

Sunday

Monday

Tuesday

Wednesday

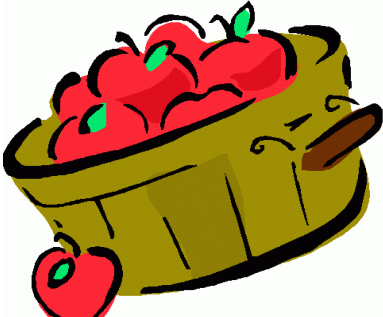







Thursday

Friday

Saturday

# September 2017

## Woodland Towers and Hamlet Estates Activities and Exercise Classes

	<b>3</b> <b>Happy Labour Day!</b>  Labor Day	<b>4</b> 8:45 am-Coffee Hour-DR 10:30am Stay Fit- AR 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class - GA 2PM - Ice Cream Floats DR 6:30pm Solo Cards DR 7PM - Viola's Tribute SL  <i>Janine away</i>	<b>5</b> 8:45 am-Coffee Hour-DR 9:30am - 11:00 am - Mini Food Trade Show SL ALL WELCOME 10am- Credit Union-QR 10:15am - Mid-Level Fitness GA 1 PM--Hand Waxing-ML 1:15pm - Scotia Bank QR 2PM - Greenwood Hills Band GA 6:30pm Euchre-DR <i>Lindsay Away</i>	<b>6</b> 8:45 am-Coffee Hour-DR 12PM - Smoked Pork Chop BBQ AR 11:00 Lutheran Communion Svc. SL 1:30 pm - Carpet Bowling GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 7pm Bingo DR  <i>Lindsay Away</i>	<b>7</b> 8:45 am-Coffee Hour-DR 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 12PM - Smoked Pork Chop BBQ AR 3pm Pre- Grandparents Day Happy Hour! AR	<b>8</b>  6:30pm Euchre-DR
<b>10</b>  Grandparents Day	<b>11</b> 8:45 am- Coffee Hour-DR 10:15am- Mid-Level Fitness GA 11:15am - Outing to the Arden Park ML 1:30PM - Strength Fitness Class AR 1:30 Music and Sing Along Group RR 2PM - Sundae Monday Randy Grey SL 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	<b>12</b> 8:45 am-Spread the Sunshine Coffee Hour-DR 10:30am Stay Fit- GA 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class - AR 1PM - 2PM Lemonade Stand ML 2PM - Randy Satchell Music GA 2PM - Kountry Korner's Music SL 3PM - Happy Hour AR 6:30pm Solo Cards DR Wear Yellow Day!	<b>13</b> 8:45 am-Coffee Hour-DR 10am- Credit Union-QR 10:15am - Mid-Level Fitness GA 10:30am - RC Communion SL 11am- BP Clinic Janine's Office 11:15am - LCC Communion SL 1 PM--Hand Waxing-ML 2PM - Stratford Heritage Talk with The Stratford Museum and the Stratford Archives! GA 2PM - Hymn Sing with Gladys SL 6:30pm Euchre-DR	<b>14</b> 8:45 am-Coffee Hour-DR 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11AM - Presbyterian Communion Service SL 1:30 pm - Carpet Bowling GA 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 7pm Bingo DR  <i>Kim Away</i>	<b>15</b> 8:45 am-Coffee Hour-DR 10AM-3PM Geri Fashions Sale SL 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 2PM - Labyrinth Walk with Leslie SL 2:30pm - Hamlet Tea RT 3pm Happy Hour! AR	<b>16</b>  6:30pm Euchre-DR
<b>17</b> 	<b>18</b> 8:45 am- Coffee Hour-DR 10:15am- Mid-Level Fitness GA 1:30PM - Strength Fitness Class AR **NO Music and Sing Along Group Today** - enjoy the movie 2PM - Movie Matinee: The State Fair GA 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	<b>19</b> 8:45 am-Coffee Hour-DR 10:30am Stay Fit- GA 11:30pm - Fall Fair BBQ DR 1:30pm Scrabble -DR 1:30pm - Balance Fitness Class - AR 2PM - Line Dancing Performance GA 3PM - Happy Hour AR 6:30pm Solo Cards DR Western Dress-up Day!!	<b>20</b> **No Coffee Hour** 10am- Credit Union-QR 10:15am - Mid-Level Fitness GA 1:15pm - Scotia Bank QR 5:30pm - Hamlet Estates End of Summer BBQ GA 6:30pm Euchre-DR	<b>21</b> **No Coffee Hour** 10:00am - Bible Study AR 10:15am - Strength Fitness Class Conference Room 2 11AM - Anglican Communion Svc. SL 1:30pm - Balance Fitness Class - AR 2:pm Cards & Games RT 2:30pm - Music with Stephanie SL 7pm Bingo DR  Rosh Hashanah	<b>22</b> 8:45 am - Breakfast Café DR 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 2PM - Art with Vanessa - GA (Please sign up) 2PM - The Nic Scott Band SL 3pm Happy Hour! AR  Autumn Begins	<b>23</b>  6:30pm Euchre-DR
<b>24</b> 	<b>25</b> 8:45 am- Alzheimer Society Coffee Break-DR 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing-ML 1:30 Music and Sing Along Group RR 2PM - Fall Crafting/ Decorating AR 1:30PM - Strength Fitness Class Conference Room 2 3PM Crokinole RR 6:30 Cribbage DR 7pm - Bridge DR	<b>26</b> 8:45 am- Alzheimer Society Coffee Break-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	<b>27</b> **No Coffee Hour** Mini Market 9am-12:30pm in the WT lobby 10am- Credit Union-QR 10am - Karen Rempel Music SL 10:15am - Mid-Level Fitness GA 2PM - September Birthday Party with the Millbank 5 Band! GA 6:30pm Euchre-DR	<b>28</b> ** No Coffee Hour** 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11am - Worship Service SL 1:30 pm - Carpet Bowling GA 1:30pm - Balance Fitness Class - AR 2:pm Cards & Games RT 7pm Bingo DR 7pm - The Just For Fun Band SL  <i>Kim Off</i>	<b>29</b> 8:45 am- Alzheimer Society Coffee Break-DR 10:00am Tai Chi SL Alcove 10:30am-Stay Fit GA 10:30am - Quehl's Restaurant Outing ML 2PM - Alzheimer's Awareness Social SL 3pm Happy Hour! AR	<b>30</b> 9:30am - 11:30am ** Yarn Sale ML ** 2PM - Coffee House and Open Mic - Community Gathering. All welcome! *Feel free to bring a song, story, joke or special item to share ☺**DR 6:30pm Euchre-DR Yom Kippur

