

Sunday

Monday

Tuesday

Wednesday

Thursday












Friday

Saturday



# August 2018

## Woodland Towers and Hamlet Estates Activities

<p>10:00am TV Church Service <b>5</b> <b>SL</b> 6:30pm UNO <b>DR</b></p> 	<p><b>6</b></p> 	<p><b>**No Coffee Hour**</b> <b>7</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 1:30 pm Scrabble- <b>DR</b></p> <p>Kim Away (Lindsay off this week)</p>	<p>8:45 am-Coffee Hour-Bistro <b>8</b> 10:15am-Mid-Level Fitness <b>GA</b> 10am – Credit Union <b>QR</b> 11am – BP Clinic - Janine's Office 1 PM-Hand Waxing- <b>ML</b> 1:15pm- Scotia Bank-<b>QR</b> 1:30 – Men's Strength <b>AR</b> 6:30pm Euchre- <b>DR</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>2</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> 7pm – Music with Joel Horvath <b>SL</b></p>	<p><b>**No Coffee Hour**</b> <b>3</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b></p> <p>Janine and Kim Away</p>	<p>2PM – Learn how to knit: <b>4</b> Back to the Basics <b>Bistro</b> 3:00 Café and Pub <b>SL</b> 6:30pm Euchre <b>DR</b></p> 
<p>10:00am TV Church Service <b>12</b> <b>SL</b> 6:30pm UNO <b>DR</b></p> 	<p>8:45am Coffee Hour <b>Bistro 13</b> 10:15am-Mid-level Fitness <b>GA</b> 11am – Lunch outing to the Crabby Joes Patio! <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Strength Fitness <b>GA</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7PM Bridge <b>DR</b></p>	<p>8:45am Coffee Hour <b>Bistro 14</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 – Kountry Korner <b>SL</b> 3 PM Social Hour <b>AR</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>15</b> 10am – Credit Union <b>QR</b> 10:15am-Mid-Level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:15pm- Scotia Bank-<b>QR</b> 1:30 – Men's Strength <b>AR</b> 11:30pm – Pork Chop <b>BBQ DR</b> 2PM – Watermelon Social and Games <b>DR</b> Janine off 6:30pm Euchre- <b>DR</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>16</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> 2:30 PM Remembering Elvis Presley <b>SL</b></p>  <p>Kim Off</p>	<p>8:45 am-Coffee Hour- <b>Bistro 17</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 3 PM Social Hour + Patio Party <b>AR</b></p> <p>Lindsay off</p>	<p>2PM – Coffee House <b>18</b> 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>19</b> <b>SL</b> 6:30pm UNO <b>DR</b></p> 	<p>8:45am Coffee Hour <b>Bistro 20</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Strength Fitness <b>GA</b> 2PM – Sundae Monday with Dan the Country Man! <b>SL</b> 3 PM Crokinole <b>RR</b> 6:30 pm Cribbage <b>DR</b> 7 PM Bridge <b>DR</b></p>	<p>8:45am Coffee Hour <b>Bistro 21</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> 3 PM Social Hour <b>AR</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>22</b> Mini Market <b>9am-12:30pm</b> in the <b>WT lobby</b> 10:15am-Mid-Level Fitness <b>GA</b> 10:20am – 1:40pm <b>**Outing to St. Marys Fishing Picnic: lunch + Timmies! ML**</b> 1:30 – Men's Strength <b>AR</b> 6:30pm Euchre- <b>DR</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>23</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> <b>**2 PM to 4PM Little Tracks Petting Zoo**</b> <b>Spruce Lodge Parking Lot</b></p> 	<p><b>**No Coffee Hour**</b> <b>24</b> 10:00am Tai Chi <b>SL Alcove</b></p> <p>Lindsay and Kim off</p>	<p>2PM – Learn how to knit: <b>25</b> Back to the Basics <b>Bistro</b> 3:00 Café and Pub <b>SL</b> 6:30pm Euchre <b>DR</b></p> 
<p>10:00am TV Church Service <b>26</b> <b>SL</b> 6:30pm UNO <b>DR</b></p> 	<p>8:45am Coffee Hour <b>Bistro 27</b> 10:15am-Mid-level Fitness <b>GA</b> 1 PM-Hand Waxing- <b>ML</b> 1:30 WT Singers <b>AR</b> 1:30 -Strength Fitness <b>GA</b> 2PM – Music with the 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> <b>**Janine off this week**</b></p>	<p>8:45am Coffee Hour <b>Bistro 28</b> 10AM – 11AM: 50/50 tickets <b>ML</b> 10:30am-Stay Fit- <b>GA</b> 10:30am Crossroads Restaurant Elmira <b>ML</b> 1:30 pm Scrabble- <b>DR</b> 1:30 Balance Class- <b>GA</b> 3 PM Social Hour <b>AR</b></p>	<p><b>**No coffee Hour**</b> <b>29</b> 10am – Credit Union <b>QR</b> 10:15am-Mid-Level Fitness <b>GA</b> 1:15pm- Scotia Bank-<b>QR</b> 1:30 – Men's Strength <b>AR</b> 2PM – Birthday Party with Conn Smythe <b>GA</b> 6:30pm Euchre- <b>DR</b> 6:30 pm Campfire <b>SL Parking Lot</b></p>	<p>8:45 am-Coffee Hour-Bistro <b>30</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> 3PM – Music with Udo and Stephanie <b>SL</b></p>	<p><b>**No Coffee Hour**</b> <b>31</b> 10:30am-Stay Fit <b>GA</b> 10:00am Tai Chi <b>SL Alcove</b> 11am -2pm Tan Jay Trunk Show <b>SL</b></p> <p>Kim Off</p>	<p>2PM – Learn how to knit: <b>32</b> Back to the Basics <b>Bistro</b> 3:00 Café and Pub <b>SL</b> 6:30pm Euchre <b>DR</b></p> 

