

March 2010 Programs

Grand Wood Park Apartments and Retirement Residence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;">The Tuck Shop is located in the Auditorium and is open Monday – Saturday 9:15 am – 11:00 am</p> </div>	<p>1 10:00 Morning Tea Cart & Visits 10:30 Zumba Fitness (A) 2:00 Bingo (A) 2:00 Manicures (L) 3:30 Board Games (A) 8:00 TV Optimist Bingo (A)</p>	<p>2 9:00 Hairdressing (B) 9:30 Physio Class (A) 10:00 Tai Chi (A) 10:00 Tim Horton's Coffee Break (L) 10:30 Lenten Reflections Discussion (C) 1:30 Reading Room (L) 2:00 Music by Paul Clarke (A) 4:00 Cocktails (S)</p>	<p>3 9:30 Word Puzzle Pick Up (L) 10:30 Art at the Grand (A2) 10:00-2:00 Dressing Rooms for Seniors Sale (A) 1:30 Friendly Visits 6:30 Bingo (A)</p>	<p>4 9:30 Physio (A) 10:30 Anglican Communion (C) 10:45 Basic Step Class (A) 1:30 Bridge (A2) 1:30 Walmart Trip - Sign up (A) 2:00 Hymn Sing by the Emanuel Reform Church (A)</p>	<p>5 9:00 Hairdressing (B) 10:00 Balls & Balance (A) 10:00 Horton St. Seniors Centre Wellness Fair—Sign Up (A) 11:00 Yoga (A) 2:00 World Day of Prayer Service (A)</p>	<p>6 10:00 Fun & Fitness (A) 10:45 Visits with Leroy (A) 1:30 Jewelry Making (A) 3:15 Piano Music by Alan Bayly (A) 4:00 Word Puzzle Pick Up (L)</p>
<p>7 10:45 R.C. Communion (C) 2:30 Puppy Visits with Pickles 2:30 St. James Ecumenical Service with Choir (A) 6:30 Oscar Party (A)</p>	<p>8 10:00 Fun & Fitness (A) 10:00 Morning Tea Cart & Visits 2:00 Bingo (A) 2:00 Manicures (L) 3:45 Deep Breathing Exercises (A) 8:00 TV Optimist Bingo (A)</p>	<p>9 9:00 Hairdressing (B) 9:30 Physio Class (A) 10:00 Tai Chi (A) 10:00 Tim Horton's 1:00 Apts Resident Town Hall (A) 1:30 Watercolour Class with Val Bradley (A2) 2:00 Residents Town Hall Meeting (A) 4:00 Wine & Cheese (S) 6:30 Music by Daisy (A)</p>	<p>10 9:30 Sewing Club (A) 10:00 Fun & Fitness (A) 10:30 Art at the Grand (A) 1:30 Friendship Tea with music by Rita Starra (A) 3:30 Wii Games (A) 6:30 Euchre (A2)</p>	<p>11 9:30 Physio Class (A2) 10:00-2:00 Tan Jay Trunk Sale (A) 1:30 Bridge (A2) 6:30 Pub with music by the Goldies (A)</p>	<p>12 9:00 Hairdressing (B) 10:00 Balls & Balance (A) 11:00 Yoga (A) 1:30 Cherryhill Mall Trip - Sign Up (A) 2:00 Movie on the BIG SCREEN (A) 3:30 Newspaper Meeting (A)</p>	<p>13 10:00 Balls & Balance (A) 10:45 Chicken Soup for the Grandparent's Soul (L) 1:30 Art (A2) 3:15 Piano Music by Alan Bayly (A) 4:00 St Patrick's Day Trivia Pick Up (L)</p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>81 Grand Ave. London ON N6C 1M2 519-432-1162</p> </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Legend</p> <p>(A) Auditorium (B) Chapel (DR) Dining Room (GL) Games Lounge (L) Library (S) Sunroom (V) Victoria Lounge (P) Princess Lounge 2nd floor (A2) 2nd Floor Activity Room</p> </div>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> <p style="font-size: 1.5em;">Page 1</p> </div>		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>14</p> <p>10:45 R.C Communion (C)</p> <p>2:00 Tea and Treat (A)</p> <p>2:30 Puppy Visits with Pickles</p> <p>6:30 Music by Michelle Iurman (A)</p>	<p>15</p> <p>9:30 St Patricks Day Scavenger Hunt (L)</p> <p>10:00 Fun & Fitness (A)</p> <p>10:00 Morning Tea Cart & Visits</p> <p>2:00 Bingo (A)</p> <p>2:00 Manicures (L)</p> <p>3:45 Deep Breathing Exercises (A)</p> <p>6:30 Music by David Kirby (A)</p>	<p>16</p> <p>Hairdressing (B)</p> <p>9:30 Physio Class (A)</p> <p>10:00 Tai Chi (A)</p> <p>10:00 Tim Horton's Coffee Break (L)</p> <p>10:30 Lenten Reflections Discussion (C)</p> <p>1:30 Reading Room (L)</p> <p>2:00 Music by Ken Lighthead (A)</p> <p>4:00 Wine & Cheese (S)</p>	<p>17</p> <p style="text-align: center;">St Patricks Day!