 1:30pm – Balance Fitness Class – GA 2PM – Karaoke Time! AR 3PM – Happy Hour AR 6:30pm Solo Cards DR	8:45 am-Coffee Hour- DR 10am– Credit Union- QR 10:15am – Mid-Level Fitness GA 1:15pm- Scotia Bank- QR 2PM – Northern Reflections Fashion Show and Sale GA 6:30pm Euchre- DR	8:45 am-Coffee Hour- DR 10:00 Bible Study AR 10:15am – Strength Fitness Class GA 10:30am – Outing to Crossroads Restaurant in Elmira (sign-up) ML 1:30pm – Carpet Bowling – GA 1:30pm – Balance Fitness Class - GA 2:pm Cards & Games RT 7pm Bingo DR 7PM – The Campbell Band SL	8:45 am-Breakfast Cafe- DR 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM – Trivia Quest AR 3pm Happy Hour AR	 6:30pm Euchre- DR First Day of Ramadan
 6:30PM Uno DR	8:45 am- Coffee Hour- DR 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM – Strength Fitness Class GA 1:30 Music and Sing Along Group AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR Memorial Day	8:45 am-Coffee Hour- DR 10:30am Stay Fit- GA 1:30pm Scrabble – DR 1:30pm – Balance Fitness Class – GA 2PM – Conn Smythe SL 3PM – Happy Hour AR 6:30pm Solo Cards DR	8:45 am-Coffee Hour- DR 10am– Credit Union- QR 10:15am – Mid-Level Fitness GA 2PM – Woodland Towers and Hamlet Estates May Birthday Party with Entertainment! GA 6:30pm Euchre- DR First Day of Shavuot	<div> <div>May 2017</div> <div>Woodland Towers and Hamlet Estates</div> <div>Exercise Classes and Activities</div> </div>		

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

Spruce Lodge Entertainment

Spruce Lodge Living Room

Tuesday, 2nd = Violas Tribute Band 7PM
Thursday, 3rd = Sing Along with Karen 10:30am
Monday, 8th = Sundae Monday with Randy Grey 2PM
Tuesday, 9th = Kountry Korner's 2PM
Friday 19th = Derek Byrne 2PM
Thursday, 25th = The Campbell Band 2PM
Tuesday 30th = Conn Smythe 2PM

Store Hours:

Mondays
9:30am-11am
Wednesdays
1:30- 3pm

Credit Union-QR

Every Wed.10am in QR

Scotia Bank-QR

Wed. May 10th and 24th
in the Quilting Room
from 1:15pm to 2:15pm

Blood Pressure Clinic

Wed, May 3rd 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, May 17th from
9am – 12:30pm in the ML

Outdoor Walk and Ice Cream

Let's meet in the Main Lobby of Woodland Towers #1 to go for an outdoor walk (weather permitting!) and Ice Cream, on Wednesday, May 10th at 2pm

Spring Market and Gift Show

Join us on Saturday, May 13th from 9am – 2pm for our annual **Spring Market and Gift Show!** There will be a variety of vendors selling products such as: Jewelry, Crafts, Fragrances, Health and Wellness Products, Tea, Sewing, Knitting, Cookware, Baked Goods and SO MUCH MORE! Bring a friend and enjoy this wonderful shopping experience! Please note that the Woodland Towers Griffith Auditorium as well as Spruce Lodge Auditorium will be filled with vendors!

Legends of Classic Country Music Tribute Show

We are SO excited to share a Mother's Day Special with you! This year, as your Mother's Day treat, we welcome you to the Griffith Auditorium on Thursday, May 18th at 2pm for our Legends of Classic Country Music Tribute Show. We look forward to having Amberley Beatty and Michael Warren perform tributes for us. Amberley will be performing a tribute to Patsy Cline and Loretta Lynn, and Michael will be performing a tribute to Merle Haggard, George Strait and much more! We're looking forward to having you join us! All residents are welcome.

Northern Reflections Fashion Show and Sale

We look forward to having the ladies from Northern Reflections come back, to provide us with a Fashion show and clothing sale on Wednesday, May 24th, at 2PM in the Griffith Auditorium. All welcome! If you would like to volunteer to be a model for the fashion show, please let Kim know ☺

Outing to Crossroads Restaurant in Elmira

We will be going out for lunch to the Crossroads Restaurant in Elmira, on Thursday, May 25th at 10:30am. The cost of the bus is \$15.50. Please sign up on the main board. The cost of the Luncheon Buffett is \$15.75, and it includes 2 soups and bread table, 2 salad tables with a variety of mixed and tossed salads, 3 hot buffet tables with four main dishes, 2 dessert tables and an ice cream bar!

Birthday Party!

Join us for our big May Birthday Celebration on Wednesday, May 31st at 2pm in the Griffith Auditorium, to celebrate all of the May birthdays for Woodland Towers and Hamlet Estates residents! We will enjoy cake, ice cream, jokes, a band (dancing!) and FUN!

Breakfast Café

On **Friday, May 26th** at **8:45am** in the Dining Room, join us for a delicious breakfast prepared by Rob and Janine, for only \$5.
Please sign up on the main board if you wish to join!

Chapel Services

Thursday, May 4th

11:00 Communion Service with
Zion Lutheran



Wednesday, May 10th

10:30am RC Communion
11:15am LCC Communion
2PM Hymn Sing with Gladys

Thursday, May 11th

11:00 Presbyterian Communion Service

Wednesday, May 17th

2:00pm Readings and Prayers with
Lorraine Brooks

Thursday, May 18th

11:00 Anglican Communion Service

Thursday, May 25th

11:00 United Communion Service

Hymn Sing

Sunday 7th Bethel Church
Sunday 14th Jubilee Church
Sunday 21st No Hymn Sing
Sunday 28th Carla Pol

****Please note that Exercise Classes will be posted on your Activity Calendars from here on in. Please remember to check your Program Calendars regularly, as locations of classes may change ****
AR = Activity Room and GA = Griffith Auditorium