

Sunday

Monday

Tuesday

Wednesday












Thursday

Friday

Saturday

October 2020

Woodland Towers Programs!

				<p>9:30am Balance Class ALC 1 10AM Bible Study SR 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1:30pm Nature walk with Kim and Jamie O 2:30pm The Pin-up's Band O</p>	<p>9:30am Strength Class ALC 2 1:30pm Strength Class ALC 2PM Sing Along with Karen O 3PM Happy Hour SR</p> <p>Sukkot Begins</p>	
<p>2:30PM The Pin-up's Band O</p> 	<p>9:30am Strength Class ALC 5 10AM Coffee Music Club with Tim SR 1:30pm Strength Class ALC 2PM Woodland Towers Singers GA 2PM Trivia and Talk with Karen SR</p>	<p>9:30am Balance Class ALC 6 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1PM Adult Colouring Club SR 2PM Art Class GA (Class is full)</p>	<p>8:45am Morning Coffee Club with Kim in the SR 9:30am Combined Exercise Class ALC 10AM Bell Choir with Tim SR 1PM Men's Club with Jamie in the SR 2PM Movie Matinee with Kim: "Harvest Moon" GA</p>	<p>9:30am Balance Class ALC 8 10AM Bible Study SR 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1:30pm Nature walk with Kim and Jamie O 2:30pm The Pin-up's Band O</p>	<p>9:30am Strength Class ALC 9 10AM Hymn Sing with Tim SR 1:30pm Strength Class ALC 2PM Sing Along with Karen O 3PM Happy Hour SR</p>	
<p>2:30PM The Pin-up's Band O</p> 	<p>HAPPY Thanksgiving</p> 	<p>9:30am Balance Class ALC 13 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1PM Adult Colouring Club SR 2:30PM Bingo SR</p>	<p>8:45am Morning Coffee Club with Kim In the SR 9:30am Combined Exercise Class ALC 10AM Bell Choir with Tim SR 2PM Oktoberfest Bavarian Bash with Peter Bauman on Accordion! O Oktoberfest Dress-up Day!</p>	<p>9:30am Balance Class ALC 15 10AM Bible Study SR 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1:30pm Nature walk with Kim and Jamie O 2:30pm The Pin-up's Band O</p>	<p>9:30am Strength Class ALC 16 10AM Jammin' with Tim SR 1:30pm Strength Class ALC 2PM Sing Along with Karen O 3PM Happy Hour SR</p>	
<p>2:30PM The Pin-up's Band O</p> 	<p>9:30am Strength Class ALC 19 10AM Coffee Music Club with Tim SR 1:30pm Strength Class ALC 2PM Woodland Towers Singers GA 2PM Reminisce and Talk with Karen SR</p>	<p>9:30am Balance Class ALC 20 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1PM Adult Colouring Club SR 2:30PM Bingo SR</p>	<p>8:45am Morning Coffee Club with Kim In the SR 9:30am Combined Exercise Class ALC 10AM Bell Choir with Tim SR 1PM Men's Club with Jamie in the SR 2PM Movie Matinee with Kim: Halloween Movie- your choice GA</p>	<p>9:30am Balance Class ALC 22 10AM Bible Study SR 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1:30pm Nature walk with Kim and Jamie O 2:30pm The Pin-up's Band O</p>	<p>9:30am Strength Class ALC 23 10AM Hymn Sing with Tim SR 1:30pm Strength Class ALC 2PM Sing Along with Karen O 3PM Happy Hour SR</p>	
<p>2:30PM The Pin-up's Band O</p> 	<p>9:30am Strength Class ALC 26 10AM Coffee Music Club with Tim SR 1:30pm Strength Class ALC 2PM Woodland Towers Singers GA 2PM Reminisce and Talk with Karen SR</p>	<p>9:30am Balance Class ALC 27 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1PM Adult Colouring Club SR 2:30PM Bingo SR</p>	<p>8:45am Morning Coffee Club with Kim In the ALC 9:30am Combined Exercise Class ALC 10AM Bell Choir with Tim SR 2PM Fall Fun with the Friends with Music Band Outside</p>	<p>9:30am Balance Class ALC 29 10AM Bible Study SR 10AM A La Cart with Karen (one-to-one) 11:45AM Dinner Time Tunes with Karen Front Hall 1PM Pumpkin Carving SR 1:30pm Nature walk with Jamie O 2:30pm The Pin-up's Band O</p>	<p>HALLOWEEN DRESS-UP DAY! 30 9:30am Strength Class ALC 10AM Jammin' with Tim SR 1:30pm Strength Class ALC 2PM Pumpkin Carols Sing Along with Karen and Kim! O 3PM Happy Hour SR</p>	<p>Happy Halloween 31</p> 