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**

**Friday 1<sup>st</sup>** = Daisy and Anna 2pm

**Monday, 11<sup>th</sup>** = Sundae Monday with Randy Grey 2PM

**Tuesday, 12<sup>th</sup>** = Kountry Korner 2pm

**Thursday, 21<sup>st</sup>** = Music with Stephanie 2:30pm

**Friday, 22<sup>nd</sup>** = The Nic Scott Band 2PM

**Tuesday, 26<sup>th</sup>** = Conn Smythe 2PM

**Wednesday, 27<sup>th</sup>** = Karen Rempel 10am

**Thursday, 28<sup>th</sup>** = The Just For Fun Band 7PM

### **Store Hours:**

#### **Mondays**

9:30am-11am

#### **Fridays**

9:30am -11am

### **Credit Union-QR**

Every Wed.10am in QR  
(Changing to bi-weekly  
next month!)

### **Scotia Bank-QR**

Wed. September 6<sup>th</sup>  
and 20<sup>th</sup> in the Quilting  
Room from 1:15pm to  
2:15pm

### **Blood Pressure Clinic**

Wed, September 13<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, September 27<sup>th</sup> from  
9am – 12:30pm in the ML

**September Birthday Party is Wednesday,  
September 27<sup>th</sup>, 2017 at 2pm in the Griffith  
Auditorium. Come and join us for cake and ice  
cream, coffee and tea, and music by the  
Millbank 5!**

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\*\*

### **Chat with Nell and Dawna from the Stratford Art Gallery**

Join Nell and Dawna from the Stratford Art Gallery, on **Friday,  
September 1<sup>st</sup> at 2pm** in the Woodland Towers **Activity Room**, for a  
discussion on continuing Art Classes funded by the New Horizon's  
Grant for Seniors. Options will be discussed for providing Art  
sessions both at the Gallery, and here at Woodland Towers. Come  
and share your thoughts as we plan to re-start  
this wonderful program!

