













BRIDGE
Every night at 6:30pm

CRIBBAGE
Every Thursday Night at 6:30pm

The Waterford Recreational Calendar September 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 2:00—5:00 Lloyd Jones' Celebration of Life @ Tsawwassen Springs (Own Transportation Required) </p> <p>7:00 Movie Night: About Time (Netflix, TV)</p>	<p>2 LABOUR DAY STAT 10:30 Chair Yoga with Laura (MP3) 2:30 Resident Led Ping Pong (L) 3:30 Resident Led Scrabble (TV) 7:00 The Royal House of Windsor (Netflix, TV) E.1</p>	<p>3 Michelle's First Day! 10:30 Functional Fitness (MP3) </p> <p>2:00 Monthly Recreation Meeting (TV) 3:30 Social Hour with Don Nash (L)</p>	<p>4 10:30 Functional Fitness with Carla (MP3) 2:30 Making Caramel & Chocolate Apple Slices (TV) 3:30 Vinyl Café with Stuart McLean (CD/Serenity Room) 7:00 MOVIE: The Secret Life of Walter Mitty (Netflix / TV)</p>	<p>5 9 to 5 HEALTH HUB (Serenity Room) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10:30-12:00 Connect Hearing (WR) 2:30 "Pina Colodas" Specialty Drink with Chef Rod (MFP) 4:45 Bus to Pasta Night at Beach Grove Golf Course</p>	<p>6  9:00 "Food on the Corner" Sandwich Making (TV) 10:30 Fitness to the Beat! (MP3) 2:00 BRAINWORKS! (TV) 3:30 Social Hour with Greg Alcock (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.1</p>	<p>7 10:00 Marathon Public Reading of Timothy Taylor's novel, <i>Stanley Park</i> (mall next door). Fundraiser for Friends of the Fraser Valley Regional Library. 2:45 Tai Chi with Wayne (MP3) 7:00 Saturday Night Social (Resident run, bring your own bottle) (L)</p>
<p>8 GRANDPARENTS DAY 11:30 Lunch at The Old Spaghetti Factory with Trey 3:00 Catholic Communion with Paul Duggan: Sacred Heart Church (TV) 3:30 <i>Knit Wits</i> Knitting Group (LIB) 7:00 Movie Night: In Good Company (Netflix, TV)</p>	<p>9 10:30 Chair Yoga with Laura (MP3) 1:00 Bus to Active Seniors Program 3:45 Bus to Centennial Beach & Secret Garden 7:00 The Royal House of Windsor (Netflix, TV) E.2</p>	<p>10 10:30 Functional Fitness (MP3) 2:15 Make Posters for the Terry Fox "Silver Fox Walk" on the 13th (TV) 3:30 Social Hour with Gail Hawksworth (L)</p>	<p>11 10:30 Functional Fitness with Carla (MP3) 11:00-2:00 Barb's Scarves (TV) 3:00 Main Floor Patio Serving Cold Carona Beer with Fresh Lime 4:00 BRAINWORKS ! (TV) 7:00 MOVIE: Cleopatra, Starring Elizabeth Taylor (Netflix / TV)</p>	<p>12 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 1:15 Bus to London Drugs, Dollarama & Black Bond Books (Ladner) 3:30 Cookie Sale & Gift Basket Raffle. All Proceeds go to the Terry Fox Foundation (L)</p>	<p>13 SILVER FOX 10:30 Sing-A-Long with Paul Kemp (MP3) 2:00 Silver Fox Walk (out on 56th Street, Get Cars to Honk!) (Meet in the Lounge) 3:30 Social Hour with Dale Peterson and the Tunemakers (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.2</p>	<p>14 3:00 Go for a drive in a new electric Tesla vehicle. Sign up for a 10 minute drive around Tsawwassen! </p> <p>7:00 Movie Night: Mona Lisa Smile (Netflix,TV)</p>
