

Berwick Royal Oak | Recreation Calendar

November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM ABBREVIATIONS: Bistro (B) Board Room (BR) Care Suites (BRIO) Chapel (CH) Dining Room (DR) Weight / Zoom Room (ZR) Green Room (GR) Library (L) Lower Lounge (LL) Multi-Purpose Room (MP) Patio (P)	ROOM ABBREVIATIONS CONTINUED: Private Dining Room (PDR) Theatre (TH) Stage (S) Shield & Dragon Pub (PUB) 5th Floor Lounge (5FL)		<p style="text-align: center;"><i>Support Veterans wear a Poppy</i></p> <p style="text-align: center;"><i>Available at the front desk</i></p>			<p>Sign-up Required for:</p> <ul style="list-style-type: none"> All bus trips Chantilly & Huntsman Breakfast Ladies Group Men's Group Camosun College Nursing Students prog. Nov 5—Dec 3 The Grandkid Nov 10, 13, 14 Jack & Beanstalk Dec 11-13 Peloponnese Chris Mundigler—Dec 17th
<p>1</p> <p>10:00 Chapel Service</p> <p>1:30 Scenic Drive</p> <p>7:15 Movie (TH)</p>	<p>2</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Catholic Mass (CH) 11:00 Get Up & Go (BRIO) 1:00 Men's Duplicate Bridge (MP) 1:30 Uptown Mall Bus Trip 2:30 BRIO Birthday Tea with Tom Gough 3:30 Chair Yoga (MP) 6:30 Progressive Bridge (MP)</p>	<p>3</p> <p>9am-5pm Flu Clinic (CH) Appointment booking at Recreation 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Better Balance (MP) 11:00 Get Up and Go—(BRIO) 1:00 Poker (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 2:30 Guessing Game (BRIO) 6:30 Scrabble (MP)</p>	<p>4</p> <p>8:30 Bus to LIFE LABS 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:15 Painting Group (MP) 11:00 Get Up and Go (BRIO) 1:00 Bible Fellowship with Bonnie (CH) 2:00 Resident General Meeting (TH) 6:30 Progressive Bridge (MP)</p>	<p>5</p> <p>8:00 Chantilly Breakfast (PDR) 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Better Balance (MP) 11:00 Get Up & Go (BRIO) 1:00 Men's Discussion Group (CH) 1:15 Euchre (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 3:30 Chair Yoga (MP) 7:00 Bingo (MP)</p>	<p>6</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:30 Scenic Drive 10:30 Sing-a-long with Andrea (B) 1:00 Duplicate Bridge (MP) 1:30 Bus Trip to Swan Lake 5:45 Movie Night (BRIO) 6:00 Pub Entertainment with Spencer on Classical Guitar</p>	<p>7</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Cribbage (MP) 1:15 Bus Departure POPS Concert at Royal Theatre 3:00 Friendly Kitchen Bridge (MP) 7:15 Movie</p>
<p>8</p> <p>1:30 Scenic Drive</p> <p>7:15 Movie (TH)</p>	<p>9</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:30 War time Anecdotes with Toni Leonard (CH) 11:00 Get Up & Go (BRIO) 1:00 Men's Duplicate Bridge (MP) 1:30 Mayfair Mall Bus Trip 3:00 Open Minded Discussion Group (CH) 3:30 Chair Yoga (MP) 6:30 Progressive Bridge (MP)</p>	<p>10</p> <p>8:00 Huntsmen's Breakfast (PDR) 9:00 Royal Oak Middle School Bus Trip for Veterans 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Better Balance (MP) 10:15 Grandparents Bus Trip to school 11:00 Get Up and Go—(BRIO) 1:00 Poker (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 2:30 Hymn Sing (B) 6:30 Scrabble (MP) 7:30 "The Grandkid" - A Play (TH)</p>	<p>11</p> <p style="text-align: center;"> Remembrance Day</p> <p>Fitness Cancelled—No Recreation Staff Today</p> <p>10:45 Remembrance Day Service (TH)</p> <p>1:00 Poker (MP) 1:15 Euchre (MP) 6:30 Progressive Bridge (MP) 6:45 Victoria Concert Big Band (MP)</p>	<p>12</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Men's Discussion Group (CH) 1:15 Euchre (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 2:00 Birthday Tea with Sarah Wood 3:30 Chair Yoga (MP) 7:00 Bingo (MP)</p>	<p>13</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:30 Sing-a-long with Andrea (B) 10:30 Scenic Drive 1:00 Duplicate Bridge (MP) 1:30 iPad / Tablet Lessons (CH) 5:45 Movie Night (BRIO) 7:30 "The Grandkid" - (TH) A dramatic comedy play</p>	<p>14</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Cribbage (MP) 1:30 Scenic Drive 3:00 Friendly Kitchen Bridge (MP) 7:30 "The Grandkid" - (TH) A dramatic comedy play</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</p> <p>10:00 Chapel Service</p> <p>1:15 Eric Tolman-Speaker “Joseph Stalin”</p> <p>1:45 Bus Departure—Classic Series UVic Auditorium</p> <p>7:15 Movie (TH)</p>	<p>16</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Men’s Duplicate Bridge (MP) 1:30 Tillicum Mall Bus Trip 3:30 Chair Yoga (MP) 6:30 Progressive Bridge (MP) 7:00 Royal String Ensemble Open Rehearsal with Pablo Diemecke’s students (TH)</p>	<p>17</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Better Balance (MP) 10:00 Get Up and Go (BRIO) 1:00 Poker (MP) 2:30 Guessing Game (BRIO) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 5:00 Rock Around the Clock Theme Dinner Music by The Locomotives 50/50 Tickets</p>	<p>18</p> <p>8:30 Bus to LIFE LABS 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:15 Painting Group (MP) 10:30 Pets Visit (BRIO) 1:30 Bible Fellowship with Bonnie (CH) 2:00 Sing-a-long with Bob Meikle (BRIO) 2:15 Hearing Clinic (GR) 6:30 Progressive Bridge (MP)</p>	<p>19</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 9:30 Men’s Group Bus Trip Lester B. Pearson College 10:00 Better Balance (MP) 11:00 Get Up & Go (BRIO) 1:00 Men’s Discussion Group (CH) 1:15 Euchre (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 3:30 Chair Yoga (MP) 7:00 Bingo</p>	<p>20</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:30 Ladies Group Bus Trip Scenic Drive & Lunch 10:30 Sing-a-long with Andrea (B) 1:00 Duplicate Bridge (MP) 1:00 Chris Mundigler (TH) 1:30 iPad / Tablet Lessons (CH) 5:45 Movie Night (BRIO) 7:15 Movie (TH)</p>	<p>21</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (Brio) 1:00 Cribbage (MP) 1:00 Dickens Fellowship Group (CH) 1:30 Scenic Drive 3:00 Friendly Kitchen Bridge (MP) 7:15 Movie (TH)</p>	
<p>22</p> <p>1:45 Bus Departure—Signature Series at the Royal Theatre</p> <p>7:15 Movie (TH)</p>	<p>23</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Men’s Duplicate Bridge (MP) 1:30 Hillside Mall Bus Trip 3:30 Chair Yoga (MP) 6:30 Progressive Bridge (MP)</p>	<p>24</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Better Balance (MP) 10:00 One Month till Christmas Sale Bistro and Chapel 11:00 Get Up and Go (BRIO) 1:00 Poker (MP) 1:30 Royal Oak Bus Trip 1:45 Broadmead Bus Trip 2:30 Guessing Game (BRIO) 2:30 Hymn Sing (B) 6:30 Scrabble (MP) 7:00 Crystal Singers (TH)</p>	<p>25</p> <p>8:30 Bus to LIFE LABS 9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 10:00 Chemainus Theatre Trip 10:15 Painting Group (MP) 11:00 Get Up and Go (BRIO) 1:30 Bible Fellowship with Bonnie (CH) 6:30 Progressive Bridge (MP)</p>	<p>26</p> <p>Christmas Decorating Day Regular Scheduled Classes & Bus trips Cancelled</p> <p>1:00 Men’s Discussion Group (CH) 1:15 Euchre (MP) 3:30 Chair Yoga (MP) 7:00 Bingo (MP)</p>	<p>27</p> <p>Christmas Decorating Day Regular Scheduled Classes & bus trips Cancelled</p> <p>10:30 Sing-a-long with Andrea (B) 1:00 Duplicate Bridge (MP) 1:15 Travelogue on Turkey with Guest Speakers-Pat & Stewart (CH) 5:45 Movie Night (BRIO) 6:00 Pub Party with Eric McQuillan</p>	<p>28</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (Brio) 1:00 Cribbage (MP) 1:30 Scenic Drive 3:00 Friendly Kitchen Bridge (MP) 7:15 Movie (TH)</p>	
<p>29</p> <p>1:30 Scenic Drive</p> <p>7:15 Movie (TH)</p>	<p>30</p> <p>9:00 Int. Fitness (MP) 9:30 Beginner Fitness (MP) 11:00 Get Up & Go (BRIO) 1:00 Men’s Duplicate Bridge (MP) 1:30 Uptown Mall Bus Trip 3:30 Chair Yoga (MP) 6:30 Progressive Bridge (MP)</p>						