

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2023

	<p>1 9:00 Self-led Cardio WR 2:00 Card Game: Spoons Bistro (resident led) 6:30 Euchre (All Welcome!)RR</p>	<p>2 Today is "Blueberry Day!" Please wear BLUE 9:00 Self-led Exercise WR 2:00 Left- Right – Centre Game (resident led) Bistro 3:00 Euchre, Crokinole and Cafe SL Living Room</p>	<p>3 9:30 Self-led Stay Fit WR 10:15 Billiards and Bring Your Own Coffee Billiards RM 12:30 Outing: Joseph and the Amazing Technicolor Dreamcoat in St. Jacobs (meet at entrance for 12:20pm)</p>	<p>4 9:00 Self-led Exercise Class WR 10:00 Hymn Sing GR 2:00 – 4pm "I Scream! You Scream! We all Scream for Ice Cream! PARTY! Come join the fun for a free Ice Cream Bar Drop in any time between 2 and 4pm Patio</p>	<p>5 6:30 Euchre (All Welcome!)RR</p>	
<p>6 9:00 Self-led Exercise WR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm</p> 	<p>7 Store is Closed today 9:00 Self-led Exercise WR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm</p>	<p>8 9:00 Cardio Workout WR 10:00 Sing along with Kim GR 2:00 Fun Game: Scattergories Bistro 6:30 Euchre (All Welcome!)RR</p>	<p>9 9:00 Exercise Class WR 10:00 Brain Teasers ML 2:00 Travelogue: England Griffith Auditorium 3:00 Euchre, Crokinole and Cafe SL Living Room 7:00 Bingo DR</p>	<p>10 9:30 Self-led Stay Fit WR 10:30 Photo Lab: Come and choose which photos you'd like copies of! GR 10:15 Billiards and Coffee Billiards RM 2:00 Ladies Tea DR</p>	<p>11 9:00 Self-led Exercise Class WR 9:00-12:00 Dianna and Mary's Mini Market ML 10:00 Hymn Sing GR 1:20 Outing to Music on the barge Rosemary Seonen, Harp \$ 2:00 Euchre and Crokinole SL</p>	<p>12 9:00 Coffee Hour Bistro \$ 2:00 Karaoke Party Patio 6:30 Euchre (All Welcome!)RR</p>
<p>13 9:00 Exercise Class WR 10:00 Sing along with Kim GR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 2:00 Karaoke Spruce Lodge Living Room 3:00 Afternoon Coffee Patio \$</p>	<p>14 9:00 Self-led Cardio WR 2:00 Charades Bistro 3:30 Dog Parade: Bring Your Pup's Outside at the Front Entrance of Spruce Lodge 6:30 Toonie Tuesday Pub Night with Conn Smythe GA</p>	<p>15 9:00 Self-led Cardio WR 2:00 Charades Bistro 3:30 Dog Parade: Bring Your Pup's Outside at the Front Entrance of Spruce Lodge 6:30 Toonie Tuesday Pub Night with Conn Smythe GA</p>	<p>16 9:00 Exercise Class WR 10:00 Outdoor Stroll ML 2:00 National "Tell a Joke Day": Lemonade and Laughs Patio 3:00 Euchre, Crokinole and Cafe SL Living Room 7:00 Bingo DR</p>	<p>17 9:30 Stay Fit Class WR 10:15 Billiards and Coffee Billiards RM 2:00 Campfire: Smores, spider dogs and music! SL Labyrinth</p>	<p>18 9:00 Self-led Exercise Class WR 11:20 Outing to the Army and Navy \$ (Independent +Sign Up Required) 2:00 Euchre and Crokinole SL Living Room</p>	<p>19 9:00 – 12:00 City Garage Sale Day (Located by the pool entrance walk way) (If you would like to participate, please see posters for more details, and sign up in the sign-up book) 6:30 Euchre (All Welcome!)RR</p>
<p>20 9:00 Exercise Class WR 10:00 Sing along with Kim GR 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 Card Game: 7-Up Bistro 4:00 Outing Backyard Burger Shack and Garden Tour at Karen Goforth's Home \$</p>	<p>21 9:00 Self-led Cardio WR 10:00 Name that Tune GR 2:00 Movie and Popcorn Matinee: "The Intern" Griffith Auditorium 6:30 Euchre (All Welcome!)RR</p>	<p>22 9:00 Cardio Workout WR 10:00 Name that Tune GR 2:00 Movie and Popcorn Matinee: "The Intern" Griffith Auditorium 6:30 Euchre (All Welcome!)RR</p>	<p>23 1:00 -5:00PM Pierogies Food Truck Outside at Spruce Lodge! 2:00 Four Paws Flying Dog Show Outside at the Front of Spruce Lodge 5:00 Picnic in the Park/ Stratford Concert Band Outing 7:00 Bingo DR</p>	<p>24 8:30 Breakfast \$ Sign Up 9:30 Stay Fit Class WR 10:15 Billiards and Coffee Billiards RM 2:00 WT Bowling Lanes GA</p>	<p>25 9:00 Self-led Exercise Class WR 10:00 Hymn Sing GR 2:00 Music Show with Ruth and Karen Out Front 2:00 Euchre and Crokinole SL Living Room</p>	<p>26 6:30 Euchre (All Welcome!)RR</p>
<p>27 9:00 Self-led Exercise WR 10:30 DROM FIT GA 1:30 Crokinole RR 1:30 Cribbage Billiards Rm</p>	<p>28 9:00 Self-led Cardio WR 2:00 August Birthday Party DR 6:30 Euchre (All Welcome!)RR</p>	<p>29 9:00 Self-led Cardio WR 2:00 August Birthday Party DR 6:30 Euchre (All Welcome!)RR</p>	<p>30 9:00 Self-led Exercise WR 2:00 Card Game: Spoons Bistro (resident led) 3:00 Euchre, Crokinole and Cafe SL Living Room 7:00 Bingo DR</p>	<p>31 9:30 Self-led Stay Fit WR 10:15 Billiards and Bring Your Own Coffee! Billiards RM 2:00 Adult Colouring Bistro</p>	<p>LEGEND: RR- Rose Room WR- Wellness Room SR- Spruce Room DR- Dining Room GR- Green Room LIB- Library GA- Griffith Aud. SL – Spruce Lodge</p>	

Woodland Towers Activities

519-271-4090 ~ Kim x 2230
Karen x 2257
Music Therapy x 2209