



October 2022

Hello October!!!

During the time of mid- September through mid- October I always feel like the “great reshuffle” happens as we begin a new and very busy season of planning. This year is no exception and perhaps more so as staff work to revive past events and services as well as move forward with new ventures.

One way we as an organization can get stuck is being tied to current processes. Once we have been doing something a long time, we get into ruts where it is almost impossible to see things in a different way. To drive positive transformation in our community we cannot be afraid to try different things or introduce new ideas. I believe that it is okay to be uncomfortable with a particular change however we cannot allow ourselves to stay in that fear if we want to achieve constructive progression. Some change is led out of necessity but none the less can still create uncertainty which could lead to some discontent.

A recent example could be our East and North outside Annex areas. Filled with the melancholy of watching tree removal and the area under intense reconstruction, weeks later we have a spacious, open, and inviting area with new trees, grass, and a walking path. An outside area once unusable has become accessible whether walking with or without the use of mobility aids or is now drivable via scooters, a place of beauty to look at, relax in, and an enjoyment to the suites once struggling with natural light. There is a strong science behind the benefits of nature which has been found to reduce stress and anxiety, improve healing times, and promote overall well-being and health which is one of the many strategic priorities of our organization.

In order for people to experience cultures of growth, empowerment, and community, everyone in our organization from the board, management and staff, as well as our citizens must be aligned with a common vision. True transformation comes from an adaptive approach where we all grow and learn together while accepting new and innovative ways of thinking. I believe now more than ever we are all heading in the same direction. If, as a collective population, we are intentional about creating an inclusive, developing community, what we achieve will be seen as supportive with a sense of purpose projected to all our internal and external stakeholders.

I know that our small but **STRONG** and **MIGHTY** Centre is making a valuable impact in many ways. Recently we have received the Edmonton Journal/Sun Readers' Choice Silver Medal Award in the category of Best Senior Residence(s) in the City of Edmonton. Our organization is truly humbled and honored to hear this news as it comes through public nominations. We will have a small feature article in an upcoming special addition of the newspaper, and we look forward to highlighting our unique and vibrant community and the special citizens who choose to call our Centre their home.

With special gratitude,

Wanda

IMPORTANT NOTICES



MAIN OFFICE

CLOSED Truth & Reconciliation Day – Friday, September 30th

CLOSED Thanksgiving Holiday – Monday, October 10th

Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**



GENERATOR TESTING

Tuesday, October 11th starting at 2:00pm

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.



CONSTRUCTION UPDATE

The inner **Courtyard** construction is ahead of schedule! This project may actually be completed by the 3rd week in October. We are very excited to watch this all coming together and look forward to seeing our citizens use and enjoy the space once it's done.



CONSTRUCTION SAFETY

Please be reminded to keep out of construction areas in the Centre for everyone's safety and security. This includes the inner Courtyard project, suites under renovation, landscaping work, and temporary area closures such as for laundry room maintenance.



SEASONAL PARKING

Cold and snowy weather will be here soon enough. Underground parking for wintertime is available to residents on a first-come-first-serve basis. Space is limited. Normal fees apply.

Newcomers Ambassador Program!

Formerly the "Greeters Program", the Newcomers Ambassador Program will be made up of volunteers who are responsible for introducing themselves to new residents/citizens who live on their floor or in the same area of the Centre. These ambassadors will guide new citizens through this unfamiliar environment, when needed, and answer any questions that may arise. **Sign up in the Main Office if you are interested in becoming an ambassador!** An orientation meeting will be held to go over what the role is all about. Moving can be very overwhelming and we're hoping this new program will help with the transition!

ANNUAL INFLUENZA VACCINATION CLINIC

Friday, October 21st

9:00 AM – 2:00 PM Auditorium

ONLY for those that have previously submitted their consent forms. No extra flu vaccines available.

NOTE: This is ONLY the Influenza Vaccine.

If you require the latest Covid booster, please contact a local pharmacy.

