

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

Woodland Towers and Hamlet Estates Activities




10:00am TV Church Service **SL**
 2PM – Music with Daisy and Anna **SL**
 7PM- Hymn Sing with Bethel Church **SL**
Super Bowl LIII Sunday!!



8:45 am-Coffee Hour- **Bistro** 4
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 1:30 WT Singers **AR**
 1:30 -Combined Fitness **GA**
 3 PM Crokinole **RR**

8:45 am- **Frosty's Coffee Hour -Bistro** 5
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **AR**
 11:30PM Chinese NY Dinner **DR**
 1:30 Balance Class- **AR**
 1:00pm Adult Colouring **Bistro**
 3 PM Snowed in Social Hour **B**
 7PM – Viola's Tribute **SL**
 "Snow Day!" **Wear your Pajamas**

Chinese New Year

8:45 am-Coffee Hour-**Bistro** 6
 10:15am-Gentle Group Ex. **GA**
 11am – BP Clinic **Janine's Office**

 1PM – Hand waxing **ML**
 1:30 – Men's Strength **AR**
 6:30pm Euchre- **DR**

No Coffee Hour 7
 10:00am- Bible Study **AR**
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness Class **GA**
 7 PM Bingo **DR**

Kim off

8:45 am-Coffee Hour- **Bistro** 8
 10:00am Tai Chi **SL Alcove**
 10:30am-Stay Fit **GA**
 1:30 Paper shredding with Emily **ML**
 11am – Lunch Outing to the Army **and Navy ML**
 2PM – The Nic Scott Band **SL**
 2PM – Friday Tunes Jam Session **GA**
 3 PM Social Hour **GA**

6:30pm Euchre **DR**
Groundhog Day

10AM – Morning Coffee House and Strummin' Time! **Bistro**
 6:30pm Euchre **DR**

10:00am TV Church Service **SL** 10
 7PM- Hymn Sing with Jubilee Church **SL**



8:45 am-**Tim Hortons Coffee Hour- DR** 11
 10:15am-Gentle Group Ex. **GA**
 1:30 -Combined Fitness **AR**
 11:30am – Hockey Lunch! **DR**
 2PM – Chair Hockey Game! **GA**
 3PM – Hockey Trivia and Hot Chocolate **GA**
 3 PM Crokinole **RR**
Hockey Day! **Wear your Hockey Jersey**

8:45 am-Coffee Hour-**Bistro** 12
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Balance Class- **GA**
 1:00pm Adult Colouring **Bistro**
 3 PM Wedding Photos Social Hour: Bring your Wedding Photos! **DR**

8:45 am-Coffee Hour-**Bistro** 13
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 2PM – Travelogue: Paris **GA**
 1:30 – Men's Strength **AR**
 6:30pm Euchre- **DR**



8:45am – Coffee Hour **Bistro** 14
 10:00am- Bible Study **AR**
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness Class **AR**
 2PM – Valentines Dance with the Nic Scott Band **GA \$5**
 7 PM Bingo **DR**
Red, White & Pink Day!

Valentine's Day

No Coffee Hour 15
 10:00am Tai Chi **SL Alcove**
 10:30am-Stay Fit **GA**
 1:30 Paper shredding with Emily **ML**
 2PM – Friday Tunes Jam Session **GA**
 2PM – Bell Choir Performs Love Songs **SL**
 2:30pm – Hamlet Tea **RT**
 3 PM Social Hour **GA**
 6:30PM – Friday Night Fun **GA**

6:30pm Euchre **DR**



10:00am TV Church Service **SL** 17
 7PM- Hymn Sing **SL**



Family Day 18



Presidents' Day (US)

8:45 am-Coffee Hour-**Bistro** 19
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Seated and Standing Line Dancing Class! All Welcome **GA**
 3 PM Social Hour **Bistro**


8:45 am-Coffee Hour-**Bistro** 20
 Mini Market 9am-12:30pm in the WT lobby
 10:15am-Gentle Group Ex. **GA**
 1PM – Hand waxing **ML**
 1:30 – Men's Strength **AR**
 6:30pm Euchre- **DR**

8:45am – Coffee Hour **Bistro** 21
 10:00am- Bible Study **AR**
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness Class **AR**
 1:30pm – "How to get the Most out of your Doctor's Appointment" Presentation **GA**
 2:30PM Music with Steph **SL**
 7 PM Bingo **DR**

8:45 am-Breakfast Café **DR** 22
 10:00am Tai Chi **SL Alcove**
 10:30am-Stay Fit **GA**
 1:30 Paper shredding with Emily **ML**
 2PM – Friday Tunes Jam Session with Tom Melady! **GA**
 3 PM Social Hour **GA**

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**

10:00am TV Church Service **SL** 24
 7PM- Hymn Sing with Stephanie Schelhaas **SL**



Kim is away 25
 10:15am-Gentle Group Ex. **GA**
 1:30 WT Singers **AR**
 1:30 -Combined Fitness **GA**
 2PM – Sunday Monday Birthday Party with Dan the Country Man **SL**
 3 PM Crokinole **RR**

8:45 am-Coffee Hour-**Bistro** 26
 10AM – 11AM: 50/50 tickets **ML**
 10:30am-Stay Fit- **GA**
 1:30 Balance Class- **GA**
 1:00pm Adult Colouring **Bistro**
 2PM – Wedding Show **SL**
 3 PM Social Hour **Bistro**