Room Location Legend

Code	Location
SR	"The Spruce Room" – Basement of Tower #1 (Formerly The Wellness Room)
ALC	"The Active Living Centre" – Basement of Tower #1 (Formerly The Activity Room)
GA	The Griffith Auditorium (main level: Currently behind the curtain: Please meet in main lobby 10 mins before program begins if going to this location.)
O	If weather permits, these programs will be held Outside the Front Door
FH	Programs with this code will be located in the Front Hall (The Hallway that connects Tower #3 to the Main lobby)

Corner Store Hours

Monday	9:30AM – 11AM
Wednesday	1:30PM – 3PM
Friday	9:30AM – 11AM



Music Programs	Activity Programs	Fitness Programs
<p>Coffee Music Club with Tim: A time to sing and share stories together over a cuppa joe!</p> 	<p>Trivia & Talk/ Reminisce with Karen <i>Trivia and Talk</i> will be a small group program of 8 participants. We will have some fun using our brains with Trivia of all different topics. We will also have a discussion on current events around town and world events</p>	<p>Nature Walks! Join Kim and Jamie for an outdoor walk. We will split into 2 groups. The 1st group will walk through the Old Grove, and the 2nd group will do a shorter walk around Woodland Towers, or through Hamlet Estates. Enjoy the colourful leaves and fresh air while stretching our legs!</p>
<p>Jammin' With Tim: Music games, drum circles, "weird instruments", and improvising!</p> 	<p>A La Cart with Karen is a program where I will be seeing individual residents in their apartments, offering companionship, play some games, walks, crafts etc. If you have been feeling isolated and would like a visit please reach out to Karen at 519-271-4090 x 2257</p>	<p>One to One Walks Connect with Jamie or Kim if you'd like to have a one to one walk. We can walk outdoors or indoors as the weather permits. You choose the route! Enjoy some companionship and friendly conversation as we get some exercise.</p>
<p>Bell Choir with Tim: Like choir but with Bells! No musical experience needed</p> 	<p>Men's Club with Jamie Here we will talk about topics and issues that are relative to those in attendance. We will start off with open discussions of things that we would like to see offered in our facility, and how to make them happen. All men welcome!</p>	<p>Self – Directed with Jamie Connect with Jamie if you'd like to book a self-directed exercise session. Learn how to use the exercise equipment, and set goals to improve your overall wellbeing. 519-271-4090 x 2282</p>
<p>The Woodland Towers Singers: This is our In-House Choir! If you are interested in becoming a member, please connect with Sarah Boo 519-271-4090 x 2209, or with Tim Eddy 519-271-4090 x 2247</p>	<p>Bingo <i>BINGO!</i> Starting Tuesday October 13th. Due to Social Distancing protocol, we will be doing some small groups of 9 for Bingo. Thank you for your understanding</p>	<p>Fitness Classes Classes are led by the dynamic duo, Kim and Jamie! Come and enjoy a total body work-out at your own pace. Learn techniques that will benefit your posture, core strength, and balance, which will assist you in living your best life, and effectively conditioning yourself to continue the activities that you love. Work on range of motion, and enjoy a gentle stretch in a fun and social atmosphere!</p>
<p>Dinner Time Tunes With Karen: On Tuesday and Thursday, Karen will be playing the Keyboard to offer some lunch time serenading indoors at 11:45am.</p>	<p>Bible Study If you would like to join our in-house Bible Study, please connect with Gladys Tigani: (519) 271-4284</p>	
<p>Entertainments: This month we have some exciting entertainment which will be held outdoors as long as weather permits! The Pin-up's (our in-house band!), Sing Along with Karen, Oktoberfest with Peter Bauman, and Fall fun with the Friends With Music Band to name a few!</p>	<p>Movie Matinee, Adult Colouring, Morning Coffee Club, and Happy Hour! All of the above programs will be starting in October! Please sign-up on the Sign-up board in the Main Lobby if you'd like to participate!</p>	