AMENITIES

Community Cupboard

Donations of food and household staples, and monetary contributions are always appreciated to keep the cupboard stocked. Please DO NOT give EXPIRED food products. As always, if you have any need, please do not hesitate to ask one of the Main Office staff. We are pleased to help.

Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, foot, and beauty needs. **To book an appointment, call 780- 452-1105**, and let our staff make your day a little more beautiful. **Open Tuesday through Friday.**



~ How old you are is your business... How young you look is ours!!! ~



Fall has arrived! The colorful leaves look beautiful. It's time to get everything ready for the winter ahead and time to get our flu shots. The St. Andrew's **Tuck Shoppe will be closed on Monday October 10th** for the Thanksgiving holiday. We hope you have a wonderful holiday weekend with your friends and loved ones. Be sure to drop by the Tuck Shoppe to say hello and inquire about our easy medication transfer program. Have a wonderful month!

Sole Mates Footcare Ltd.

Sandra Dickerson operates a **Mobile Foot Care Service** for residents of the Centre. For more information or to book an appointment **contact her directly @ 587-926-0422, or e-mail sandradickerson82@gmail.com.**



Dr. Harkirat Sidhu



Dr. Sidhu is on-site for resident appointments in the Centre **two evenings each week, starting at 5:00pm. Pre-booking is required.** Mark your name in an open time slot on the whiteboard in the hallway just past the east tower elevator lobby.

Please note that Dr. Sidhu is not affiliated with the Centre.
Contact him directly with any questions or concerns you may have.

FARMERS' MARKET



When: Bi-Weekly on Thursdays
Time: 9:30 am – 1:30 pm
Where: ATRIUM

Sept 29th
Oct 13th & 27th

CENTRE EVENTS & ACTIVIES

FIT FRIDAY

When: (Select) Fridays October 7th and 28th, & Nov 4th

Time: 1:00 -1:30 pm

Where: Auditorium

Join Susan for gentle exercise and stretching. Increase strength, range of motion, flexibility, and overall stamina. All abilities welcome.

COFFEE PAINTING – Halloween or Christmas Theme

When: Thursday October 13th

Time: 1:00 – 2:30 PM

Where: Games Room

Learn to make paint from coffee and create either Halloween or Christmas scenes that are greeting card size. Not an artist? No problem, neither are most of us. Come have fun.

GRASS ROOTS MEETING

When: Tuesday October 18th

Time: 2:30 PM – 3:30 PM

Where: Pink Room (TV Room)

Share ideas! We want to hear from you!

Discuss interests and strategies to implement new activities or events.

MONEY MENTORS – Stretch Your Dollar

When: Thursday October 27th

Time: 1:30 – 2:30 PM

Where: Pink Room (TV Room)

In this session, Linda from Money Mentors focuses on stretching your dollar. There will be tips and insight to learn which can be passed along to friends and family. Come listen and share in a casual setting.

SOAP STONE CARVING – Christmas Trees

When: Thursdays November 3rd, 10th, and 17th

Time: 10:00 – 11:30 AM

Where: Games Room

Register at main office. No experience necessary.

Join the carvers in making trees that might resemble the Charlie brown version of Christmas.

ACTIVITIES

CARPET BOWLING

When: Wednesdays @ 9:45am Where: Auditorium

Sense of humour needed and no other skills.



FRIDAY MOVIE NIGHTS

TV Room @ 7pm

Check notice board for weekly title.

WALKING GROUP

When: Tuesdays and Fridays @ 10:00 am
Where: Meet in the Atrium for a 20-30 minute **OUTDOOR** walk,
and then coffee-time at the *Garden Café*.
All levels of walkers are welcome.



HAPPY HOOKERS CLUB

When: Tuesdays @ 1:00 pm
Where: North Atrium, near the Koi Pond



Instructions provide for making toques for the Boyle Street Community Services Centre.
Also looking for wool donations.

