

BRIDGE
Every Night at 6:30pm

CRIBBAGE
Every Thursday Night at 6:30pm

The Waterford Recreational Calendar OCTOBER 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 TED Talks (Tswn Lib) 10:30 Functional Fitness (L) <u>1:00—3:00 SENIOR'S DAY @ The Wexford "Wellness Fair & Vendors" (Van Shuttles Available)</u> 3:30 Breast Cancer Awareness Social with Gail Hawksworth—Treats Served, 50/50 Draw, WEAR PINK! (L)	2 9:00 Nails with Adele (WR) 10:30 Functional Fitness with Carla (L) 2:30 Cheese Fondue with the Recreation Team (L) 3:45 Monthly Recreation Meeting	3 <i>9 to 5 HEALTH HUB (Serenity Room)</i> 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10:30-12:00 Connect Hearing (WR) <u>12:30 Bus to Silvercity Cinemas to See Downton Abbey (Go To First Seating Lunch)</u> 4:00 Ping Pong with Recreation (L)	4 9:00 "Food on the Corner" Sandwich Making (L) 10:30 Fitness to the Beat with Michelle (L) 2:30 Election Info. Q&A (MP3) 3:30 Oktoberfest Social with Slava and Anya Performing (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.4	5 11—2 "Sweet Legs" Leggings/Tights Sales Event (L) 2:45 Tai Chi with Wayne (MP3) 3:45 *NEW* Ways Of The World: Australia (TV) 7:00 Saturday Night Social (Resident run, bring your own bottle) (L)
6 3:00 <i>Knit Wits</i> Knitting Group (LIB)  7:00 MOVIE: DIRTY DANCING (Netflix, TV)	7 10:30 Chair Yoga with Laura (MP3) <u>12:10 Active Seniors Program @ Delta Gymnastics</u> 7:00 The Royal House of Windsor (Netflix, TV) E.6	8 <u>10:00 Bria Van to Winskill Pool for a Swim/Hot Tub</u> 10:30 Functional Fitness with Brynna (L) 2:00 The Price is Right Game (L) 3:30 Social Hour with Brian Zalo (L) 7:00 Bingo with Karlene/Ella (L)	9 10:30 Functional Fitness with Carla (MP3) 11-2:00 5th Avenue Jewelry Sales (L) 3:30 Writing Cards & Letters to Canadian Soldiers Overseas (LIB) 7:00 MOVIE: LEGENDS OF THE FALL (Netflix / TV)	10 10:30 Gentle Movement for Mind & Body with Kim (MP3) 10:30-12:00 Connect Hearing (WR) 3:30 Art Project: These Hands Have.... (L) <u>6:00 Bus Leaves The Waterford to the All Candidates Debate for two hours (6:30-8:30) @ Kin Village</u>	11 10:30 Sing-A-Long with Paul Kemp (L) 2:00 "Positively Canadian" A Presentation From Newfoundland to Nunavut (TV) 3:30 Social Hour with John Dean (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.5	12 3:45 BRAINWORKS! (MP3) 7:00 MOVIE: WILLY WONKA AND THE CHOCOLATE FACTORY (The Original) (Family, Netflix / TV)
13 3:00 Catholic Communion with Paul Duggan: Sacred Heart Church (L) 7:00 MOVIE: THE OTHER BOLEYN GIRL (Netflix, TV)	14 Thanksgiving STAT HOLIDAY 10:30 Chair Yoga with Laura (MP3) 3:00 Resident Led Ping Pong (L) 7:00 The Royal House of Windsor (Netflix, TV) E.7	15 10:15 TED Talks (Tswn Lib) 10:30 Functional Fitness with Brynna(L) 12:30 Birthday/New Resident Lunch - By Invitation (PDR) 3:30 Birthday Social Hour with <i>Old Time Dance Duo</i> (Swing Music) (L)	16 9:00 Nails with Adele (WR) 10:30 Functional Fitness (MP3) 10:30 Church Service: St. Andrews Anglican with Rev. Danielle Martel (L) 2:30—4:00 "NEW 2 YOU" RESIDENT RUMMAGE SALE (L) 7:00 MOVIE: INDIANA JONES AND THE LAST CRUSADE (Netflix / TV)	17 <i>9 to 5 HEALTH HUB (Serenity Room)</i> 9:15 Resident Council Meeting (PDR) 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 10-12:00 Wellness Clinic with Marla Ellis, RN (WR) <u>10:45 Bus to Lunch at Elizabeth Chalet & Shopping at The Hudson's Bay</u> 4:00 BRAINWORKS (L)	18 10:30 Functional Fitness (MP3) 2:15 *NEW* Know your Neighbours 3:30 Social Hour with Colleen Durdon (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.6	19 10:30 Functional Fitness with Michelle (L) <u>2:00 Bus to Shopping at Tsawwassen Mills Mall</u> 2:45 Tai Chi with Wayne (MP3) 7:00 Saturday Night Social (Resident run, bring your own bottle) (L)
20  2:00 Church Service: Tsawwassen United with Rev. Dan Kirkegaard (L) 3:00 <i>Knit Wits</i> Knitting Group (LIB) 7:00 MOVIE: JULIE & JULIA (Netflix, TV)	21 10:30 Chair Yoga with Laura (MP3) <u>12:10 Active Seniors Program @ Delta Gymnastics</u> 12—6:00 VOTING Federal Election/BRING TWO ID (L) 3:30 Short Stories with Sandy (MP3) 7:00 The Royal House of Windsor (Netflix, TV) E.8	22 <u>10:00 Bria Van to Winskill Pool for a Swim/Hot Tub</u> 10:30 Functional Fitness with Brynna (L) 2:00 Bingo with Brynna & Alice (L) 3:30 Social Hour with Allen Boolinoff (L)	23 10:30 Functional Fitness with Carla (L) 2:30 Sing-A-Long with Louise Cadrin (L) 3:30 Art Project: Painting & Decorating Pumpkins (L) 7:00 MOVIE: MY BEST FRIENDS WEDDING (Netflix / TV)	24 10:30 Gentle Movement for Mind & Body with Lisa (MP3) <u>11:00 Richmond Country Meadows Farm Pumpkin Patch, Bus Tour + Live Music with Boxed Lunch</u> 3:00 Craft: Create and Decorate Nametags for Walkers and Wheelchairs (L)	25 Buffet Lunch 10:30 Sing-A-Long with Paul Kemp (L) 2:00 BRAINWORKS! (L) 3:30 Social Hour with Greg Hampson (L) 7:00 The Worlds Most Extravagant Homes (Netflix, TV) E.7	26 <u>8:30 Bus to Ladner United Church "Transition Years & Healthy Living – Resource & Information Fair" (9-3)</u> 3:15 The Vancouver Fiddle Orchestra Performs (L) 7:00 MOVIE: BABE (Family, Netflix, TV)
27 2:30 Resident-Led Ping Pong (L) <u>1:30 Bus with Trey to Visit Robyn's Front Yard Halloween Display in Ladner</u> 7:00 MOVIE: SENSE AND SENSIBILITY (Netflix / TV)	28 9-4 Flu Shot Clinic on Site (Register at Reception) (WR) 10:30 Functional Fitness (L) <u>12:10 Active Seniors Program @ Delta Gymnastics</u> 3:30 Short Stories with Liz (LIB) 7:00 The Royal House of Windsor (Netflix, TV) E.9	29  10:30 Functional Fitness with Michelle (L) 2:00 Apple Variety Tasting—Try a Number of Different Types of Apples! (LIB) 3:30 Social Hour with Kenny Buston (L)	30 9:00 Nails with Adele (WR) 10:30 Functional Fitness (MP3) 10:00—2:00 AQUA SOLES Liquid Insoles Demo and Sales "Wellness For Your Feet" (L) 3:00 Coffee and Doughnuts with Chef Rod (L) 7:00 MOVIE: SAVING PRIVATE RYAN	31 Happy Halloween 10:30 Gentle Movement for Mind & Body with Lisa (MP3) 2:00 Costume Contest and Painted Pumpkin Competition Results (L) 3:30 Halloween Social Hour with Liz and Steve (L)		

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