Hello Woodland Towers!! We are SO excited to have the opportunity to begin offering small group programs for our wonderful residents. We know that this pandemic has been a difficult time for many, and we recognize that we are all in need of some social stimulation! That being said, we must all do our part to ensure that we are following Health and Safety protocol, and Covid 19 Prevention Guidelines. We are here to help you through this, and we ask that **you do your part by continuing to wear your mask (pulled up over your nose, and pulled down to cover your chin), and continue to wash/ sanitize your hands.** We will make sure that we keep contact surfaces and equipment clean and sanitized prior to programs, as well as when programs are completed. Please remember that **we still must keep our 6ft distance from one another.** We are doing this all to protect our friends and neighbours, as well as the staff of Woodland Towers - and it takes a village. If you haven't had a chance to check out our new and improved Fitness Centre, now called "The Active Living Centre", (previously known as The Activity Room, in the basement of Tower #1), we welcome you to come and check it out. This is a great space that now offers exercise classes (as seen on the front of this calendar), and the use of exercise equipment that you may use at your leisure. Before attending exercise classes, or using equipment, we ask that you connect with Jamie or Kim to set up a time to review the safe use of equipment, and to fill out an intake form.

Due to physical distancing, there will only be 9 resident spaces available for each program. If you wish to attend any of the activity programs (seen on the front of this calendar, highlighted in purple), you are welcome to sign-up on the sign-up board located in the Main Lobby (please bring your own pen). Once a program is filled, you are welcome to put your name on the "waitlist" and we will notify you if a spot becomes available.

I can't wait to join you for programming again! You have been greatly missed, and I'm so happy we can get together, safely, again!

See you soon,

Kim Luckhardt,
Activity Coordinator.

Hello all and welcome to the Strength, Balance, and Combined classes at the Spruce Active Living Centre. Proceeding to the fall season classes will expand upon the previous months programs lead by instructors Kim and Jamie. These classes include an introduction of a variety of exercises that vary in pace to suit ALL needs and requirements. They will assist to maintain balance, stability, and core strengths that are essential to everyday life. Join us for an unbiased approach that is suitable for all participants, in a safe and welcoming environment. Classes are offered in the Wellness room. Please refer to the schedule for current times and days of the week. We look forward to seeing you out!

**Men's club in the Spruce Room
Starting on October 7th @ 1pm join Jamie in the
Spruce Room adjacent to
the Active Living Centre.**

Here we will talk about topics and issues that are relative to those in attendance. We will start off with open discussions of things that we would like to see offered in our facility, and how to make them happen. The following date to this first group will be on October 21st @ 1pm.

Hello! I am a piano teacher and local musician in Waterloo studying my Master of Music Therapy. I am the new student music therapist here at Woodland Towers until December. I grew up in Cambridge, but have lived in Waterloo for the past 6 years for my studies. I studied my Bachelor of Music in composition at Laurier where I learned how to play classical piano and write music. I really like classical music, but I also like to sing and play any music on the piano. I love being a music therapist because I can relate to people and make meaningful encounters through music. For my master's degree I have worked as a music therapist at a long-term care in Waterloo, and at the women's prison in Kitchener.

Timothy Eddy,
Music Therapy Student

Happy October! I am excited to be a part of an amazing program team here at Woodland Towers. I will be offering some programs throughout out the weeks in October. **Trivia and Talk** will be a small group program of 8 participants. We will have some fun using our brains with Trivia of all different topics. We will also have a discussion on current events around town and world events.

