

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**



**DON'T FORGET**  
TO SET YOUR CLOCKS BACK ONE HOUR THIS SUNDAY.

2:30PM The Pin-ups **ML**  
Daylight Saving Time Ends

**2**

9:30am Strength Class **ALC**  
10AM Coffee Music Club with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Woodland Towers Singers **GA**

**3**

9:30am Balance Class **ALC**  
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**

**4**

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**

**5**

9:30am Balance Class **ALC**  
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 **O**  
2:30PM Bingo! **SR**  
6:30PM The Pin Ups **ML**

**6**

9:30am Strength Class **ALC**  
10AM Hymn Sing with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Sing Along with Karen **ML**  
3PM Happy Hour **SR**



**8**



2:30PM The Pin-ups **ML**

**9**

9:30am Strength Class **ALC**  
10AM Coffee Music Club with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Woodland Towers Singers **GA**  
3PM New Comer's Group! **SR**

**10**

9:30am Balance Class **ALC**  
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**

**11**

8:45am Remembering our Veterans Coffee with Kim **in the SR**  
9:30am Combined Exercise Class **ALC**  
10AM Bell Choir with Tim **SR**  
11:15AM Lest we Forget **ML**

Veterans Day  
Remembrance Day (Canada)

**12**

9:30am Balance Class **ALC**  
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 **O**  
2:30PM Bingo! **SR**  
6:30PM The Pin Ups **ML**

**13**

9:30am Strength Class **ALC**  
10AM Jammin' with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Sing Along with Karen **ML**  
3PM Happy Hour **SR**



**15**



2:30PM The Pin-ups **ML**

**16**

9:30am Strength Class **ALC**  
10AM Coffee Music Club with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Woodland Towers Singers **GA**

**17**

9:30am Balance Class **ALC**  
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**

**18**

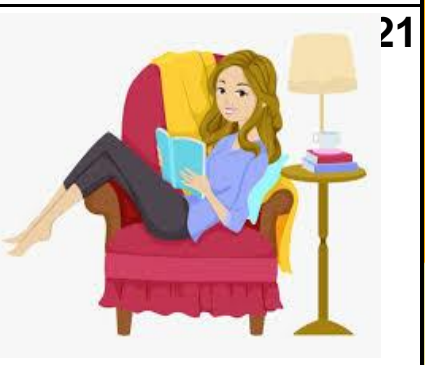
8:45am Falls Prevention Morning Coffee Club with Kim **in the SR**  
9:30am Combined Exercise Class **ALC**  
10AM Bell Choir with Tim **SR**  
1PM Men's Club with Jamie **in the SR**

**19**

9:30am Balance Class **ALC**  
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 **O**  
2:30PM Bingo! **SR**  
6:30PM The Pin Ups **ML**

**20**

9:30am Strength Class **ALC**  
10AM Hymn Sing with Tim **SR**  
**Italian Lunch in the Dining Room today! Bring some change if you'd like to purchase pop, beer or wine!**  
1:30pm Strength Class **ALC**  
2PM Sing Along with Karen **ML**  
3PM Happy Hour **SR**



**22**



2:30PM The Pin-ups **ML**

**23**

9:30am Strength Class **ALC**  
10AM Coffee Music Club with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Woodland Towers Singers **GA**

**24**

9:30am Balance Class **ALC**  
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**

**25**

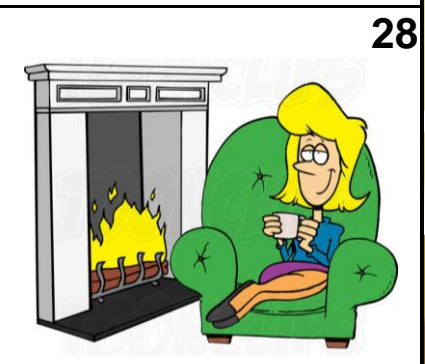
8:45am Morning Coffee Club with Kim **in the SR**  
9:30am Combined Exercise Class **ALC**  
10AM Bell Choir with Tim **SR**  
2PM Movie Matinee: Your choice of movie! **GA**

**26**

9:30am Balance Class **ALC**  
10AM Bible Study **SR**  
10AM A La Cart with Karen **(one-to-one)**  
11:45AM Dinner Time Tunes with Karen **Front Hall**  
2:30PM Bingo! **SR**  
6:30PM The Pin Ups **ML**

**27**

9:30am Strength Class **ALC**  
10AM Jammin' with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Sing Along with Karen **ML**  
3PM Happy Hour **SR**



~Decking the Halls Week! All are welcome to help decorate the Christmas Trees ~



**29**

9:30am Strength Class **ALC**  
10AM Coffee Music Club with Tim **SR**  
1:30pm Strength Class **ALC**  
2PM Woodland Towers Singers **GA**

# November 2020

## Woodland Towers Programs!

November is *Falls Prevention Month!*





## Room Location Legend

Code	Location
SR	"The Spruce Room" – Basement of Tower #1 (Formerly known as The Wellness Room)
ALC	"The Active Living Centre" – Basement of Tower #1 (Formerly known as 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)
ML	The Main Lobby of Woodland Towers

### Corner Store Hours

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



<b>Music Programs</b>	<b>Activity Programs</b>	<b>Fitness Programs</b>
<p><b>Coffee Music Club with Tim:</b> A time to sing and share stories together over a cuppa joe!</p> 	<p><b>Trivia &amp; Talk/ Reminisce with Karen</b> <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><b>Nature Walks!</b> Join Kim and Jamie for an outdoor walk. We will split into 2 groups. The 1<sup>st</sup> group will walk through the Old Grove, and the 2<sup>nd</sup> 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><b>Jammin' With Tim:</b> Music games, drum circles, "weird instruments", and improvising!</p> 	<p><b>A La Cart with Karen</b> 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><b>One to One Walks</b> 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><b>Bell Choir with Tim:</b> Like choir but with Bells! No musical experience needed</p> 	<p><b>Men's Club with Jamie</b> 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><b>Self – Directed with Jamie</b> 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><b>The Woodland Towers Singers:</b> This is our In-House Choir! If you are interested in becoming a member, please connect with Tim Eddy 519-271-4090 x 2247. The Choir meets every Monday at 2PM in the Griffith Auditorium.</p>	<p><b>Bingo</b> <i>BINGO!</i> Due to Social Distancing protocol, we will be doing some small groups of 9 for Bingo. Thank you for your understanding, and please sign-up in the sign-up book located under the clock in the Main Lobby!</p>	<p><b>Fitness Classes</b> 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><b>Dinner Time Tunes With Karen:</b> On Tuesday and Thursday, Karen will be playing the Keyboard to offer some lunch time serenading indoors at 11:45am.</p>	<p><b>Bible Study</b> If you would like to join our in-house Bible Study, please connect with Gladys Tigani: <b>(519) 271-4284</b></p>	
<p><b>Sing Along with Karen:</b> Join Karen in the Main Lobby for a special Old Time Sing Along! Come and sing all of your favourite songs – Remember masks are mandatory. We hope to see you there!</p>	<p><b>Movie Matinee, Adult Colouring, Morning Coffee Club, and Happy Hour!</b> All of the above programs will be continuing through November! Please sign-up in the Sign-up book located in the Main Lobby if you'd like to participate!</p>	