




# ROSEDALE RECREATION ACTIVITIES CALENDAR

# AUGUST 2019




# ESTATES & PARK

<b><u>In-House Services</u></b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
<p>Please call clinics to book appointments. Information available in clinic binder.</p>	<p><b>Legend:</b> ** No Recreation staff will be present. (E)- Estates (P)- Park (V)- Villa</p>							
<p><b>Reconciled Smile</b> Please contact Cynthia at 780-690-4176 for appointment</p>	<p>(5E)- 5th Floor Estates (EAB)- Estates 2<sup>nd</sup> Floor Assisted Bath (VAB)- Villa 2<sup>nd</sup> Floor Assisted Bath (VC)- Villa Chapel</p>							<p><b>August 6</b> Outing: Peaceful Valley</p>
<p><b>One Step Ahead</b> Please contact Kandell at 780-722-2595 for appointment</p>	<p>4 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>5  9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>6 <b>10:00 Outing (E)</b> 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Entertainment (E)</b></p>	<p>7 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 2:00 Gentlemen's Crib (V)** 3:00 Ball Tossers (E) 7:00 Bingo (E)**</p>	<p>8 <b>9:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 11:00 Neat Nails (V) 12:30 Rummoli (E)** 1:00 Bridge (P)** 2:00 Musical Memories (E)** 6:30 Canasta (E)**</p>	<p>9 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Ladies Tea (E) 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>10 2:00 Social Hour (P)** 6:30 Movie Night: <i>Working Girl</i> (E)**</p>	<p><b>August 6</b> Entertainment: Koro Filipino Choir</p>
<p><b>Keep In Touch Massage Therapy</b> Please contact Berni at 780-953-5404 to book a massage in your suite!</p>	<p>11 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>12 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Rhythm n' Moves (VC) 6:30 Whist (E)**</p>	<p>13 <b>10:00 Outing: River Cree Casino (E)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC)</p>	<p>14 9:30 Exercise (E) 11:00 Exercise (E) <b>11:00 BBQ Lunch (E)</b> <b>1:00 Outing (E)</b> 2:00 Gentlemen's Crib (V)** 7:00 Bingo (E)**</p>	<p>15 10:30 Catholic Mass (VC)* 11:00 Neat Nails (V) 12:30 Rummoli (E)** 1:00 Bridge (P)** 1:30 Bowling (E) 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>16 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Men's Club (E) 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>17 2:00 Social Hour (P)** 6:30 Movie Night: <i>American Sweethearts</i> (E)**</p>	<p><b>August 8</b> Outing: Devonian Garden</p>
<p><b>Rosedale Beauty Salon</b> Please contact Ha at 780-906-8831 for appointments</p>	<p>18 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>19 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>20 1:00 Crib (E)** 1:30 Mental Aerobics (P) 3:00 Chair Yoga (VC) <b>7:00 Entertainment (E)</b></p>	<p>21 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 2:00 Gentlemen's Crib (V)** 3:00 Ball Tossers (E) 7:00 Bingo (E)**</p>	<p>22 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 2:00 Musical Memories (E)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>23 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Ladies Tea (E) 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>24 2:00 Social Hour (P)** 6:30 Movie Night: <i>Dr. No</i> (E)**</p>	<p><b>August 13</b> Outing: River Cree Casino</p>
<p><b>Hearing Clinic</b> Thurs. Aug. 1 (VAB) 1pm – 3pm</p>	<p>25 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>27 <b>9:30 Gentlemen's Breakfast (VC)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Cuba (E)</b></p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	<p>29 <b>10:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>31 2:00 Social Hour (P)** 6:30 Movie Night: <i>Julie &amp; Julia</i> (E)**</p>	<p><b>August 14</b> Farmers Market Outing</p>
<p><b>Fifth Avenue Collections</b> Mon. Aug. 12 (E) 10am – 2pm</p>	<p>25 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>27 <b>9:30 Gentlemen's Breakfast (VC)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Cuba (E)</b></p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	<p>29 <b>10:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>31 2:00 Social Hour (P)** 6:30 Movie Night: <i>Julie &amp; Julia</i> (E)**</p>	<p><b>August 20</b> Entertainment: Collen Frances Lazoruk</p>
<p><b>Podiatrist</b> Mon. Aug. 12 (EAB) 9am – 2pm Wed. Aug. 14 (VAB) 9:30am – 12:00pm Thurs. Aug. 15 (MAB) 9:30am – 12:00pm</p>	<p>25 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>27 <b>9:30 Gentlemen's Breakfast (VC)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Cuba (E)</b></p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	<p>29 <b>10:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>31 2:00 Social Hour (P)** 6:30 Movie Night: <i>Julie &amp; Julia</i> (E)**</p>	<p><b>August 29</b> Outing: Scenic Drive &amp; Picnic to Elk Island Park</p>
<p><b>Personal Touch Fashions</b> Wed. Aug. 14 (E) 1pm – 4pm</p>	<p>25 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>27 <b>9:30 Gentlemen's Breakfast (VC)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Cuba (E)</b></p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	<p>29 <b>10:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>31 2:00 Social Hour (P)** 6:30 Movie Night: <i>Julie &amp; Julia</i> (E)**</p>	<p><b>August 30</b> Estates/ Park Birthday Party</p>
<p><b>Avon</b> Thurs. Aug. 15 (E) 10am – 2pm</p>	<p>25 11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>27 <b>9:30 Gentlemen's Breakfast (VC)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (E)** 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Cuba (E)</b></p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	<p>29 <b>10:00 Outing (E)</b> 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>31 2:00 Social Hour (P)** 6:30 Movie Night: <i>Julie &amp; Julia</i> (E)**</p>	<p><b>August 30</b> Estates/ Park Birthday Party</p>

