












The Waterford Recreational Calendar August 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|--|
|  | | LOCATION LEGEND: (L) = Lounge (MP3) = 3rd Floor Multi-Purpose Room (TV) = TV Room (MFP) Main Floor Patio (WR) = Wellness Room (PDR) = Private Dining Room (LIB) = Library (3FL) = 3rd Floor Lounge (RP) = Rooftop Patio, 4th Floor (2FL) = 2nd Floor Lounge | BRIDGE Every night at 6:30pm (Lounge) *NEW* Mondays at 3:00pm (Serenity Room) | 1 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 2:00 Monthly Recreation Meeting (TV) <u>3:15 Bus to the Secret Garden</u> 7:00 Cribbage (L) | 2 BBQ LUNCH 9:00 "Food on the Corner" Sandwich Making (TV) 2:15 Kitchen Tour with Chef Rod (By Registration Only) (TV) 3:30 Social Hour with Gordy Van (L) 7:00 Keeping Up Appearances (S.1, E.1 & 2) (TV) | 3 3:30 Vinyl Café by Stuart McLean (CD/Serenity Room)  7:00 Movie Night: Mr. Beans Holiday (DVD/ TV) |
| 4  7:00 Last of The Summer Wine (S.1, E.1 & 2) (TV) | 5 BC DAY 10:30 Chair Yoga with Laura (MP3) 11:00 Sun Festival Parade along 56th Street & Car Show @ Winkill Park <i>Own Transportation Required</i> 3:00 Learn To Play Bridge with Carl Haines (TV) 7:00 Anne with an E (S.1 E.5) | 6 10:30 Functional Fitness (MP3) 2:00 Art Project: Confetti Painted Wine Glasses (TV) 3:30 Social Hour with Greg Hampson (L)  | 7 9:00 Nails with Adele (WR) 10:30 Functional Fitness with Carla (MP3) <u>Time TBA Bus to Silvercity to see the new movie The Lion King</u> 3:30 Travel Show: Experience Jordan with Malcolm & Linda (Suede Dogs) 7:00 Gilmore Girls (S.1 E.4) (TV) | 8 <u>9 to 5 HEALTH HUB (Serenity Room)</u> <u>10:00 Bus to BC Ferries Round Trip to Victoria (Swartz Bay)</u> 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10:30-12:00 Connect Hearing (WR) 3:00 Short Stories with Sandy (TV) 7:00 Cribbage (L) | 9 10:30 Keep Fit with Brenda (MP3) 1:30 Bayside Ping Pong Champs Performance (L) 3:30 Social Hour with Shawn McKee (L) 7:00 Keeping Up Appearances (S.1, E.3 & 4) (TV) | 10 10:30 Sing-a-long with Louise Cadrin, Music Therapist (L) 2:45 Tai Chi with Wayne (Last class until September) (MP3) 7:00 Saturday Night Social (Resident run, bring your own bottle) (L) |
| 11 3:00 Catholic Communion with Paul Duggan: Sacred Heart Church (TV)  7:00 Last of The Summer Wine (S.1, E.3 & 4) (TV) | 12 10:30 Functional Fitness (MP3) <u>1:00 Bus to Active Seniors Program</u> 3:30 Art Project: Decorate Bookmarks (TV) 7:00 Anne with an E (S.1 E.6) (TV) | 13 10:30 Functional Fitness (MP3) 2:15 The Price is Right Game (TV)  3:30 Social Hour with Gerry Layton (L) | 14 10:30 Functional Fitness with Carla (MP3) <u>2:45 Bus to Tsawwassen Mills to Shop</u> 3:00 Popsicle Social (MFP) 7:00 Gilmore Girls (S.1 E.5) TV | 15 10-12:00 Wellness Clinic with Marla Ellis, RN (WR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 2:30 Kitchen Tour with Chef Rod (By Registration Only) (TV) 7:00 Cribbage (L) | 16 BBQ LUNCH 10:30 Functional Fitness (MP3) 3:30 Social Hour with The Delta Music School Jazz Ensemble (L)  7:00 Keeping Up Appearances (S.1, E.5 & 6) (TV) | 17 2:00 Bake Cookies with Janet and Alice (Country Kitchen) 3:30 Vinyl Café by Stuart McLean (CD/Serenity Room) 7:00 Movie Night: The Full Monty (DVD / TV) |
| 18 3:00 Resident Led Pool/Billiards (3FL)  7:00 Last of The Summer Wine (S.1, E.5 & 6) (TV) | 19 10:30 Chair Yoga with Laura (MP3) <u>1:00 Bus to Active Seniors Program</u> 3:30 Short Stories with Liz (TV) 7:00 Anne with an E (S.1 E.7) (TV)  | 20 10:30 Functional Fitness (MP3) 12:30 Birthday/New Resident Lunch (PDR) 3:30 Birthday Social Hour with Peter Williams (L) 7:00 Bingo with Karlene/Ella (TV) | 21 9:00 Nails with Adele (WR) 10:30 Functional Fitness (MP3) 10:30 Church Service: St. Andrews Anglican with Rev. Danielle Martel(TV) 11:00—2:30 Fashion Closet (L) <u>11:30 Bus to Lunch at Centennial Beach with Boxed Lunch</u> 7:00 Gilmore Girls (S.1 E.6) (TV) | 22 <u>9 to 5 HEALTH HUB (Serenity Room)</u> 9:15 Resident Council Meeting (PDR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 2:00 Watercolour/Sketch Class with Kathy Van Gough from Elder College (TV) 3:00 Root Beer Float Social (MFP) 7:00 Cribbage (L) | 23 10:30 Fitness to The Beat (L)  2:00 Brainworks! (TV) 3:30 Social Hour with John Dean (L) 7:00 Keeping Up Appearances (S.1, E.7 & 8) (TV) | 24 2:30 Resident Walking Social Club: Meet in the Lounge and walk to Starbucks (beside White Spot)  7:00 Saturday Night Social (Resident run, bring your own bottle) (L) |
| 25 <u>11:30 Bus with Trey to Westham Island to Feed the Ducks then Wine Tasting at Angel Estate Winery</u> 7:00 Last of The Summer Wine (S.1, E.7 & 8) (TV) | 26 10:30 Chair Yoga with Laura (MP3) <u>1:00 Bus to Active Seniors Program</u> 3:30 Rooftop Social Featuring Malibu Bay Breezes (TV) 7:00 Anne with an E (S.1 E.8) (TV) | 27 10:30 Functional Fitness (MP3) 2:00 Bingo with Brynna and Alice (TV) 3:30 Country Western Themed Social Hour with Steve Hillis (L) | 28 10:30 Functional Fitness (MP3) 2:00 Walk to Dairy Queen with Brynna 3:30 Short Stories with Sandy (TV) 7:00 Gilmore Girls (S.1 E.7) (TV) | 29 10:30 Gentle Movement for Mind & Body with Lisa (MP3) <u>1:00 Bus to Delta Bakery, Delta Thrift Store & Ladner Village</u> 2:45 –3:15 "Flowers Beautiful" Flower Arrangement Demo 7:00 Cribbage (L) | 30 BBQ LUNCH 10:30 Functional Fitness (MP3) 2:00 Art Project: Build a Boat & See If It Floats! (TV) 3:30 Social Hour with Barry Powel (L) 7:00 Keeping Up Appearances (S.1, E.9 & 10) (TV) | 31 3:00 Resident Led Ping Pong (L) 4:00 Trivia with Liz (TV) 7:00 Movie Night: Legends of the Fall (Netflix) <i>Starring Brad Pitt & Anthony Hopkins</i> |