

# SEVEN WESTHILL | SOCIAL & RECREATIONAL ACTIVITIES MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:15 Jeopardy Style Trivia (CS) 1 11-3:00 Vendor: EZ Fit Shoes (PP) 1:00 The Stitch Club (CS) 2:30 Brain Connect: Technology Education Sessions (DK) 7:00 Games and Dominos (CS)	Textures Hair Salon (By Appt) 2 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop (SU) 1:00 Parkinson's Caregiver Support Group (CH) 1:30 Angels Treasures Gift Shop(SU) 2:00-4:00 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)	10:00 Catholic Communion (CH) 3 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage & Games (CS)	10:30 Yoga (CS) 4 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "The Unlikely Pilgrimage of Harold Fry" (CH) 3:00 Billiards Drop In (BL)
10:00 Zumba Gold with Jessie (FC) 5 10:30 Snooker Club (BL) 2:00 Movie Matinee: "The Rookie" (CH)	9:30 Excursion: Flambourgh Casino (SU) 6 10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 7:00 Games (CS)	9:30 SMART EXERCISE Lower Intensity (CS) 7 10:30 Excursion: Green Tree Frog Tea Room (SU) 10:30 Yoga (CS) 2:00 Boardgame Drop In (CS) 7:00 Bridge Club (CS)	9:30 Excursion: Waterloo Public Library (SU) 8 10:15 Bocce Ball (CS) 11-2:00 Vendor: Suzanne M Jewelry (PP) 1:00 The Stitch Club (CS) 2:00 Excursion: New Hamburg Thrift Store (SU) 2:30 Brain Connect: Technology Education Sessions (DK) 2:30 Anglican Church Service (CH) 7:00 Games and Dominos (CS)	Textures Hair Salon (By Appt) 9 9:30 SMART EXERCISE Lower Intensity 10-12:00 The Boardwalk Loop (SU) 12:30 Ladies of the Westhill Luncheon (B)(SU) 1:30 Excursion: Elmira Deli & Doughnuts (SU) 2-4:00 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)	10:30 Presbyterian Church Service (CH) 10 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage & Games (CS)	10:30 Yoga (CS) 11 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "Dirty Dancing" (CH) 3:00 Blue Jay Club: Watch Party (PP) 3:00 Billiards Drop In (BL)
MOTHER'S DAY 12 10:30 Snooker Club (BL) 2:00 Movie Matinee: "Mother's Day" (CH)	10:45 SMART EXERCISE High Intensity (CS) 13 2:00 Excursion: Garden Walk-Silver Lake Renovations (SU) 2:00 Recreation Planning Session (CS) 7:00 Games (CS)	9:30 SMART EXERCISE Lower Intensity (CS) 14 10:30 Tuesday Travelogue: Africa (CH) 10:30 Yoga (CS) 11:00 Excursion: Anna Mae's Restaurant (SU) 7:00 Sounds Of The Season: New Hamburg Concert Band (PP) 7:00 Bridge Club (CS)	9:30 Excursion: Vincenzo's (SU) 15 10-2:00 Vendor: Adrian's Family Clothing (10:15 Victorian Fan Craft & Chat (CS) 11:45 Excursion: St. Andrew's Noon Hour Concert (SU) 1:00 The Stitch Club (CS) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Plan for Peace of Mind (CH) 7:00 Games and Dominos (CS)	Textures Hair Salon (By Appt) 16 9:30 SMART EXERCISE Lower Intensity (CS) 10:00-12:00 The Boardwalk Loop (SU) 1:30 Parkinson's Support Group (CH) 2:00-4:00 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)	10:00 Catholic Communion (CH) 17 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage & Games (CS)	10:30 Yoga (CS) 18 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "Runaway Bride" (CH) 3:00 Billiards Drop In (BL)
10:30 Snooker Club (BL) 19 2:00 Movie Matinee: "Queen Bees" (CH)	VICTORIA DAY 20 10:45 SMART EXERCISE - CANCELLED High Intensity (CS) 2:00 Scrabble (CS) 7:00 Games (CS)	9:30 SMART EXERCISE Lower Intensity (CS) 21 10:30 Yoga (CS) 2:00 Excursion: Sheridan Nurseries and Gift Shop (SU) 7:00 Bridge Club (CS) 4:30 Dinner Club: Borealis Grille and Bar (SU)	9:30 Country Drive (SU) 22 10:00 Book Club (CS) 10:30 Days For Girls Presentation (CH) 1:00 The Stitch Club (CS) 2:30 Brain Connect: Technology Education Sessions (DK) 3:30 Children's Choir Performance (PP) 7:00 Games and Dominos (CS)	Textures Hair Salon (By Appt) 23 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop (SU) 1:30 Excursion: Fashion History Museum (SU) 2:00-4:00 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)	10:45 SMART EXERCISE High Intensity (CS) 24 1:30 Toonie Bingo (CS) 3:00 Pickwick's Pub: Martin Wall 7:00 Cribbage & Games (CS) BOOK BAG DELIVERY	10:30 Yoga (CS) 25 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "Ladies In Lavender" (CH) 3:00 Blue Jay Club: Watch Party (PP) 3:00 Billiards Drop In (BL)
10:30 Snooker Club (BL) 26 2:00 Movie Matinee: "Gordon Lightfoot in Concert" (CH)	BOOK BAG RETURN TO RECEPTION 27 10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 7:00 Games (CS)	9:30 SMART EXERCISE Lower Intensity (CS) 28 9:30 Excursion: Conestoga Mall (SU) 10:30 Tuesday Travelogue: Florida (CH) 10:30 Yoga (CS) 12:30 Excursion: Crowsfoot Restaurant (SU) 7:00 Bridge Club (CS) 7:15 Sounds Of The Season: Grand Harmony Chorus (PP)	10:15 Horse Races (CS) 29 11:30 Excursion: High Tea at Imperial Market (SU)(\$35) 1:00 The Stitch Club (CS) 2:30 Excursion: Michael's Craft Store (SU) 2:30 Brain Connect: Technology Education Sessions (DK) 3:30 Pickwick's Pub (PP) 7:00 Games and Dominos (CS)	Textures Hair Salon (By Appt) 30 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop(SU) 1:30 Crock A Doodle Pottery Painting (SU)(\$) 2-4:00 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)	BOOK BAG DELIVERY 31 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 3:00 Pickwick's Pub: Martin Wall (PP) 7:00 Cribbage & Games (CS)	

Seven Westhill: CS: The Common Spot      WB: Westcourt Bistro      HL: Hearthside Lounge      SU: Sign-up      Events in Purple: Sign Up  
 25 Westhill: BL: Breakers Lounge      CH: Century Hall      DK: Demo Kitchen      FC: The Fit Club Fitness Centre  
 PP: Pickwick's Pub      RS: Radiance Spa      TE: The Empress Dining Room      Email: [recreation@westhill.sifton.com](mailto:recreation@westhill.sifton.com)