



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b><u>Additional Services</u></b></p> <p><b>Hearing Clinic September 20,2010 1:00-3:00 pm (BR)</b></p>			<p><b>1</b> 10:30 Fit 4 Life (FR) 2:00 Bingo (MDR) 7:00 Crib ( GR)</p>	<p><b>2</b> 10:30 Seated Ballet (FR) 10:30 Anglican Service (CH) 2:30 Tiny Tots Corner (GR) 4:00 Happy Hour ( Pub) 7:00 Whist (GR)</p>	<p><b>3</b> 10:30 Fit 4 Life (FR) 1:00 Crafts (CR) 10:00-2:00 Massage (WC) <b>2:00 Ice Cream Social (GR Patio)</b> 7:00 Bingo (WC)</p>	<p><b>4</b> 7:00 Movie night (TH)</p>
<p><b>5</b></p>	<p><b>6</b> 10:30 Fit 4 Life (FR) 1:30 Outdoor Walks (1718 doors) 7:00 Men's Night (GR)</p>	<p><b>7</b> 10:00 Coffee Talk ( BDR) 10:30 Catholic Lay (CH) 10:30 Baking (FR) 2:00 Tea Time (Pub) 1:00-2:00 Yoga (WC) 7:00 Bridge (GR)</p>	<p><b>8</b> 10:30 Fit 4 Life (FR) 1:00 Bible Study (CH) 2:00 Outdoor Walks (1718 doors) 7:00 Crib ( GR)</p>	<p><b>9</b> 10:30 Lutheran Service (CH) 10:30 Book Club (5FSR) 10:30 Seated Ballet (FR) 2:30 Tiny Tots Corner (GR) 4:00 Happy Hour ( Pub) 7:00 Whist (GR) <b>7:00 Dave Campbell Band</b></p>	<p><b>10</b> 10:30 Fit 4 Life (FR) 1:00 Crafts ( CR)</p>	<p><b>11</b> 7:00 Movie night (TH)</p>

Coffee is provided every morning at 9:30 am in the Bistro Dining Room. Everyone is Welcome.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>12</b> 4:00 Hymn Sing (CH)	<b>13</b> 10:30 Fit 4 Life (FR) <b>1:00 Annual General Meeting (WC)</b> <b>3:00 Zumba Class (WC)</b>	<b>14</b> 10:00 Coffee Talk ( BDR) 10:30 Catholic Mass (CH) <b>12:00 Lunch Group (FR)</b> 1:00-2:00 Yoga (WC) 2:00 Tea Time (Pub) 7:00 Bridge (GR)	<b>15</b> 10:30 Fit 4 Life (FR) ( BDR) 2:00 Bingo (MDR) 7:00 Crib ( GR)	<b>16</b> 10:30 United Service (CH) 10:30 Seated Ballet (FR) <b>11:30 Footloose Caboose Lodge Outing</b> 2:30 Tiny Tots Corner (GR) 4:00 Happy Hour (Pub)	<b>17</b> 10:30 Fit 4 Life (FR) 10:00-2:00 Massage (WC) 1:00 Crafts ( CR) 7:00 Bingo (WC)	<b>18</b> 7:00 Movie night (TH)
<b>19</b> <b>Brunch</b>  <b>noon 2:00pm (MDR &amp; BDR)</b>	<b>20</b> 10:30 Fit 4 Life (FR) 1:00 Painting w/ Pat (GR) 2:00 Pet Therapy (FR) 7:00 Men's Night (GR)	<b>21</b> <b>9:30 Breakfast Tips (BDR)</b> 10:00 Coffee Talk ( BDR) 10:30 Baking (FR) 10:30 Cath Mass (CH) 1:00-2:00 Yoga (WC) 2:00 International Coffee (Pub)	<b>22</b> 10:30 Fit 4 Life (FR) <b>1:30 Royal Alberta Museum Tour</b> 1:00 Bible Study (CH) 7:00 Crib ( GR)	<b>23</b> 10:30 Seated Ballet (FR) 2:00 Armchair Traveler (TH) 4:00 Happy Hour ( Pub) 7:00 Whist (GR)	<b>24</b> 10:30 Fit 4 Life (FR) 1:00 Crafts	<b>25</b> 7:00 Movie Night (TH)
<b>26</b> 4:00 Hymn Sing (CH)	<b>27</b> 10:30 Fit 4 Life (FR) 2:00 Pet Therapy(FR)	<b>28</b> 10:00 One-One Visits 10:00 Coffee Talk ( BDR) 10:30 Catholic Lay (CH) 1:00-2:00 Yoga (WC) 7:00 Bridge ( GR)	<b>29</b> 10:30 Fit 4 Life (FR) <b>2:00 Birthday High Tea (BDR)</b> 7:00 Crib ( GR)	<b>30</b> 10:30 Seated Ballet (FR) 2:30 Tiny Tots Corner (GR) 4:00 Happy Hour ( Pub) 7:00 Whist (GR)		

**Room Legend**

**BR- Boardroom   CH- Chapel   CR – Craft Room   CY- Courtyard   BDR- Dining Room**  
**FR- Family Room GR-Games Room MDR-Manor Dining Room   MF- Main Foyer TH-Theatre   WC-Wellness**  
**5FSM- Fifth Floor Sitting Room in the Manor**

# Recreation Department

## September 2010

### In House Events

**Sunday Brunch** Sunday September 19, 2010 noon-2:00 pm

Bistro and Manor Dining Rooms



Adults \$ 15.00, Children \$ 12.00, 2 and under are free

**Dave Campbell Band** Thursday September 9, 2010 7:00 pm

Main Foyer Everyone is Welcome



### **Active Aging Week Events**

In order to promote active aging week, we will be hosting events throughout the month free for all residents to attend. Please sign up outside the pub.

**Zumba Class** Monday September 13, 2010 3:00 pm (V)



Come join us in trying a new fitness class. Zumba is a fun dance class designed for seniors hosted by certified instructor "Leslie Mcewan "

**Waltz Class** Wednesday September 8, 2010 3:00 pm (V)



This dance class will be hosted by Orianna Panko of Panko Dancesport Studio

**Breakfast Tips In-service** Tuesday September 21, 2010

9:30 am (BDR) Join us in the Bistro for Healthy Breakfast tips hosted by chef



“John Paul Dinelle”. Bring your appetite.

## September Outings

**Alberta Museum Tour**      Wednesday September 22, 2010    1:30 pm

1120 Tory Road Doors \$ 16.00 total

**Footloose Caboose Outing**      Thursday September 16, 2010  
11:30 am

1120 Tory Road Doors \$ 21.00      Please see Outing Signup sheets next to the pub for further information

## Additional Information

**Resident’s Choice Day**      We will be introducing a “Resident’s Choice Day to our menu. This will occur once a month for a Dinner Feature. Resident’s are encouraged to fill out the cards available at the dining room tables. If your selection is chosen, your recipe will be featured for that meal.

Please contact Lara or Kyle in Recreation if you have any questions about the upcoming events, outings or programs. We are always happy to hear from you !

*Thank you*

*Lara Hammons, Recreation Therapist*

*(780) 433-1395*