<p>15 2:00 Church Service: Tsawwassen United with Rev. Dan (L) </p> <p>7:00 Movie Night: Otherhood (Netflix, TV)</p>	<p>16 10:30 Chair Yoga with Laura (MP3) 1:00 Bus to Active Seniors Program 3:30 Short Stories with Liz (TV) 7:00 The Royal House of Windsor (Netflix, TV) E.3</p>	<p>17 10:30 Functional Fitness (MP3) 12:30 Birthday/New Resident Lunch - By Invitation (PDR) </p> <p>3:30 Birthday Social Hour with Peter Dean (L)</p>	<p>18 10:30 Functional Fitness (MP3) 10:30 Church Service: St. Andrews Anglican with Rev. Danielle Martel (TV) 11:00 Bus to Grouse Mountain with Brynna & John (WAT & WEX) 2:30 Sing-A-Long with Music Therapist Louise Cadrin (L) 7:00 MOVIE: Good Will Hunting (Netflix / TV)</p>	<p>19 9 to 5 HEALTH HUB (Serenity Room) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10-12:00 Wellness Clinic with Marla Ellis, RN (WR) 2:30 Kitchen Tour with Chef Rod (By Registration Only) (TV) 3:15 Ice Cream Sundaes with Toppings (MFP)</p>	<p>20  10:30 Fitness to the Beat! (MP3) 2:00 Chef Chat with Chef Rod (MFP) 3:30 Social Hour with Derek Barnett (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.3</p>	<p>21  2:45 Tai Chi with Wayne (MP3) 3:45 Bingo with Michelle & Alice (L) 7:00 Saturday Night Social (Resident run, bring your own bottle) (L)</p>
<p>22 3:00 Resident Led Pool/ Billiards (3FL) 3:30 <i>Knit Wits</i> Knitting Group (LIB) </p> <p>7:00 Movie Night: Tell It To The Bees (Netflix, TV)</p>	<p>23 10:30 Chair Yoga with Laura (MP3) 1:00 Bus to Active Seniors Program 3:30 <i>The Story Behind The Song</i> with Liz & Steve (TV) 7:00 The Royal House of Windsor (Netflix, TV) E.4</p>	<p>24 16 Year Waterford Anniversary 2:30 Seated Balloon Volleyball (TV) 6:30 Evening Social with Specialty Dessert Bar and The Music Variations Band (Bar is Open) (L)</p>	<p>25 10:30 Functional Fitness with Carla (MP3) 11-4 Carda Creations Clothing Sale 2:00 Carda Creations Fall Fashion Show with Resident Models (L) 3:45 Elder College Guest Speaker, Mr. Guillermo Bustos, "Is the Rivalry Between the USA and China Real?" (TV) 7:00 MOVIE: Supersize Me (Netflix Documentary / TV)</p>	<p>26 9:45 Bus to Darts Hill Garden for a Walking Tour (Surrey) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 3:30 Art Project: Decorate the First Initial of Your Name Using Colourful Yarn (TV)</p>	<p>27 10:30 Sing-A-Long with Paul Kemp (MP3) 2:00 Resident Quarterly Meeting (All Residents Please Attend) (L) 3:30 Polka Dot Themed Social Hour with Liz & Steve (Wear Polka Dots!) (L) 7:00 *NEW* The Worlds Most Extravagant Homes (Netflix, TV) E.4</p>	<p>28  2:00 BRAINWORKS! (TV) 3:45 Apple Stamp Art Project with Michelle (TV) 7:00 Movie Night: How to Lose a Guy in 10 Days (TV)</p>
<p>29 7:00 Movie Night: Apollo 13 (Netflix, TV) </p>	<p>30 10:30 Functional Fitness (MP3) 1:00 Bus to Active Seniors Program 3:30 Short Stories with Liz (TV) 7:00 The Royal House of Windsor (Netflix, TV) E.5</p>					

LOCATION LEGEND:
(L) = Lounge (MFP) Main Floor Patio
(MP3) = 3rd Floor Multi-Purpose Room
(TV) = TV Room (SR) Serenity Room
(WR) = Wellness Room
(PDR) = Private Dining Room
(4PT) = 4th Floor Patio
(CK) = Country Kitchen
(3FL) = 3rd Floor Lounge