

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




# May 2019

Happy Mother's Day!



## Woodland Towers and Hamlet Estates Activities

8:45am – Coffee Hour **Bistro 1**  
 10:15am-Gentle Group Ex. **AR**  
 1PM – Hand waxing **ML**  
 1:15am – Scotia Bank **QR**  
 1:30 – Men's Strength **AR**  
 6:30pm Euchre- **DR**



8:45 am – Coffee Hour **Bistro 2**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 1:30pm- Balance Fitness Class **GA**  
 2PM – Making decorations for the Kitchen Party **Bistro**  
 7 PM Bingo **DR**

8:45 am-Coffee Hour- **Bistro 3**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
 2:30 Hamlet Tea **RT**  
 3 PM Social Hour **GA**



2PM – Dana's Piano Recital **SL**  
 3:00 Café and Pub **SL**  
 6:30pm Euchre-**DR**

10:00am TV Church Service **5 SL**  
 7PM- Hymn Sing with Bethel Church **SL**




8:45am – Coffee Hour **Bistro 6**  
 10:15am-Gentle Group Ex. **GA**  
 1:30pm Come and Sing **AR**  
 1:30 -Combined Fitness **GA**  
 2PM Stonetown Entertainment **SL**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**  
 Kim's Kitchen Party Prep Day!

Ramadan

8:45am – Coffee Hour **Bistro 7**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **AR**  
 1:30 Balance Class- **AR**  
 1:00pm Adult Colouring **Bistro**  
 2PM – Groovy 70s Music **SL**  
 3 PM Social Hour **DR**  
 7PM – Viola's Tribute Band **SL**

8:45am – Coffee Hour **Bistro 8**  
 10am – Credit Union Bank **QR**  
 10:15am-Gentle Group Ex. **GA**  
 11am BP Clinic Janine's Office  
 1PM – Hand waxing **ML**  
 2PM – Mexico Travelogue **GA**  
 1:30 – Men's Strength **AR**  
 6:30pm Euchre- **DR**



**\*\*No Coffee Hour\*\*** **9**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 1:30pm- Balance Fitness Class **AR** \*Event sold out\*  
 5:00pm – Traditional East Coast Jiggs Dinner and Kitchen Party with the Heyb'y Band! Mother's Day Celebration **GA**

**\*\*No Coffee Hour\*\*** **10**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**

Kim off

9AM – 2PM **11**  
**Spring Market and Gift Show!**  
 Spruce Lodge Auditorium (Upper)  
**AND Woodland Towers Griffith Auditorium (Lower)!**  
 3:00 Café and Pub **SL**  
 6:30pm Euchre **DR**

10:00am TV Church Service **12 SL**  
 7PM- Hymn Sing with Jubilee Church **SL**



8:45am – Coffee Hour **Bistro 13**  
 10:15am-Gentle Group Ex. **GA**  
 1PM – Hand waxing **ML**  
 1:30pm Come and Sing **AR**  
 1:30 -Combined Fitness **GA**  
 2PM – Sundae Monday with Conn Smythe **SL**  
 3PM – Margarita Monday! (\$4) **RR**  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

8:45am – Coffee Hour **Bistro 14**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **AR**  
 1:00pm Adult Colouring **Bistro**  
 1PM – Fashion Show Models Fitting **AR**  
 2PM – Kountry Korner's Band **SL**  
 2:30pm – In-service **GA All Residents encouraged to**

8:45am – Coffee Hour **Bistro 15**  
 10:15am-Gentle Group Ex. **AR**  
 1PM – Hand Waxing **ML**  
 1:15am – Scotia Bank **QR**  
 2:00 PM – Nature Walk **ML**  
 1:30 – Men's Strength **AR**  
 6:30pm Euchre- **DR**




8:45 am – Coffee Hour **Bistro 16**  
 10:00am- Bible Study **AR**  
 10am – Casino Trip: Clinton Slots and Raceway **ML**  
 JACKPOT  
 10:15am -Combined Fitness **GA**  
 1:30pm- Balance Fitness Class **AR**  
 3:30PM – Music with Steph **SL**  
 7 PM Bingo **DR**

8:45 am-Coffee Hour- **Bistro 17**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
 2:30 Hamlet Tea **RT**  
 3 PM Social Hour **GA**

