





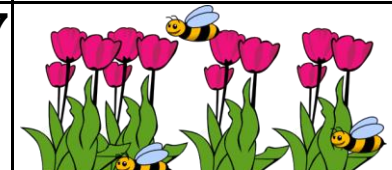





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00am TV Church Service <b>1</b> <b>SL</b> 6:30pm UNO <b>DR</b> 7PM- Hymn Sing with Beth Church <b>SL</b></p>  <p>All Fools' Day Easter Sunday</p>	<p>8:45 am-Coffee Hour- <b>Bistro 2</b> 10:15am-Mid-level Fitness <b>AR</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 WT Singers <b>AR</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b> <i>Kim's Planning afternoon</i></p>	<p>8:45 am-Coffee Hour-<b>Bistro 3</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:30am-Stay Fit- <b>AR</b> 1:30 pm Scrabble- <b>DR</b> 1:30 Balance Class- <b>Conf #1</b> 1:30pm – Planting with Pat: plant seed and share gardening tips! <b>AR</b> 3 PM Social Hour <b>AR</b> 7PM – Viola`s Tribute Band <b>SL</b></p>	<p>8:45 am-Coffee Hour-<b>Bistro 4</b> 10:15am-Mid-Level Fitness <b>AR</b> 11am – Blood Pressure Clinic <b>Janine's Office</b> 1 PM- Hand Waxing- <b>ML</b> 1:15 – Scotia Bank <b>QR</b> 1:30 – *NEW* Men's Strength <b>AR</b> 6:30pm Euchre- <b>DR</b> <i>Kim's Planning afternoon</i></p>	<p>8:45 am-Coffee Hour- <b>Bistro 5</b> 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15 am- Strength Fitness Circuit <b>GA</b> 1:30pm- Balance Fitness Class <b>AR</b> 2PM Music with Cameron Denomme <b>GA</b> 2 PM Cards &amp; Games <b>RT</b> 7 PM Bingo <b>DR</b> <b>Kim Off</b></p>	<p>8:45 am-Coffee Hour- <b>Bistro 6</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 1:30pm – Adult Colouring with Katie <b>AR</b> 2:30 Hamlet Tea <b>RT</b> 2PM – Men's Pool (Billiards Room) 3 PM Social Hour <b>AR</b></p>	 <p>2PM – Coffee House and Open Mic <b>DR</b> 3:00 Café and Pub <b>SL</b> 6:30pm Euchre <b>DR</b></p>
<p>10:00am TV Church Service <b>8</b> <b>SL</b> 6:30pm UNO <b>DR</b> 7PM- Hymn Sing with Jubilee Church <b>SL</b></p> <p><i>Kim Away for Katie's end of term event Sheridan College *Tomorrow* →</i></p>	<p>8:45 am-Coffee Hour- <b>Bistro 9</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 -Strength Fitness <b>GA</b> 1:30 WT Singers <b>AR</b> 2PM – Lemonade and Trivia- <b>Bistro</b> 2PM – Four Steps Quartet <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>Bistro 10</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:30am-Stay Fit- <b>GA</b> 10:30am – Outing to Anna Mae's Restaurant in Millbank <b>ML</b> 1:30 pm Scrabble- <b>DR</b> 1:30 Balance Class- <b>AR</b> 2PM – Music with Emma <b>GA</b> 2PM – Kountry Korner <b>SL</b></p>	<p>8:45 am-Coffee Hour-<b>Bistro 11</b> 10AM- Credit Union <b>QR</b> 10:15am-Mid-Level Fitness <b>GA</b> 1 PM- Hand Waxing- <b>ML</b> 1:30 – *NEW* Men's Strength <b>AR</b> 2PM – Toronto Travelogue <b>GA</b> 6:30pm Euchre- <b>DR</b> <i>Kim's Supply Shopping Afternoon</i></p>	<p>8:45 am-Coffee Hour- <b>Bistro 12</b> 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15 am- Strength Fitness <b>GA</b> 10:30am – Nature Walk <b>ML</b> 1:30pm- Balance Fitness Class <b>GA</b> 2PM – Girl Talk with Katie: NAILS EDITION <b>AR</b> 7PM Bingo <b>DR</b> 7PM Joel Horvath Music <b>SL</b></p>	<p>8:45 am-Coffee Hour- <b>Bistro 13</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 1:30pm – Adult Colouring with Katie <b>AR</b> 2PM – Men's Pool (Billiards Room) 2PM – The Nic Scott Band <b>SL</b> 3 PM Social Hour <b>AR</b> <b>Kim Off</b></p>	 <p>3:00 Café and Pub <b>SL</b> 6:30 Euchre <b>DR</b></p>