# ROSEDALE RECREATION ACTIVITIES CALENDAR

# AUGUST 2019

# 5<sup>TH</sup> FLOOR

<b><u>In-House Services</u></b> Please call clinics to book appointments. Information available in clinic binder.	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	
	<b>Legend:</b> ** No Recreation staff will be present. (E)- Estates (P)- Park (V)- Villa				1  9:45 Balloon Badminton 10:15 Hand Massages 1:30 Reminiscing 2:30 One-on-One Visits	2  9:45 Exercise 10:15 Sensory Games 10:45 Balloon Soccer  <b>Rec. Planning Day: No Afternoon Programs</b>	3  1:00 Music Social** 6:30 Movie Night**	
<b>Reconciled Smile</b> Please contact Cynthia at 780-690-4176 for appointment	(5E)- 5th Floor Estates (EAB)- Estates 2 <sup>nd</sup> Floor Assisted Bath (VAB)- Villa 2 <sup>nd</sup> Floor Assisted Bath (VC)- Villa Chapel				8  9:45 Balloon Badminton 10:15 Hand Massages 2:00 Musical Memories (E)**	9  9:45 Exercise 10:15 Sensory Games 10:45 Balloon Soccer 1:30 Ladies Tea (E) 3:00 Music Social	10  1:00 Music Social** 6:30 Movie Night**	<b>August 6</b> Outing: Peaceful Valley
<b>One Step Ahead</b> Please contact Kandell at 780-722-2595 for appointment	4  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	5  9:15 Exercise 2:30 One-on-One Visits	6  9:45 Walk & Talk 10:30 Sorting 2:00 Walk & Talk 3:00 Neat Nails	7  9:45 Exercise 10:15 One-on-One Visits 1:30 Hymn Sing (E)** 2:30 Singing & Dancing 3:00 Ball Tossers	15  9:45 Balloon Badminton 10:15 Hand Massages	16  9:45 Exercise 10:15 Sensory Games 10:45 Balloon Soccer 1:30 Men's Club (E) 1:30 Music Social	17  1:00 Music Social** 6:30 Movie Night**	<b>August 6</b> Entertainment: Koro Filipino Choir
<b>Keep In Touch Massage Therapy</b> Please contact Berni at 780-953-5404 to book a massage in your suite!	11  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	12  9:45 Exercise 10:15 Creative Art 10:45 Ball Tossers 2:30 One-on-One Visits 3:00 Puzzle Time	13  9:45 Baking 10:30 Sorting 1:30 Walk & Talk 2:00 Neat Nails	14  9:15 Exercise <b>11:00 BBQ Lunch (E)</b> 2:00 Puzzle Time** 3:00 Music Social**	22  9:45 Balloon Badminton 10:15 Hand Massages 2:00 Musical Memories (E)** 3:00 Reminiscing	23  9:45 Exercise 10:15 Sensory Games 10:45 Balloon Soccer 1:30 Ladies Tea (E) 3:00 Music Social	24  1:00 Music Social** 6:30 Movie Night**	<b>August 8</b> Outing: Devonian Garden
