

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LEGEND:

- RR**- Rose Room
- WR**- Wellness Room
- SR**- Spruce Room
- DR**- Dining Room
- GR**- Green Room
- LIB**- Library
- GA**- Griffith Aud.

Karen Goforth ext. 2257
 Jamie Nelder ext. 2282
 Kim Luckhardt ext. 2230

Please check weekly calendar posted in elevator
 and on the bulletin boards for up-to-date Activities.

				9:00 Exercise Class WR 10:00 Morning coffee 1:30 DROM FIT GA 7:00 Bingo DR	1 9:00 Guided Water fitness 10:00am Bible Study SR 10:00am Billiards Billiards RM 1:30 – 3 Creative Corner SR Groundhog Day	2 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:30 – 3 Creative Corner SR	3 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:30 – 3 Creative Corner SR	4 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:30 – 3 Creative Corner SR
5 9:00 Exercise Class WR 10:30 DROM FIT GA 1:30 Hand Therapy \$ Lobby 1:30 Cribbage Billiards RM 1:30 Crokinole RR 6:30 “Love Songs and Lilacs” Paint Night \$ RR (Sign up required by Feb 3 rd) See posters for more details	6 9:00 Exercise Class Cardio WR 10:00 Mindful meditation SR 2:00 General Resident Meeting GA	7 9:00 Exercise Class WR 10:00am – 2:00pm Katies Jewelry ML\$ 10:00 Morning coffee 11am-BP clinic with Janine ML 6pm- Presentation by Dr. Hook. Please plan to attend 7:00 Bingo DR	8 9:00 Guided Water fitness 10:00 Bible Study SR 10:00 Billiards Billiards RM 1:30 – 3 Creative Corner SR 6:00 Outing to the Stratford Cinemas to see the movie “80 for Brady” \$ (Independent + Sign Up Required) Please see signup sheet details)	9 **9:00am – 12:00pm Mini Market ML\$** 9:00 Exercise Class WR 10:00 Wellness Social SR 11:15am Outing to the Army and Navy \$ (Independent + Sign Up Required) 1:30 Bowling GA	10 10:00 Worship with Friends GA 2:00 p.m. Valentines Discussion Group, Trivia and Chocolate SR	11 10:00 Worship with Friends GA 2:00 p.m. Valentines Discussion Group, Trivia and Chocolate SR		
12 9:00 Exercise Class WR 10:30 DROM FIT GA 1:30 Hand Therapy \$ Lobby 1:30 Cribbage Billiards RM 1:30 Crokinole RR	13 9:00 Exercise Class Cardio WR 10:00 Bus leaves for Butterfly Conservatory 6:30 Toonie Tuesday Valentine’s Pub with Gerry Cutting GA \$ Valentine’s Day	14 9:00 Exercise Class WR 10:00 Morning coffee 1:30 DROM FIT GA 7:00 Bingo DR	15 8:45 Breakfast \$ Sign Up DR 9:00 Guided Water fitness 10:00am Bible Study SR 10:00am Billiards Billiards RM 1:30 – 3 Creative Corner SR	16 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:00 Paper Airplanes GA 2:00 Travel to Mexico with Karen GA	17 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:00 Paper Airplanes GA 2:00 Travel to Mexico with Karen GA	18 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 1:00 Paper Airplanes GA 2:00 Travel to Mexico with Karen GA		
19 1:30 Cribbage GA 1:30 Crokinole RR Family Day Presidents’ Day	20 9:00 Exercise Class Cardio WR 10:00 Mindful meditation SR 1:30 Painting with Picaso \$ SR 1:45 Hand Therapy \$ Lobby Mardi Gras	21 9:00 Exercise Class WR 10:00 Morning coffee 12:30 Men’s Meal \$ 1:30 DROM FIT GA 7:00 Bingo DR Ash Wednesday	22 9:00 Guided Water Fitness 10:00 Bible Study SR 10:00 Billiards Billiards RM 1:30 – 3 Creative Corner SR	23 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 12:30 Ladies Lunch \$ 2:00 Birthday Party DR	24 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 12:30 Ladies Lunch \$ 2:00 Birthday Party DR	25 9:00 Exercise Class WR 10:00 Wellness Social SR 10:00 Hymn Sing GR 12:30 Ladies Lunch \$ 2:00 Birthday Party DR		
26 9:00 Exercise Class WR 10:30 DROM FIT GA 1:30 Hand Therapy \$ Lobby 1:30 Cribbage Billiards RM 1:30 Crokinole RR	27 9:00 Exercise Class Cardio WR 10:00 Mindful meditation SR	28 9:00 Exercise Class WR 10:00 Mindful meditation SR	<h1>February 2023</h1>					