<p>10:00am TV Church Service <b>4 5</b> <b>SL</b> 6:30pm UNO <b>DR</b> 7PM- Hymn Sing with The Stewarts <b>SL</b></p> 	<p>8:45 am-Coffee Hour- <b>Bistro 16</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 -Strength Fitness <b>AR</b> 1:30 WT Singers <b>AR</b> 2PM – Movie Matinee: The Greatest Showman <b>GA</b> 2PM – Sun Mon w. Half Tones <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>Bistro 17</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:30am-Stay Fit- <b>GA</b> 1:30 pm Scrabble- <b>DR</b> 2PM – Line Dancing Lesson with Shirley Davis <b>GA</b> 3 PM Social Hour <b>AR</b> <i>Emma's Last Day ☺</i></p>	<p><b>**No Coffee Hour** 18</b> Mini Market <b>9am-12:30pm</b> in the <b>WT lobby</b> 10:15am-Mid-Level Fitness <b>GA</b> 1 PM- Hand Waxing- <b>ML</b> 1:15 – Scotia Bank <b>QR</b> 1:30 – *NEW* Men's Strength <b>AR</b> 2PM – Stonetown Entertainers <b>SL</b> 5:30pm – Hamlet Spring Dinner <b>GA</b> 6:30pm Euchre- <b>DR</b></p>	<p>8:45 am-Coffee Hour- <b>Bistro 19</b> 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15 am- Strength Fitness Circuit <b>GA</b> 10:30am – 1:40pm Shopping at the Stratford Mall <b>ML</b> 1:30pm- Balance Fitness Class <b>GA</b> 2 PM Cards &amp; Games <b>RT</b> 2:30PM Music with Steph <b>SL</b> 7 PM Bingo <b>DR</b></p>	<p>8:45 am-Coffee Hour- <b>Bistro 20</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 2PM – Name That Tune Katie! <b>AR</b> 2PM – Men's Pool (Billiards Room) 2:30 Hamlet Tea <b>RT</b> 3 PM Social Hour <b>AR</b> <i>Kim away at 12pm</i></p>	 <p>3:00 Café and Pub <b>SL</b> 6:30 Euchre <b>DR</b></p>
<p>10:00am TV Church Service <b>22</b> <b>SL</b> 6:30pm UNO <b>DR</b> 7PM- Hymn Sing with Carla Pol <b>SL</b></p> 	<p>8:45 am-Coffee Hour- <b>Bistro 23</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 -Strength Fitness <b>GA</b> 1:30 WT Singers <b>AR</b> 1:30pm – 3pm Earth Day Clean-up <b>ML</b> 3PM – Cafe and Pub <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b></p>	<p>8:45 am-Coffee Hour-<b>Bistro 24</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:30am-Stay Fit- <b>GA</b> 1:30 pm Scrabble- <b>DR</b> 1:30 Balance Class- <b>GA</b> 2PM – Ice Cream Floats and Earth Week Fun <b>DR</b></p>	<p><b>**No Coffee Hour** 25</b> 10AM- Credit Union <b>QR</b> 10:15am-Mid-Level Fitness <b>GA</b> 1 PM- Hand Waxing- <b>ML</b> 1:30 – *NEW* Men's Strength <b>AR</b> 2PM – Birthday Party with The Four Steps Gospel Quartet <b>GA</b> 6:30pm Euchre- <b>DR</b></p>	<p><b>**No Coffee Hour** 26</b> 10:00am- Bible Study <b>AR</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:15 am- Strength Fitness <b>GA</b> 1:30pm- Balance Fitness Class <b>GA</b> 2 PM Cards &amp; Games <b>RT</b> 7 PM Bingo <b>DR</b> 7PM – The Just For Fun Band <b>SL</b> <i>Katie and Kim are away at Education Day</i></p>	<p>8:45 am-Breakfast Cafe-<b>DR 27</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 11AM – 2:30PM Stars of SA Modern Jewellery SALE in Main Lobby 2PM – Men's Pool (Billiards Room) 3 PM Farewell Cocktail Hour with Katie <b>GA</b> <i>Katie's Last day! ☺</i></p>	 <p>10:00 Musicians and their Music <b>SL</b> 3:00 Café and Pub <b>SL</b> 6:30 Euchre <b>DR</b></p>
<p>10:00am TV Church Service <b>29</b> <b>SL</b> 6:30pm UNO <b>DR</b> 7PM- Hymn Sing with Annetta Munro <b>SL</b></p>  <p>Think Spring!</p>	<p>8:45 am-Coffee Hour- <b>Bistro 30</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 -Strength Fitness <b>GA</b> 1:30 WT Singers <b>AR</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b></p>	 <h1>April 2018</h1>  <h1>SPRING</h1>				