\$3.00 BINGO

When: Saturdays @ 6:00 pm
Where: Games Room



WHIST

When: Wednesdays @ 6:00 pm

Where: Games Room

BRIDGE

When: Thursdays @ 6:00 pm

Where: Games Room

CANASTA

When: Tues, Fri, Sun @ 5:30 pm

Where: Games Room

CARD BINGO

When:

Monday/Wednesday/Friday @ 2:00pm

Where:

Games Room

SHUFFLEBOARD

When: Mondays & Thursdays @ 2:00 pm

Where: Games Room

CRIBBAGE

When:

Mon @ 6:30 pm & Tues @ 6:00 pm

Where:

Games Room

CREATED BY VECTORPORTAL.COM

SUSAN'S NEWS



Ideas about events & activities are always welcome.

Contact Susan at 587-525-8713 or susan@standrewscentre.com

Atrium

There are many donated plants throughout the atrium. It has taken a while to place them into the various tropical beds. Thank you to the friends and families for the new plants that have increased the beauty and variety in the atrium.

With any plant donation they **must first be approved** then necessary steps are taken to eradicate pests before entering the building. Pest control is ongoing and any new plant, small or large, can potentially cause a lot of damage. The biological controls (good bugs that eat bad ones) will be increased over the next few months as a precautionary measure. For anyone wanting to donate for more biological controls, please see the main office.

Aeration of the tropical beds was moved to October. It will be a Saturday later this month and notices will be posted.

Gardens/West Courtyard

Some gardens will be cleaned out and some will have foliage left to give homes to the lady bugs over winter. Gardeners are encouraged to cover any exposed soil with tomato cages, trellis, screening, etc. to keep cats out this winter.

To help with cleanup, the garbage's are on wheels. There are brooms and other tools available for your use.

Exercise Room

New weights have been donated. IN the cupboard you will find more options starting with 2lb. weights. Please be reminded that all use of equipment is at your own risk.

Games Room

An air hockey table has been donated. We are working to restore the electronics component of the game. Note: The air needs to be turned on to play. **Please turn the air and electronics off before you walk away from the table.**

As much as an air hockey game can get noisy, it is short lived. The table brings more variety and laughter to the games room.

Thank you all, and happy Autumn!

NOTICES for **Activities & Events** and further details get posted on the white board between the piano and the west elevators. CHECK IT REGULARILY for new postings.

MAINTENANCE DEPARTMENT

MAINTENANCE HOURS: **Monday – Friday** **8:00 am – 4:30 pm** (except holidays)
 Saturday **9:00 am – 3:00 pm**

Please call the main office @ 780-452-4444 to request Work Orders for Maintenance tasks in your suite.

Most requests are completed the same day, and at no charge to the resident.

You will be advised if fees are applicable to your request before the work order is dispatched to staff.

AIR CONDITIONERS

It's that time of year again when the outdoor temperatures are dropping and Autumn weather is beginning to set in. **Please be reminded:**

- **Window air conditioner units must be removed by Centre Maintenance Staff before wintertime.**
- This is necessary to prevent baseboard heater pipes from freezing and bursting which causes flooding and damages in the suite, and possibly in surrounding suites.
- **Request a (no charge) work order for this by calling the Main Office @ 780-452-4444.**

HOSPITALITY DEPARTMENT



HOSPITALITY DEPARTMENT
Do you want deep cleaning service in your kitchen?
We are here to help.
to book an appointment please call
(587)525-8714.

Our Hospitality Department also offers a variety of services, by appointment, including:

Hourly Housekeeping

Laundry

Garbage Disposal

Window Washing

Carpet Cleaning

Kitchen Appliance Cleaning

**For the convenience of our Residents' families and loved ones,
St. Andrew's Centre is pleased to provide Guest Accommodations.**

There are 5 fully-furnished suites, each with all necessary items for a comfortable and convenient stay. Our well-appointed Guest Suites each include; linens, dishes, pots, pans and small appliances.