February 2023

February



You asked and we Listened!

We appreciate everyone who took the time to fill out the Activity Survey this past year. As you can see from our Activity Calendar that we have incorporated many ideas for activities to be offered at Woodland Towers.

Please take the time to *read* the calendar as there have been some changes of when regular programs are being offered. These changes have been made to try and spread out the activities throughout the weeks so that all the days have something planned on them more evenly.

Please note: Throughout the month there will be opportunities to purchase alcoholic beverages at our Pub night, Special Occasions and Special Meals.

We will be working on another survey in a few months. We encourage you to take the time to fill out the survey and offer suggestions of activities that you would like to see offered and participate in. Thank you

Woodland Towers Corner Store Updates

- The store will be **CLOSED** for Family Day February 20th!
- Please bring your **OWN BAGS** to the store when shopping. The local grocery stores no longer have plastic bags so therefore we do not have any plastic bags for your use. Thank you for your understanding.
- We will be having a February raffle. Please fill out a ballot each time you make a purchase in February. Draw Date will be February 28th.

****** Sign Ups ******

Sign ups for programs will only be required for Outings, Birthday Parties, Special Programs and programs that involve food for example Lunches, Burger shack etc.

SAVE THE DATE: Feb. 8th at 6-7pm in the Griffith Auditorium

We will be offering an education and information session on the Ontario Laws and how they apply to health care. **Dr. Kenneth Hook**, a retired Family Physician will be the guest speaker. Some topics that will be covered are Goals of Care, Advance Planning/Directives, Substitute decision makers, POA's and more. Please plan to attend.

Program Highlights

DROM FIT

Please join us in the Griffith Auditorium for DromFit. DromFit is a unique combination of drumming (the DRUM) and meditation (the OM) to energize, relieve stress, bring clarity and calm – all while having fun drumming on an exercise ball. DromFit will be in the Griffith Auditorium Mondays at 10:30 and most Wednesdays at 1:30pm. All are welcome to attend.

Hand Therapy Mondays at 1:30 pm in the main lobby. Come join us, bring a \$ Loonie \$ and experience the benefits of Hand Therapy with a warm wax treatment.

“Love Songs and Lilacs” Paint Night Please join us Monday February 6th for a Paint Night. No experience Necessary. Limit of 7 people. Cost is \$10 (Sign up required by Feb 3rd)

Outing to Stratford Cinema to see the movie “80 for BRADY” **Thursday February 9th**. Please see posters for more information. (Please sign up by Monday February 6th)

Lunch out to the Army and Navy Friday February 10th

Please meet in the Main Lobby for 11:15am. Please note this is an independent outing, sign up required. You will be required to take your own money to cover the cost of your meal.

Bowling in the Griffith Come on down, have some fun. Friday February 10th at 1:30 pm

Toonie Tuesday Valentine's Pub with Gerry Cutting

Please join us for our pub night, Tuesday February 14th at 6:30 pm in the Griffith Auditorium. Admission is \$2 or a donation. There will be beverages of Beer, Wine, and Pop available to purchase. Come and enjoy a night of music and fun! We will have a dance floor as well if you feel like dancing!!

Breakfast with Rob Thursday February 16th at 8:45 am. Please sign up.

February Birthday Party

February Birthday Party **Friday February 24th at 2pm** in the Dining Room. Enjoy some Cake and Ice Cream and social time.