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



Thursday, 2<sup>nd</sup> = Joel Horvath 7pm  
 Wednesday, 8<sup>th</sup> = Police Pipe Band 6:45pm  
 Friday, 10<sup>th</sup> = Anna and Daisy 2pm  
 Tuesday, 14<sup>th</sup> = Kountry Korner's 2pm  
 Monday, 20<sup>th</sup> = Sun. Mon. with Dan the Country Man 2pm  
 Thursday, 23<sup>rd</sup> = The Just For Fun Band 7pm  
 Monday, 27<sup>th</sup> = Four Steps Quartet 2PM  
 Thursday, 30<sup>th</sup> = Music with Udo and Steph  
 Friday, 31<sup>st</sup> = Friends with Music Band

## Store Hours:

### Mondays

9:30am-11am  
 (\*Closed Mon. Aug. 6\*)

### Wednesday's

August 1<sup>st</sup>, 8<sup>th</sup> and 22<sup>nd</sup>  
 1:30pm to 3pm

### Fridays

9:30am -11am

## Credit Union-QR

Wednesday, August 1<sup>st</sup>,  
 15<sup>th</sup> and 29<sup>th</sup> at 10 am

## Scotia Bank - QR

Wednesday, August 1<sup>st</sup>  
 and 15<sup>th</sup> at 1:15pm

## Mini Market/ Bake Sale

Wednesday, August 22<sup>nd</sup> from  
 9am – 12:30pm in the ML



The August Birthday Party is on Wednesday, August 29<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 Conn Smythe!

## Blood Pressure Clinic

Wed, August 1<sup>st</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

## Movie Matinee

Our movie matinee for this month will be the fun family comedy, "Cheaper By the Dozen" with Steve Martin and Bonnie Hunt. "With his wife doing a book tour, a father of twelve must handle a new job and his unstable brood". Come and watch this funny movie with us in the **Griffith Auditorium** on **Wednesday, August 8<sup>th</sup> at 2pm.** Freshly popped buttered popcorn will be complimentary and pop costs \$1.



## Stratford Police Pipe Band

On **Wednesday, August 8<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.

## Board Game Café

On **Thursday, August 9<sup>th</sup> at 2pm** in the **Dining Room**, fun Board Game Café. Bring your favourite Board Game or play one of ours! This will be a great opportunity to meet our new volunteer, Imran! Imran will be spending time with Woodland Towers and Spruce Lodge residents throughout the summer and school year, and he is a true delight. We hope you will come out and say hello 😊



## Lunch on the Patio –Crabby Joe's Outing

We will be going out for lunch to the Crabby Joes Patio on **Monday, August 13<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!

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/>



## Watermelon and Games Social

On **Wednesday, August 15<sup>th</sup> at 2pm** in the **Dining Room**, we will be enjoying watermelon and games! Bring your favourite game, or play one of ours! Watermelon is complimentary – enjoy!

## Fishing Trip and Picnic at the St. Marys Flats!

We are very excited for our outing to St. Marys on **Wednesday, August 22<sup>nd</sup> at 10:20am.** Come and enjoy a delicious pizza lunch followed by Tim Hortons Coffee and Donuts. Fishing gear will be provided, unless you have your own and wish to bring it. If you're not a fisherman, you are still welcome to join us for a lovely afternoon in the park. \$20 covers all expenses (bus, lunch and Tim Hortons coffee/ Dessert). Sign- up on the main board if you wish to attend!

## Little Tracks Petting Zoo

We are very fortunate to have the Little Tracks Petting Zoo pay us a visit here at our home! On **Thursday, August 23<sup>rd</sup>,** the Little Tracks Petting Zoo will be coming to the **front entrance of Spruce Lodge at 2pm.** The Little Tracks Petting Zoo has been home to over 200 animals both big and small, and they offer safe, clean and educational Animal Displays and travelling Petting Zoos. Most of their animals have been bottle raised and are very friendly!

## Crossroads in Elmira

Sign up on the main activity board for our lunch outing to the At the Crossroads Restaurant in Elmira! The outing will take place on Tuesday, August 28<sup>th</sup> at 10:30am, leaving from the front entrance of Woodland Towers. The cost of the outing is \$15.50 for the bus. Please bring cash/card to cover the cost of your lunch.

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