<b>Rosedale Beauty Salon</b> Please contact Ha at 780-906-8831 for appointments	18  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	19  9:45 Exercise 10:15 Creative Art 10:45 Ball Tossers 2:30 One-on-One Visits 3:00 Puzzle Time	20  9:45 Walk & Talk 10:15 Neat Nails 10:45 One-on-One Visits	21  9:45 Exercise 10:15 One-on-One Visits 1:30 Hymn Sing (E)** 2:30 Singing & Dancing 3:00 Ball Tossers	29  9:45 Balloon Badminton 10:15 Hand Massages 3:00 Reminiscing	30  9:15 Exercise <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Music Social**	31  1:00 Music Social** 6:30 Movie Night**	<b>August 13</b> Outing: River Cree Casino
<b>Hearing Clinic</b> Thurs. Aug. 1 (VAB) 1pm – 3pm	25  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	26  9:45 Exercise 10:15 Creative Art 10:45 Ball Tossers 2:30 One-on-One Visits 3:00 Puzzle Time	27  9:45 Baking 10:30 Sorting 2:00 Walk & Talk 3:00 Neat Nails <b>7:00 Taste &amp; Travel: Cuba (E)</b>	28  9:45 Exercise 10:15 One-on-One Visits 10:45 Creative Art 2:30 Singing & Dancing 3:00 Ball Tossers	30  9:15 Exercise <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Music Social**	31  1:00 Music Social** 6:30 Movie Night**	<b>August 14</b> Farmers Market Outing	
<b>Fifth Avenue Collections</b> Mon. Aug. 12 (E) 10am – 2pm	25  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	26  9:45 Exercise 10:15 Creative Art 10:45 Ball Tossers 2:30 One-on-One Visits 3:00 Puzzle Time	27  9:45 Baking 10:30 Sorting 2:00 Walk & Talk 3:00 Neat Nails <b>7:00 Taste &amp; Travel: Cuba (E)</b>	28  9:45 Exercise 10:15 One-on-One Visits 10:45 Creative Art 2:30 Singing & Dancing 3:00 Ball Tossers	30  9:15 Exercise <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Music Social**		31  1:00 Music Social** 6:30 Movie Night**	<b>August 20</b> Entertainment: Collen Frances Lazoruk
<b>Podiatrist</b> Mon. Aug. 12 (EAB) 9am – 2pm Wed. Aug. 14 (VAB) 9:30am – 12:00pm Thurs. Aug. 15 (MAB) 9:30am – 12:00pm	25  11:00 – 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**	26  9:45 Exercise 10:15 Creative Art 10:45 Ball Tossers 2:30 One-on-One Visits 3:00 Puzzle Time	27  9:45 Baking 10:30 Sorting 2:00 Walk & Talk 3:00 Neat Nails <b>7:00 Taste &amp; Travel: Cuba (E)</b>	28  9:45 Exercise 10:15 One-on-One Visits 10:45 Creative Art 2:30 Singing & Dancing 3:00 Ball Tossers			31  1:00 Music Social** 6:30 Movie Night**	<b>August 29</b> Outing: Scenic Drive & Picnic to Elk Island Park
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