8:45 am-Coffee Hour-**Bistro** 27
 10:15am-Gentle Group Ex. **GA**
 1:30 – Men's Strength **AR**
 2PM – February Birthday Party with Bill Murray (Fink Band) **GA**
 3PM – Music with Udo and Steph **SL**
 6:30pm Euchre- **DR**

No Coffee Hour 28
 10:00am- Bible Study **AR**
 10:15am -Combined Fitness **GA**
 1:30pm- Balance Fitness Class **GA**
 5PM – Chinese New Year's Supper \$10 **GA**
 7 PM Bingo **DR**
 7PM – The Just For Fun Band **SL**



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

Spruce Lodge Entertainment

Spruce Lodge Living Room

Sunday, 3rd = Music with Anna and Daisy 2PM

Tuesday, 5th = Violas Tribute Band 7pm

Friday, 8th = The Nic Scott Band 2PM

Thursday, 14th = Tom and Caroline 2PM

Friday, 15th = Bell Choir Performs Love Songs 2PM

Thursday, 21st = Music with Stephanie 2:30pm

Monday 25th = Sun. Mon. Dan the Country Man 2PM

Wed. 27th = Music with Udo and Stephanie 3PM

Thursday, 28th = The Just For Fun Band 7PM

Store Hours:

Mondays

9:30am-11am

Wednesdays

1:30pm – 3pm

Fridays

9:30am -11am

Credit Union-QR

Wednesday, February
2nd, 16th and 30th at 10
am in QR

Scotia Bank-QR

Wednesday,
February, 9th and 23rd
in the QR
from 1:15pm to
2:15pm

Blood Pressure Clinic

Wed, February 6th at
11AM in Janine's
Office

Program Area Codes:

AR - Activity Room

B - Bistro

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



Friday Tunes

Do you play an instrument or do you just enjoy singing or listening to music? Then Friday Jam session is the place for you! **Every Friday** at **2PM**, (unless otherwise specified in the Activity Calendar), we will take part in a fun get-together **in the Griffith Auditorium**, where local and in-house musicians can share their music. For some, this will be their first opportunity to play with a group, and it is a time for learning and developing skills and also sharing as a community in a safe and judgment free setting. You are welcome to sit and listen to this fun, intimate and inspiring program, or take part by bringing an instrument and playing with us!

Chinese Lunch (In the Dining Room)

On Tuesday, February 5th, we will be having a **Chinese New Year Lunch** in the **Dining Room**. This will count as one of your meals for the month, so you will not have to pay an extra fee. The menu is as follows: Beef Noodle Soup, Sweet and Sour Chicken Breast, Chicken Fried Rice, Egg Roll, Oriental Mix Vegetables, and Lemon Pudding. Kim will be coming around table to table with a bar cart (Pop is \$1, Liquor is \$2, Beer is \$3). **Doors open at 11:30am. February 5th** is also PAJAMA DAY, so join us for some fun, and **wear your pajamas to lunch.**

Lunch Outing to the Army and Navy

We will be taking a bus to **the Army and Navy** for their Friday Hot Lunch. It will cost \$5.50 for the bus, and \$8 for the meal. Please pay Kim your **\$13.50** before the date of the outing. Kim will let you know what the specials are once she is notified from the Army and Navy. The bus will leave from the front entrance of Woodland Towers at **11am** sharp. Please sign your name on the main activity board, and pay Kim if you would like to join us!

Saturday Morning Coffee House and Strummin' Time!

On **Saturday, February 9th**, come and join us for the morning Coffee House and Strummin' Time in the **Bistro at 10am**. Enjoy a cup of coffee and a treat, bring your instrument, and sing along with us.
10am in the Bistro ☺

Tim Hortons Coffee Hour + Hockey Day

Come and enjoy a **Tim Hortons Coffee and Donut for \$3** in the **Dining Room on Monday, February 11th at 8:45am**, to kickstart our Hockey Theme Day! It is also wear your Hockey Jersey Day. More fun will be had in the Griffith Auditorium at 2PM as we play a fun chair Hockey Game and have fun with a Hockey Photo Booth. Join us for all of the fun as we celebrate this great Canadian Sport!



Wedding Photos Social Hour

February is the month of LOVE! Come and share a photo of your significant other with us. We would love to hear about your wedding, and see a photo of you and your partner as love is in the air!
Tuesday, February 12th at 3PM in the Dining Room

Paris: Travelogue

This month, we kick start our season of Monthly Travelogue's with a tour through Paris, the city of love! Fasten your seatbelts and enjoy the ride.
Wednesday, February 13th at 2PM
in the Griffith Auditorium.



Valentine's Day Dance

Don't miss out on **our annual Valentine's Dance!** There will be music by the **Nic Scott Band**, Cheese and Crackers, wine and Kim's favourite punch! **Only \$5** at the door, and **Carnations are also available for \$2 each**. Bring a friend, your love, or come solo! We look forward to celebrating with you.



Seated and Standing Line Dancing Class

In place of Lindsay's Balance Class on **Tuesday, February 19th**, we will be having some fun with **Line Dancing Lessons in the Griffith Auditorium**. Come and learn some line dances that you can do either standing or seated, taught to you by Kim's Line Dancing Teacher Shirley Davis who comes to us from London, Ontario!
1:30pm in the Griffith Auditorium

Dianna's Bakery and Mary's Mini Market will be here on Wednesday, February 20th in the Main Lobby of Woodland Towers from 9am to 12:30pm serving all of your favourites!

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/>



The February Birthday Party is on Wednesday, February 27th at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and Special Music from Bill Murray

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****