

MONDAYS: Textures Hair Salon (in the Hair Salon)

TUESDAYS: Store to Door Orders Due

WEDNESDAYS: Blood Pressure Clinic on April 9th (in the Wellness Centre)

THURSDAYS: Textures Hair Salon (in the Hair Salon)

FRIDAYS: Blood work appointments (in the Wellness Centre)

Foot Care Clinic: Friday, May 3rd—Sign up in Wellness

Kitchen Tours: Wednesday, May 21st: Tour #1 3:00pm, Tour #2 3:30pm—Sign up required

Audiology Clinic: Monday, May 6th in Wellness Center—Please make an appointment with Wellness

UPCOMING

Nurses Week May 6th– May 10th This is a perfect time to remind the wellness team how important they are for our community! For those of you who were once nurses we will be having lunch together on Monday May 6th. Please sign up with Recreation.

Brain Connect New Time: Wednesdays at 2:30 in the Demo Kitchen

Tai Chi Exercise: Join in with other residents as we watch an instructional video and learn the strength and calm that comes from practicing Tai Chi.

Flavours of Diversity Cooking Class: Sign up to join our new bi-weekly cooking class happening on Saturday mornings. Each session residents will assist Recreation Aide, Alex, in making a lunch inspired by a different culture. Once the recipe is Complete You will be able to sit down and enjoy the meal together.

Plan for Peace Presentation: Join Elizabeth Ingle from Tri-City Cremation Services for this helpful information session and gain peace of mind for you & your loved ones that your final wishes will be in order.

Days For Girls Presentation: Come and Learn about this not for profit organization that focuses on knowledge, products and supportive environments for all menstruators. Volunteers across Canada mobilize to increase access to menstrual products and vital health information for women and girls around the world. Wednesday, May 22nd at 10:30am in Century Hall.



April 8th, Westhill Residents and Staff made the best of the sunny day by watching the solar eclipse.

JOIN AN OUTING!

NOT SURE WHAT AN OUTING LOCATION IS? CHECK THE SIGNUP BOOK FOR AN INFORMATION SHEET ON NEW LOCATIONS OR ASK RECREATION STAFF! WE ARE HAPPY TO HELP

Thursday May 2nd: Angel’s Treasures Gift Shop

Monday, May 13th: Garden Walk—Silver Lake Renovations

Wednesday, May 22: Fashion History Museum

Tuesday, May 28th: Crowsfoot Restaurant

Wednesday, May 29: High Tea at Imperial Market (\$35)

Thursday May 30th: Crock-A-Doodle Pottery Painting

VENDORS:

EZ Fit Shoes Wednesday May 1st, 11-3:00pm(PP)

Suzanne M Jewelry Wednesday May 8th, 11-2:00pm(PP)