### **Ice Cream Floats \$3**

On **Tuesday, September 5<sup>th</sup>, at 2pm**, we will be enjoying Ice Cream  
Floats in the **Dining Room**. Floats are \$3, and will be made with  
rootbeer/ Cream Soda/ Orange pop and  
Vanilla Ice Cream!

### **Greenwood Hills Bluegrass Band**

On **Wednesday, September 6<sup>th</sup> at 2pm**, come on out to **the Griffith  
Auditorium** for an entertaining hour of Bluegrass Music, performed  
by the Greenwood Hills Band! Bring your dancing shoes, or sit and  
enjoy the music. All welcome!

### **Smoked Pork Chop BBQ's**

Sign up on the main board in Woodland Towers Lobby, Tower #1, if  
you wish to attend a Smoked Pork Chop BBQ at **12pm** on either  
**Thursday, September 7<sup>th</sup>**, or **Friday, September 8<sup>th</sup>**, in the Activity  
Room. Cost is \$8 per person, and the sign-up sheets will be posted  
on Wednesday, August 30<sup>th</sup> at 1pm.

### **Outing to the Arden Park**

We will be going out for lunch to the Arden Park on **Monday,  
September 11<sup>th</sup>**, at **11:15am**. For those of you, who would like to  
join, please sign up on the Activity Board in the Woodland Towers  
Main Lobby. Sign-up sheet will be posted on Wednesday, August  
30<sup>th</sup> at 1pm.

### **Wear Yellow Day/ Spread the Sunshine Coffee Hour/ Lemonade Stand**

Join us for a happy and fun day on **Tuesday, September 12<sup>th</sup>!** We  
will be celebrating International Happiness Day by wearing **YELLOW**.  
Enjoy some sunny treats at Coffee Hour (8:45am in the Dining  
Room), and our Lemonade Stand will be open from 1pm-2pm (in the  
Main Lobby) 50 cents a glass!

### **Music with Randy Satchell**

At **2pm**, on **Tuesday, September the 12<sup>th</sup>**, The  
VON Adult Day Program invites us to an  
entertaining afternoon with music by Randy  
Satchell. His performance will be held in the  
**Griffith Auditorium**. Join us for some great toe  
tappin' tunes ☺

### **Stratford Heritage Talk**

Did you grow up in Stratford, or have you been  
interested in learning more about Stratford's great  
history? Come on out to reminisce and take part  
in a wonderful historical presentation, on  
**Wednesday, September 13<sup>th</sup>, at 2pm** in the  
**Griffith Auditorium**. We will be hearing from  
Betty-Jo Belton, an Archivist at the Stratford Perth  
Archives. Betty-Jo will be sharing photos from  
past businesses in Stratford, as well as other  
events and programs that have made our  
wonderful city so great!

### **Labyrinth Walk with Leslie**

Our First Woodland Towers/ Hamlet Estates  
outdoor guided Labyrinth Walk will take place on  
**Friday, September 15<sup>th</sup> at 2pm** at the **Spruce  
Lodge Outdoor Labyrinth**. Leslie will lead us  
through a relaxing walking meditation that will  
leave you feeling refreshed and rejuvenated!  
Meet us either at the Labyrinth, or meet Kim in the  
Main Lobby at 1:45pm, to walk over as a group.

### **Movie Matinee: The State Fair**

On **Monday, September 18<sup>th</sup> at 2pm**, in the  
**Griffith Auditorium**, we look forward to kicking  
off our Fall Fair Theme Week with a Movie  
Matinee. We will be showing "State Fair" by  
Rodgers and Hammerstein! Join us for popcorn  
and a concession stand.  
Bring a cushion if you'd like.