BINGO! Starting Tuesday October 13th. Due to Social Distancing protocol, we will be doing small groups of 9 for Bingo. Thank you for your understanding

A la Carte with Karen is a program where I will be seeing individual residents in their apartments, offering companionship, playing some games, walks, crafts etc. If you have been feeling isolated and would like a visit please reach out to Karen at 519-271-4090 ext 2257. Dinner Time Tunes will take place as you are waiting for your meal from 11:45 – 12:15 p.m. Weather depending Friday afternoons at 2pm, we will continue with the Sing along with a Karen outside in the parking lot.

Karen Goforth
Volunteer Coordinator/ Activity Coordinator



Meet Tim! Our new Music Therapy Student. You will see him at the Music Therapy programs listed on the previous page.



More from Tim!

Music therapy can look a lot like what you have currently been doing with music here at Woodland Towers. Music therapy is a big bubble of all the different ways we can use music to improve overall wellbeing. When working with people who have depression and anxiety, we use music and discussion to explore their mental health and help give them skills for coping. A music therapist might provide someone an opportunity to express themselves creatively by songwriting. Sometimes music therapists teach music as well, however the goals are never strictly musical, but instead focus on the therapeutic effects of music.

Individual Sessions:

- Song writing
- Jamming
- Receptive listening
- Teaching piano
- Psychotherapy

Group Sessions:

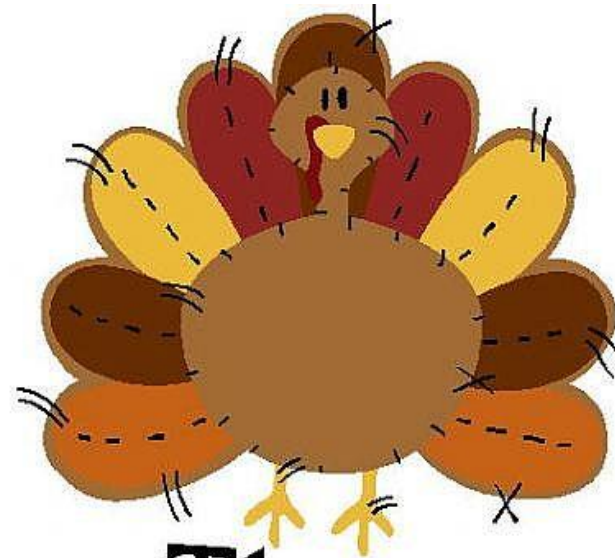
- Coffee Music Club
- Bell Choir
- Choir
- Music trivia

Thanksgiving Weather Report

During the late afternoon and evening, the cold front of a knife will slice through the turkey, causing an accumulation of one to two inches of plates. Mashed potatoes will drift across one side while cranberry sauce creates slippery spots on the other. Please pass the gravy.

A weight watch and indigestion warning have been issued for the entire area, with increased stuffiness around the beltway. During the evening, the turkey will diminish and taper off to leftovers, dropping to a low of 43F in the refrigerator.

Looking ahead to Friday and Saturday, high pressure to eat sandwiches will be established. Flurries of leftovers can be expected both days with a 50 percent chance of scattered soup late in the day. We expect a warming trend where soup develops. By early next week, eating pressure will be low as the only wish left will be the bone.



Happy Thanksgiving

Turkey Shot Out of The Oven

The turkey shot out of the oven

And rocketed into the air,

It knocked every plate off the table

And partly demolished a chair.

It ricocheted into a corner

And burst with a deafening boom,

Then splattered all over the kitchen,

Completely obscuring the room.

It stuck to the walls and the windows,

It totally coated the floor,

There was turkey attached to the ceiling,

Where there'd never be turkey before.

It blanketed every appliance,

It smeared every saucer and bowl,

There wasn't a way I could stop it,

That turkey was out of control.

I scraped and scrubbed with displeasure,

And thought with chagrin as I mopped,

That I'd never again stuff a turkey

With popcorn that hadn't been popped!