</p> <p>10:00 Fun & Fitness (A)</p> <p>10:30 Art at the Grand (A)</p> <p>2:30 Green Gala with performances by Irish Dancers (A)</p> <p>6:30 Bingo (A)</p>	<p>18</p> <p>9:30 Physio Class (A)</p> <p>10:45 Basic Step Class (A)</p> <p style="text-align: center;">10:00—2:00</p> <p style="text-align: center;">5th Avenue Jewelry Sale (L)</p> <p>1:30 Bridge (A2)</p> <p>2:00 Music by Bill Worrall (A)</p>	<p>19</p> <p>Hairdressing (B)</p> <p>10:00 Balls & Balance (A)</p> <p>11:00 Yoga (A)</p> <p>1:30 Westmount Mall Trip - Sign Up (A)</p> <p>2:00 Hamilton Road Songsters (A)</p> <p>6:30 Music by Cam Denomme (A)</p>	<p>20</p> <p>10:00 Fun & Fitness (A)</p> <p>10:45 Short Stories (V)</p> <p>1:30 Baking Goodies with Holly (B)</p> <p>3:15 Piano Music by Alan Bayly (A)</p> <p>4:00 Word Puzzle Pick Up (L)</p>
<p>21</p> <p>10:45 R.C Communion (C)</p> <p>2:00 Salvation Army Church Service (C)</p> <p>2:30 Puppy Visits with Pickles</p> <p>3:00 Light Classical Music by the Holiday Horns (A)</p>	<p>22</p> <p>10:00 Fun & Fitness (A)</p> <p>10:00 Morning Tea Cart & Visits</p> <p>2:00 Bingo (A)</p> <p>2:00 Manicures (L)</p> <p>3:45 Deep Breathing Exercises (A)</p> <p>8:00 TV Optimist Bingo (A)</p>	<p>23</p> <p>Hairdressing (B)</p> <p>9:30 Physio Class (A)</p> <p>10:00 Tai Chi (A)</p> <p>10:00 Tim Horton's Coffee Break (L)</p> <p>1:30 Reading Room (L)</p> <p>2:00 Board Games (A)</p> <p>4:00 Cocktails (S)</p> <p>6:30 Music & Magic by Don Robertson (A)</p>	<p>24</p> <p>9:30 Sewing Club (A)</p> <p>10:00 Fun & Fitness (A)</p> <p>10:00 Shoppers Drug Mart Trip—Sign Up (A)</p> <p>10:30 Art at the Grand (A)</p> <p>2:00 Wine Tasting and sale by the Carolinian Winery (A)</p> <p>6:30 Euchre (A2)</p>	<p>25</p> <p>9:30 Physio Class (A)</p> <p>10:45 Basic Step Class (A)</p> <p>1:30 Bridge (A2)</p> <p>1:30 Cherryhill Mall Trip Sign Up (A)</p> <p>2:30 Join the Kids (A)</p> <p>6:30 Music by Lawrence Marks (A)</p>	<p>26</p> <p>Hairdressing (B)</p> <p>10:00 Balls & Balance (A)</p> <p>11:00 Yoga (A)</p> <p>2:00 Speakers Corner: Seniors in Transition (A)</p> <p>3:30 Painting (A2)</p>	<p>27</p> <p>10:00 Fun & Fitness (A)</p> <p>10:45 Chicken Soup for the Soul (V)</p> <p>1:30 Easter Egg Decorating (A2)</p> <p>3:15 Piano Music by Alan Bayly (A)</p> <p>4:00 Word Puzzle Pick Up (L)</p>
<p>28</p> <p>10:45 R.C Communion (C)</p> <p>1:00 Orchestra London POPS Concert Trip—Sign Up (A)</p> <p>2:30 United Church Service (A)</p> <p>2:30 Puppy Visits with Pickles</p>	<p>29</p> <p>10:00 Fun & Fitness (A)</p> <p>10:00 Morning Tea Cart & Visits</p> <p>2:00 Bingo (A)</p> <p>2:00 Manicures (L)</p> <p>3:45 Deep Breathing Exercises (A)</p> <p>8:00 TV Optimist Bingo (A)</p>	<p>30</p> <p>Hairdressing (B)</p> <p>9:30 Physio Class (A)</p> <p>10:00 Tai Chi (A)</p> <p>10:00 Tim Horton's Coffee Break (L)</p> <p>10:30 Lenten Reflections Discussion (C)</p> <p>1:30 Reading Room (L)</p> <p>2:00 Egg Painting (A)</p> <p>4:00 Cocktails (S)</p> <p>6:30 Hymn Sing with Gloria Whitelaw (A)</p>	<p>31</p> <p>10:00 Fun & Fitness (A)</p> <p>10:30 Art at the Grand (A)</p> <p>10:45 Volunteer Club (A)</p> <p>12:30 Lunch & Learn: Claudette the Home Wellness Consultant (A)</p> <p>2:00 March Birthday Party with Wyatt Ladd (A)</p> <p>6:30 Bingo (A)</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>The Tuck Shop is located in the Auditorium and is open Monday—Saturday 9:15 am – 11:00 am</p> </div>		<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;"> <p>Page 2</p> </div>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Legend</p> <p>(A) Auditorium</p> <p>(B) Chapel</p> <p>(DR) Dining Room</p> <p>(GL) Games Lounge</p> <p>(L) Library</p> <p>(S) Sunroom</p> <p>(V) Victoria Lounge</p> <p>(P) Princess Lounge 2nd floor</p> <p>(A2) 2nd Floor Activity Room</p> </div>						