Adrian's Family Clothing Wednesday May 15th, 10-2:00pm

Parkinson’s Caregiver Support Group *NEW

Thursday, May 2nd

Cinco De Mayo Craft

Thursday, May 2nd

Waterloo Chamber Players

Friday, May 3rd

Zumba Gold With Jessie

Sunday, May 5th

Pressed Flower Craft & Fancy Fascinators

Tuesday, May 7th

Outdoor Walking Club

Thursday Afternoons

Ladies Of The Westhill High Tea Lunch

Friday, May 10th

Blue Jays Club: Watch Party

Saturday, May 11th and 25th

New Hamburg Concert Band

Tuesday, May 14th

Silver Cross Walker Tun Up Clinic

Thursday, May 16th

Flowers In Bloom Theme Day

Friday, May 17th

Victorian Fan Craft & Discussion

Monday, May 20th

Children’s Choir Performance

Wednesday, May 22nd

Senior Star’s Performance

Friday, May 24th

WPL Book Bag Return

Monday, May 27th

Grand Harmony Chorus

Tuesday, May 28th

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SOCIAL & RECREATIONAL ACTIVITIES - MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 SMART Exercises (FC) 1 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11-3:00 Vendor: EZ Fit Shoes (PP) 2:00 Exercise with Alex (FC) 2:30 Brain Connect: Technology Education Sessions (DK) 3:15 News & Views (CH) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 2 9:30 Westhill FIT Balance (FC) 10:30 Journaling Corner (DK) 1:00 Parkinson's Caregiver Support Group (CH) 1:30 Excursion: Angel's Treasure's Gift Shop (SU) 2:00-4:00 Pool League (SU) 3:00 Cinco De Mayo Craft (DK) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 4:45-6 Cinco De Mayo Theme Dinner(TE) 6:45 Toonie Bingo (PP)	9:30 SMART Exercises (FC) 3 10:00 Catholic Communion (CH) 10:30 Tidbits and Timbits (WC) 11:00 Tai Chi Exercise (PT) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Waterloo Chamber Players (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 4 10:00 Manicures with Lori (SU)(DK) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "The Unlikely Pilgrimage of Harold Fry" (CH) 2-4:00 Drop in Euchre (UB) 6:45 Card Night Drop In (All are Welcome) (DK)
10:00 Zumba Gold w/ Jessie (FC) 5 10:15 Brain Game: Pick-Up at Reception 2:00 Movie Matinee: "The Rookie"(CH) 2:00 Bridge Club (UB) 2:00 Dominos (PP) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL,WC, UB) 2:30 Snooker Club (BL)	9:30 Westhill FIT Exercise (FC) 6 10:30 Recreation Planning Meeting (CH) 12:00 Nurses Appreciation Lunch (SU)(DK) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Mother's Day Trivia (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training(FC) 7 10:30 Pressed Flower Craft (DK) 10:30 Excursion: Pinecroft Green Frog Tea Room (SU) 1:30 Toonie Bingo (DK) 3:00 Craft Club: Fancy Fascinators (SU) (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 Excursion: Waterloo Public Library (SU) 8 9:30 SMART Exercises (FC) 11-2:00 Vendor: Suzanne M Jewelry (PP) 1:30 Excursion: New Hamburg Thrift Store (SU) 2:00 Exercise with Alex (FC) 2:30 Brain Connect: Technology Education Sessions (DK) 2:30 Anglican Church Service (CH) 3:30 Pickwick's Pub (PP) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 9 9:30 Westhill FIT Balance (FC) 10:30 The Language of Flowers (DK) 2:00-4:00 Pool League (SU) 3:00 Outside Walking Club (WC) 3:30 Wii Bowling (CH) 3:30 Pet Visits with Ember (PP) 6:45 Toonie Bingo (PP)	9:30 SMART Exercises (FC) 10 10:30 Tidbits and Timbits (WC) 10:30 Presbyterian Worship Service (CH) 11:00 Tai Chi Exercise (PT) 12:00 Ladies Of the Westhill High Tea Luncheon (TE) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 11 10:00 Cribbage (UB) 10:00 Flavours Of Diversity with Alex (SU)(DK) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Dirty Dancing" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Blue Jays Club: Watch Party(PP) 6:45 Card Night Drop In (All are Welcome) (DK)
MOTHER'S DAY 12 10:15 Brain Game: Pick-up at Reception 2:00 Movie Matinee: "Mother's Day" (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	9:30 Westhill FIT Exercise (FC) 13 10:30 Town Hall Meeting (CH) 2:00 Excursion: Garden Walk-Silver Lake Renovations at Waterloo Park(SU) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Wheel Of Fortune (PP) 4:30 Excursion: Golfs Steak House (SU) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training 14 (FC) 10:30 Travelogue Tuesday: Africa (CH) 1:30 Toonie Bingo (DK) 3:00 Paint Club: (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 7:00 Sounds of The Season: New Hamburg Concert Band (PP)	9:30 Excursion: Vincenzo's (SU) 15 