

September 2010 Programs

Grand Wood Park Apartments and Retirement Residence

	Mon	Tue	Wed	Thu	Fri		
	<p>Legend</p> <p>(L) Library (G) Garden (A2) Activity Room Upstairs (DR) Dining Room (RC) Reception Lounge</p>		<p>1</p> <p>10 Fun and Fitness (A) 11 Bocce Ball (G) 2 Touring Niagara Falls (A) 3:30 Wii Wednesday—Bowling (A) 6:30 Bingo (A)</p>	<p>2</p> <p>10 Fun and Fitness (A) 11 Craft with Holly (A) 2 Wally Gray Music (A) 4 COLD BEER in the Sunroom (S)</p>	<p>3</p> <p>10 Yoga (A) 11 Mind Matters (A) 2 Breakfast at Tiffany's Movie (A) 4 Wine and Cheese (S) 7 Labour Day Bonfire (G)</p>	<p>4</p> <p>10 Fun and Fitness (A) 11 Board Games (G) 1:30 Ice Cream Social (A) 3:15 Piano with Sharon (A)</p>	
	<p>6</p> <p>10 Fun and Fitness (A) 11 Making Pudding Pops (A) 1:30 The Phantom of the Opera Part 1 (A) 3:30 Eating Pudding Pops (A) 3:30 Garden Games (G)</p>	<p>7</p> <p>9:30 Tim Horton's Timbits (L) 10 Tai Chi with Sharon (A) 11 Healthy Brains (A) 2 Lawrence Marks (A) 4 Partridge Family Episode (A)</p>	<p>8</p> <p>9:30 Sewing Club (A) 10 Fun and Fitness (A) 10:30 Art at the Grand (A) 12:30 Couples Lunch Sign Up (S) 2:30 The Phantom of the Opera Part 2 (A)</p>	<p>9</p> <p>9:30 Walmart Sign Up (A) 10 Fun and Fitness (A) 10:30 Anglican Communion (C) 11 Morning Trivia (A) 2 Strawberry Drinks in the Garden (G) 4 COLD BEER in the Sunroom (S) 6:30 Michelle Iurman (A)</p>	<p>10</p> <p>10 Yoga (A) 11 Mind Matters (A) 2 Paul Clarke in the Garden (G) 4 Wine and Cheese (S) 6:30 Touring New Zealand (A)</p>	<p>11</p> <p>10 Fun and Fitness (A) 11 Plant Earthing (A) 1:30 What You Eat (A) 3:15 Piano with Sharon (A)</p>	
	<p>13</p> <p>10 Zumba with Sharon (A) 11 Bible Study (L) 2 Manicures (L) 2 Bingo (A) 3:30 Garden Games—Bowling (G)</p>	<p>14</p> <p>9:30 Tim Horton's Timbits (L) 10 Tai Chi with Sharon (A) 10:30 Watercolour Class with Val (A) 2 Jim Ashby Pie Social (A) 4 Partridge Family Episode (A)</p>	<p>15</p> <p>Dressing Room (A) 10am-2pm 10:30 Art at the Grand (Back A) 4 Smoothies in the Garden (G) 6:30 Bingo (A)</p>	<p>16</p> <p>8:30 Trip to Apple Land Sign Up 10 Fun and Fitness (A) 11 Morning Trivia (A) 2 Card Making Club (A) 3:30 Golden Girls on the Big Screen (A)</p>	<p>17</p> <p>10 Yoga (A) 11 Mind Matters (A) 2 Bill Worrall playing for GWP's 24th Anniversary Tea (A) 4 Wine and Cheese (S) 6:30 Touring Alaska (A)</p>	<p>18</p> <p>Doors Open (A) 10 Fun and Fitness (A) 11 Board Games (G) 1:30 Making Pudding Pops (A) 3:15 Piano with Sharon (A)</p>	
	<p>20</p> <p>10 Zumba with Sharon (A) 11 Bible Study (L) 2 Manicures (L) 2 Bingo (A) 3:30 Garden Games—Bocce (G)</p>	<p>21</p> <p>Fifth Ave Jewellery (L) 10-2 9:30 Tim Horton's Timbits in Lounge 10 Tai Chi with Sharon (A) 11 Healthy Brains (A) 1:30 Town Hall Apt (A) 2:30 Town Hall Residence (A) 4 Partridge Family Episode (A)</p>	<p>22</p> <p>BLOOD PRESSURE CLINIC (L) 9:30 Sewing Club (A) 10 Fun and Fitness (A) 10:30 Art at the Grand (A) 1:30 Touring Uluru (Red Giant) (A) 3:30 Wii Wednesdays (A)</p>	<p>23</p> <p>10 Fun and Fitness (A) 10:45 Visit with the Daycare Kids (A) 1:30-4 Baking for Bake Sale (B) 4 Volunteer Club (A)</p>	<p>24</p> <p>Resident Bake Sale 9:30-11:30 (A) 10 Yoga (A) 11 Mind Matters (A) 2 Speaker Series: Power of Attorney Information (A) 4 Wine and Cheese (S) 6:30 Singer Michael Semenuk (A)</p>	<p>25</p> <p>10 Fun and Fitness (A) 11 Plant Earthing (A) 1:30 Are You Ready for the Fifth Grader (A) 3:15pm Piano with Sharon (A)</p>	
	<p>27</p> <p>10 Zumba with Sharon (A) 11 Bible Study (L) 2 Manicures (L) 2 Bingo (A) 3:30 Garden Games—Bowling (G)</p>	<p>28</p> <p>9:30 Tim Horton's Timbits (L) 10 Tai Chi with Sharon (A) 11 Healthy Brains (A) 2 Wyatt Ladd 4 Partridge Family Episode (A)</p>	<p>29</p> <p>10 Fun and Fitness (A) 10:30 Art at the Grand (A) 2 Garry McGill Birthday Party (A) 3:30 Wii Wednesday (A) 6:30 Bingo (A)</p>	<p>30</p> <p>10 Fun and Fitness (A) 11 Craft with Holly (A) 1:30 Cherryhill Mall Sign Up (A) 2 Magnet making (A) 3:30 Golden Girls on the Big Screen (A)</p>	<p>September is still warm out so remember to drink lots of water and still wear sunscreen!</p>		<p>Grand Wood Park Retirement Residence 8th Floor Lounge 5</p>