

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2023



<b>Store Hours</b> <b>Monday-</b> 9:30 -11:30 AM <b>Wednesday -</b> 1:30 -3PM <b>Friday -</b> 9:30 -11:30 AM		<b>**Spruce Lodge Pool Closed today**</b> <b>Corner Store is Closed Today</b> 9:00 Self-led Exercise WR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 Woodland Towers Choir GA	9:00 Self-led Cardio WR 12:00 Noon Steak BBQ Sign Up Meal WR 6:30 Euchre (All Welcome!)RR  <small>Independence Day (US)</small>	9:00 Self-led Exercise WR 12:00 Noon Steak BBQ Sign Up Meal WR 7:00 Bingo DR	9:30 Self-led Stay Fit WR 10:15 Billiards Billiards RM 2:00 Creative Corner Patio 6:30 Euchre (All Welcome) RR	9:00 Self-led Exercise ClassWR 10:00 Hymn Sing GR 2:00 Tie Dye Pillow Case and T-shirts \$ See Posters for details (Sign Up) Patio 6:30 Euchre (All Welcome!)RR			
9:00 Exercise Class WR 10:00 Sing along with Kim GR 10:30 DROM FIT GA 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Afternoon Coffee Patio\$ 3:00 Woodland Towers Choir GA	9:00 Exercise Class WR 10:00 Sing along with Kim GR 10:30 DROM FIT GA 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Afternoon Coffee Patio\$ 3:00 Woodland Towers Choir GA	<b>Baseball Dress-up Day!</b> 9:00 Cardio Workout WR 10:00 Baseball Photo BoothML 11:30 Baseball Day Lunch: Hotdogs and Bar CartDR 2:00 Let's Play Baseball! GA 6:30 Toonie Tuesday Pub Night with Mike KellyGA\$	9:00 Self Led Exercise WR 1:30 DROM FIT GA 2:00 Campfire: Smores, spider dogs and music! SL Labyrinth 5:00 Picnic and Music in the Park Outing: Stratford Concert Band ML 7:00 Bingo DR	<b>French Fry Day!</b> 8:30 Breakfast \$ Sign Up 9:30 Self-led Stay Fit WR 10:15 Billiards and Coffee Billiards RM 1:30 Outing to The CASINO in Woodstock \$ 2:00 Ladies Tea RR	9:00 Self-led Exercise ClassWR 9:00-12:00 Dianna and Mary's Mini Market ML 11:15 Picnic to Upper Queens Park \$  6:30 Euchre (All Welcome!)RR				
9:00 Self-led Exercise WR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Woodland Towers Choir GA	9:00 Self-led Exercise WR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Woodland Towers Choir GA	9:00 Cardio Workout WR 10:00 Sing along with Kim GR 3:00 Card Game: Spoons Bistro 6:30 Euchre (All Welcome!)RR	9:00 Exercise Class WR 10:30 Goderich Beach Outing ML\$ (Sign-up) 7:00 Stratford Police Bagpipes and Drums Outside at the front of Spruce Lodge 7:00 Bingo DR	9:30 Stay Fit Seated ClassWR 10:15 Billiards and Coffee Billiards RM 12:00 Ladies Lunch WR\$ 2:00 Resident Open Mic Griffith Auditorium	9:00 Self-led Exercise ClassWR 11:40 Outing to the Army and Navy \$ (Independent +Sign Up Required 2:00 Music and Art Show Spruce Lodge Living Room	9:00 Coffee Hour Bistro 2:00 Outdoor Watermelon Social with Special Entertainment by Tom Osgerby and Caroline Burchill Out front 6:30 Euchre (All Welcome!)RR			
9:00 Exercise Class WR 10:00 Sing along with Kim GR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Afternoon Coffee Patio 3:00 Woodland Towers Choir GA	9:00 Exercise Class WR 10:00 Sing along with Kim GR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Afternoon Coffee Patio 3:00 Woodland Towers Choir GA	9:00 Cardio Workout WR 10:00 Kim's Nail Spa SR 2:00 July Birthday Party DR 4:00 to 8:00 Summer Party: Food Trucks (Fish n Chips and more!) \$Outside at front of Spruce Lodge. All Welcome!	9:00 Exercise Class WR 10:00 Brain Teasers ML 12:00 Men's BBQ Meal WR\$ 2:00 Card Game: Spoons! Bistro 7:00 Bingo DR	9:30 Stay Fit Seated ClassWR 10:15 Billiards and Coffee Billiards RM 10:30 DROM FIT GA 2:00 Movie and popcorn Matinee: "RV" GA\$	9:00 Self-led Exercise ClassWR 10:00 Hymn Sing GR 1:40 Music on the Barge Outing Graham Hargrove percussion \$	12:00 Burger Shack with Karen WR \$ Sign up required 2:00 Creative Corner Patio			
<b>LEGEND:</b> RR- Rose Room WR- Wellness Room SR- Spruce Room DR- Dining Room GR- Green Room LIB- Library GA- Griffith Aud.	<b>Hawaiian Dress-up Day!</b> 9:00 Self-led Exercise WR 10:30 DROM FIT GA 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Cards and Board GamesSL 3:00 Woodland Towers Choir GA								

## Woodland Towers Activity Calendar

519-271-4090 ~ Kim x 2230 Karen x 2257 Jillian and Kiley (Music Therapy) x 2247