9:30 SMART Exercises (FC) 10-2:00 Vendor: Adrians Family Clothing (PP) 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11:30 Excursion: Noon Hour Concert-Bronze Handbell Quartet (SU) 2:00 Plan for Peace Of Mind (CH) 2:30 Brain Connect: Technology Education Sessions (DK) 3:15 News & Views (CH) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 16 9:30 Westhill FIT Balance (FC) 10-12:00 Silver Cross Walker Tune Up Clinic (SU)(CH) 10:30 Journaling Corner (DK) 1:30 Parkinson's Support Group (CH) 2:00-4:00 Pool League (SU) 2:00 Outside Walking Club (WC) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (PP)	FLOWERS IN BLOOM THEME DAY 17 9:30 SMART Exercises (FC) 10:30 Tidbits and Timbits (WC) 10:00 Catholic Communion (CH) 10:30 Book Club (BL) 11:00 Tai Chi Exercise (PT) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Karaoke (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 18 10:00 Manicures with Lori (SU)(DK) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Runaway Bride" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Spiritual Study Group (DK) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 19 2:00 Movie Matinee: "Queen Bees" (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	VICTORIA DAY 20 9:30 Westhill FIT Exercise (FC) 10:30 Victorian Fan Craft with Discussion (DK) 2:00 Horse Races (PP) 3:15 Mocktail Monday (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 21 1:30 Toonie Bingo (DK) 2:00 Excursion: Sheridan Nurseries and Gift Shop (SU) 3:00 Craft Club: Gilded Photo (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 Excursion: Fashion History Museum (SU) 22 9:30 SMART Exercises (FC) 10:30 Days For Girls Presentation (CH) 11:45 May Birthday Luncheon (SU)(RC) 12:00 Excursion: Sushi Lunch at Jinzakaya in Waterloo (SU) 2:00 Exercise with Alex (FC) 2:30 Brain Connect: Technology Education Sessions (DK) 3:30 Children's Choir Performance(PP) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 23 9:30 Westhill FIT Balance (FC) 10:30 Brain Games (DK) 1:30 Excursion: Country Drive (SU) 2:00-4:00 Pool League (BL) 2:00 Outside Walking Club (WC) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (DK)	9:30 SMART Exercises (FC) 24 10:00 What Am I Trivia (WC) 11:00 Tai Chi Exercise (PT) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Seniors Stars, Music of the 50's and 60's(PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 25 10:00 Cribbage (UB) 10:00 Flavours Of Diversity with Alex (SU)(DK) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Ladies In Lavender"(CH) 2-4:00 Drop in Euchre (DK) 3:00 Blue Jays Club: Watch Party(PP) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 26 2:00 Movie Matinee: "Gordon Lightfoot in Concert" (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	BOOK BAG RETURN TO RECEPTION 27 9:30 Excursion: Flamborough Casino (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Culinary Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Games People Play (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 28 9:30 Excursion: Conestoga Mall (SU) 10:30 Travelogue Tuesday: Florida (CH) 12:30 Excursion: Crowsfoot Restaurant (SU) 1:30 Toonie Bingo (DK) 3:00 Paint Club (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 7:15 Sounds Of The Season: Grand Harmony Chorus (PP)	9:30 SMART Exercises (FC) 29 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11:30 Excursion: High Tea at Imperial Market-\$35 (SU) 2:00 Exercise with Alex (FC) 2:30 Excursion: Michael's Craft Store(SU) 2:30 Brain Connect: Technology Education Sessions (DK) 3:15 News and Views (CH) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 30 9:30 Westhill FIT Balance (FC) 10:30 Journaling Corner (DK) 1:30 Excursion: Crock-A-Doodle Pottery Painting (SU) 2:00-4:00 Pool League (BL) 2:00 Outside Walking Club (WC) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (DK)	BOOK BAG DELIVERY 31 9:30 SMART Exercises (FC) 10:00 Tidbits and Timbits (WC) 11:00 Tai Chi Exercise (PT) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Martin Wall and Hot Appetizers (PP) 6:45 Euchre Club (UB)	

1st Floor:

FL: Fireplace Lounge

GB: Gazebo

UB: Upper Balcony

WC: Westhill Cafe

SU: Sign-up at Reception Events in Purple: Sign Up

Garden Level:

BL: Breakers Lounge

CH: Century Hall

DK: Demo Kitchen

EP: Empress Dining Patio

FC: The Fit Club Fitness Centre

MS: Men's Shed Workshop

PP: Pickwick's Pub

PT: Physiotherapy Room

RC: Rosecourt

TE: The Empress Dining Room