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, 3<sup>rd</sup>** = Violas Tribute Band 7pm

**Monday, 9<sup>th</sup>** = The Four Steps Gospel Quartet 2PM

**Tuesday, 10<sup>th</sup>** = Kountry Korner's Band 2PM

**Thursday, 12<sup>th</sup>** = Music with Joel Horvath 7PM

**Friday, 13<sup>th</sup>** = The Nic Scott Band 2PM

**Sunday, 15<sup>th</sup>** = Music with Shakey and Jamie 2PM

**Mon, 16<sup>th</sup>** = Sun. Mon. Birthday Party w. Half Tones 2PM

**Wed. 18<sup>th</sup>** = The Stonetown Entertainers 2PM

**Thurs. 19<sup>th</sup>** = Music with Stephanie 2:30PM

**Thursday, 26<sup>th</sup>** = The Just for Fun Band 7pm

### Store Hours:

#### Mondays

9:30am-11am

#### Fridays

9:30am -11am

### Credit Union-QR

Wednesday, April 11<sup>th</sup>  
and 25<sup>th</sup>, 10 am in **QR**

### Scotia Bank-QR

Wednesday, April 4<sup>th</sup>  
and 18<sup>th</sup> in the **QR**

from 1:15pm to

2:15pm

### Blood Pressure Clinic

Wed, April 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, March 21<sup>st</sup> from  
9am – 12:30pm in the **ML**

*The April Birthday Party is on Wednesday,  
April 25<sup>th</sup> at 2pm in the Griffith Auditorium.  
Come and join us for cake and ice cream,  
coffee and tea, and Special Music from The  
Four Steps Gospel Quartet!*

### Paper Shredding!

Emily's Paper Shredding Service will be here on  
**Wednesday Nights** in **the Main Lobby** of Woodland  
Towers from 6pm to 7pm regularly. Bring down any papers  
that you would like to be shredded, and Emily will shred  
them for you. You can choose to bring a bag to dispose of  
the shredded paper yourself, or Emily will safely dispose  
of it for you.

### Planting with Pat

Join our volunteer Pat Schmidt, on **Tuesday, April 3<sup>rd</sup>**, at  
**1:30pm** in **the Activity Room**, as she leads us through a  
gardening workshop. We will plant Hollyhock seeds which  
will be transplanted at a later date. You will be able to take  
the Hollyhocks home. The cost is \$5 for supplies. Please  
sign-up on the main Activity Board if you wish to join us!

### Music with Cameron Denomme

We look forward to having Cameron Denomme back to  
perform for us in the Woodland Towers **Griffith Auditorium**  
on **Thursday, April the 5<sup>th</sup>, at 2pm**. Cameron performs a  
great variety of 50s tunes on his guitar. Come on out and  
enjoy some wonderful music!

### Adult Colouring Book Club

Join us on **Friday, April 6<sup>th</sup> and 13<sup>th</sup> at 1:30pm** in the  
**Activity Room**. Adult colouring is very therapeutic and fun.  
Please consider joining Katie for some relaxing colouring  
and social time.

### Lemonade and Trivia

Join us on **Monday, April 9<sup>th</sup> at 2pm** in the **Bistro**. We will  
be having some delicious lemonade and playing some  
trivia. So study up! We hope to see you there!

**\*\*See Insert for additional programs!\*\***

*Check out the following link, or pass it along to your family  
and friends, to view Activity Calendars, Information about  
our home, important announcements and More!:*

<https://sprucelodge.on.ca/>



## Spruce Lodge Chapel Services

Thursday, April 5<sup>th</sup> at 11am

Zion Lutheran Communion Service with  
Rev. Jeff Lausten

Thursday, April 12<sup>th</sup> at 11am

Avonton Presbyterian Communion Service  
with Rev. Catherin Calkin

Thursday, April 19<sup>th</sup> at 11am

St. James' Anglican Communion Service  
with Rev. Dr. Lorne Mitchell

Thursday, April 26<sup>th</sup> at 11am

Avondale United Communion Service with  
Rev. Keith Reynolds

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