3:00 Café and Pub **SL**  
 6:30pm Euchre-**DR**  
 Armed Forces Day

10:00am TV Church Service **19 SL**  
 2PM – Music with Tom and Caroline **SL**



Happy Victoria Day

Victoria Day (Canada)

8:45am – Coffee Hour **Bistro 21**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **AR**  
 2PM – Northern Reflections SPRING Fashion Show and Trunk Sale **GA**



8:45am – Coffee Hour **Bistro 22**  
 9AM – 12:30PM Mini Market **ML**  
 10am – Credit Union Bank **QR**  
 10:15am-Gentle Group Ex. **AR**  
 1:30 – Men's Strength **AR**  
 2PM – Afternoon Tea and Talk **Bistro**  
 6:30pm Euchre - **DR**



**\*\*No Coffee Hour\*\*** **23**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 1:30pm- Balance Fitness Class **GA**  
 7PM The Just For Fun Band **SL**  
 7 PM Bingo **DR**

Kim off

8:45 am-Breakfast Café **DR 24**  
 10:00am Tai Chi **SL Alcove**  
 10AM -12PM – Main Kitchen Tours (please sign-up – Meet in main lobby)  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **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**

3:00 Café and Pub **SL**  
 6:30pm Euchre-**DR**

10:00am TV Church Service **26 SL**



8:45am – Coffee Hour **Bistro 27**  
 10:15am-Gentle Group Ex. **GA**  
 1PM – Hand waxing **ML**  
 1:30pm Come and Sing **AR**  
 1:30 -Combined Fitness **GA**  
 3PM – How to Meditate: Happiness 101 Activity Room  
 3 PM Crokinole **RR**  
 6:30PM – Cribbage **RR**

Memorial Day

8:45am – Coffee Hour **Bistro 28**  
 10AM – 11AM: 50/50 tickets **ML**  
 10:30am-Stay Fit- **GA**  
 1:30 Balance Class- **GA**  
 1:00pm Adult Colouring **Bistro**  
 2PM – Gardening Tips Café in the **Bistro**  
 2PM – Music with Anna and Daisy **SL**  
 3 PM Social Hour **DR**

8:45am – Coffee Hour **DR 29**  
 10am – Credit Union Bank **QR**  
 10:15am-Mid-Level Fitness **GA**  
 1:15am – Scotia Bank **QR**  
 1:30 – Men's Strength **AR**  
 2PM – May Birthday Party with Wyatt Ladd **GA**  
 3PM- Music with Udo and Stephanie **SL**  
 6:30pm Euchre- **DR**

8:45 am – Coffee Hour **Bistro 30**  
 10:00am- Bible Study **AR**  
 10:15am -Combined Fitness **GA**  
 10:30am – Anna Mae's in Millbank Lunch Outing **ML**  
 1:30pm- Balance Fitness Class **GA**  
 7 PM Bingo **DR**

**\*\*No Coffee Hour\*\*** **31**  
 10:00am Tai Chi **SL Alcove**  
 10:30am-Stay Fit **GA**  
 1:30 Paper shredding with Emily **ML**  
 2PM – Friday Tunes Jam Session **GA**  
**\*\*No Social Hour\*\***

Kim at meeting

**Save the Date:**  
 Tuesday, June 18<sup>th</sup> is our 5<sup>th</sup> Annual Cruise Night Car Show from 5PM to 8PM in the Rear Lots of Spruce Lodge!

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**

**Saturday, 4<sup>th</sup>** = Dana's Piano Recital 2PM

**Monday, 6<sup>th</sup>** = Stonetown Entertainment 2PM

**Tuesday, 7<sup>th</sup>** = Groovy 70s Music 2PM  
= Viola's Tribute Band 7PM

**Monday, 13<sup>th</sup>** = Sun. Mon with Conn Smythe

**Tuesday, 14<sup>th</sup>** = Kountry Korner 2PM

**Thursday, 16<sup>th</sup>** = Music with Stephanie 3:30PM

**Tuesday, 21<sup>st</sup>** = Karen Rempel 10am

**Thursday, 23<sup>rd</sup>** = The Just For Fun Band 7PM

**Tuesday, 28<sup>th</sup>** = Music with Daisy and Anna 2PM

**Wednesday, 29<sup>th</sup>** = Music with Udo and Steph 3PM

### Store Hours:

#### Mondays

9:30am-11am

#### Wednesdays

1:30pm – 3pm (not open  
on the 29<sup>th</sup>)

#### Fridays

9:30am -11am

### Credit Union-QR

Wednesday, May 8<sup>th</sup> and  
22<sup>nd</sup> at 10 am in QR

### Scotia Bank-QR

Wednesday, May 1<sup>st</sup>, 15<sup>th</sup>  
and 29<sup>th</sup>  
from 1:15pm to 2:15pm  
in the QR

### Blood Pressure Clinic

Wed, May 8<sup>th</sup> 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

*The May Birthday Party is on Wednesday, May 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 Wyatt Ladd!*

*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/>



### Spring Market and Gift Show

It's finally that time of year again, to hear the birds chirping, watch the beautiful flowers begin to blossom, and to take part in our Annual Holiday Market and Gift Show! **On Saturday, May 11<sup>th</sup> from 9am to 2pm**, we will be hosting a Spring Gift Show, featuring dozens of vendors selling a variety of direct sales products. **Vendors will be located in both the Woodland Towers Griffith Auditorium and the Spruce Lodge Auditorium!**

### Margarita Monday

There is nothing like a nice cool beverage as the weather begins to warm up! Join us for a Margarita in the Woodland Towers Dining Room on **Monday, May 13<sup>th</sup> at 3PM**. \$2 for a virgin margarita, or \$4 for a margarita spiked with vodka or rum!  
All Welcome ☺

### Nature Walk

How nice is it that directly across from our home is a beautiful walking path! Let's go on a nature hike through a small part of the TJ Dolan Trail (The Old Grove). Enjoy nature as the buds begin to blossom, and take in some fresh air! We will meet at **2:00pm** in the **Main Lobby** on **Wednesday, May 15<sup>th</sup>**.  
All welcome!

### Casino Trip

You asked for it ...you got it! We will be heading to the Clinton Raceway and Slots Casino on **Thursday, May 16<sup>th</sup> at 10am**. \$25 will cover the cost of your transportation (we will be leaving the casino around 2PM). Please bring some extra cash for lunch and your spending at the casino. Sign up on the main activity board and pay Kim to claim your seat!

### Northern Reflections Fashion Show and Trunk Sale!

On **Tuesday, May 21<sup>st</sup>**, we will be having our annual Northern Reflections Fashion Show and Trunk Sale in the **Griffith Auditorium at 2PM**. It is a wonderful opportunity to view and purchase their Spring/ Summer line. This is always a very popular event with great special sale deals and a large variety of ladies apparel. I will be looking for some models to display some clothing and accessories.

Please let Kim know if you'd like to be a model  
in our fashion show!

### Chapel Services-

#### Held in Spruce Lodge

**Thurs. May 2<sup>nd</sup>** = Zion Lutheran Communion Service  
At 11am

**Wed. May 8<sup>th</sup>** = Roman Catholic Mass at 10:30am  
= LCC Communion Service  
At 11:15am

**Thurs, May 9<sup>th</sup>** = Presbyterian Communion  
Service At 11am

**Wed, May 17<sup>th</sup>** = Readings and Prayers with  
Lorraine Brooks 2PM

**Thur, May 23<sup>rd</sup>** = Avondale United Service 11am

**Thurs, May 30<sup>th</sup>** = Hymn Sing 11am

### Tea and Talk

Let's get together for tea! On **Wednesday, May 22<sup>nd</sup> at 2PM** in the Bistro, we will be having tea, treats and some social time! Let's get to know one another, listen to funny jokes/ stories, and spend some time together.

### Breakfast Café

Join us for our last Breakfast Café of the season! The menu will be fried eggs, bacon, toast, homefries, coffee and tea. Only \$5 for this delicious breakfast meal. Sign- up on the Woodland Towers Activity Board and then pay Kim to claim your seat.

### Kitchen Tours

Would you like to sign-up for a kitchen tour of the Main Kitchen, to see where our Dinner and Supper meals are prepared? Sign-up on the Main Activity Board for one of our 4 tours **on Friday, May 24<sup>th</sup>**. The tours will be at **10am, 10:30am, 11am** and **11:30am**, and only 5 people will be able to sign-up for each tour. We will meet in the main lobby 10 minutes before your tour time.