For full details and booking of all services, please contact **Tess @ 587-525-8714.**



GARDEN CAFÉ

The *Garden Café* Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

Breakfast	9:00 am – 11:00 am
Lunch	11:00 am – 1:30 pm
Dinner	4:30 pm – 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip.

To order dinner for delivery, please call the Café directly @ 587-525-8718 before 4:00pm.

The 4-week rotating Menu will be changing to the Fall & Winter version soon. Menu copies are available at the Café and online.

The Garden Café Theme Dinner
on Wednesday, October 5th is **GREEK!** *“Kali Oreksi”*

A *“Surf ‘n’ Turf” Dinner* is planned for Tuesday, November 8th

More details to follow. Watch for posters.

The *Garden Café* accepts payment by Cash, Debit Card, Punch Card, St. Andrew's Swipe Card or Gift Cards.



**St. Andrew's Annual
Friends & Family
Christmas Buffet Dinner
Saturday, December 10th, 2022
4:00 pm – 6:00 pm**

**TICKETS WILL GO ON SALE
in the LAST WEEK of OCTOBER**

FINANCE DEPARTMENT

ACCOUNT BALANCES

Monthly Invoices for Garden Café, Hospitality Services, and incidental charges are **due upon receipt**. Accounts with invoices not paid in full by the 15th of the following month may be subject to suspension and/or finance charges.



...to all our residents, and their families, who routinely ensure their invoices are paid promptly!

FINANCE CHARGES

Effective October 1st, 2022 St. Andrew's Centre will charge a \$45.00 fee to the resident when their rent payment is returned from the bank uncleared (eg. 'NSF' or Non-Sufficient Funds).

A fee of \$25.00 will be charged for other payments such as monthly Garden Café or Hospitality invoices, and incidental billings that are returned from the bank uncleared.

ACCOUNT CHANGES

- Parking Rental
- Storage Rental
- Meal Plans
- Banking Information

Please inform the Main Office of changes **before the 20th of the month**.

This is important to ensure charges for the following month are correct.

RESIDENTS' ASSOCIATION (R.A.)

- The Residents' Association Executive meeting is scheduled for Tuesday, October 4th.
- An Octoberfest Celebration is planned for Tuesday, October 11th.
- The Annual Hallowe'en Party will take place on Tuesday, October 25th
- Add your name to the **Quarterly Birthday Party List** to be included in the celebrations for your birth-month! The sign-up list is on the bulletin board near the parcel locker across from the mailboxes.

RESIDENT COMMUNITY COMMITTEE (R.C.C.)

- ❖ Minutes from the September *Resident Community Committee* meeting are included with this publication.
- ❖ The next meeting is scheduled for: **Wednesday, October 19th @ 1:30pm** in the **Reception Room** (Fr. Irwin).
- ❖ The Centre has a bulletin board in the atrium next to the piano for RCC information and notices.

Resident Community Committee
Agenda – September 21, 2022 – 1:30 pm

Chair: Gerry C
Co- Chair: Wanda

1. Call the meeting to order: 1:30 pm
2. Welcome and introductions. The committee did a round table introduction to welcome new attendees.
3. Attendance: Wanda (COO), Patricia (ADMIN - minute taker), Gerry C., Helen D., Perry F., Linda H., Dolores H., Susan K., Patrick M., Ann M., Alice N., Patti P., Gail R., Dolores S., and Karin V.

Absent: Joan B., Sharon L., Louise F., Sr. Collins, and Dora V.

4. Reading/Acceptance of minutes from last meeting

1st Dolores H. 2nd Gail R.

****Please note that meeting minutes are issued in the monthly newsletter****

Changes to minutes: there were no changes made to the minutes.

5. Additions to the Agenda to add under new business, accept Agenda

1st Linda H. 2nd Alice N.

6. Business arising from the last meeting/old business:
There were no outstanding matters from the previous meeting.

7. Standing Agenda Items:

7.1 – Food Service: The Café focus group session was held on August 23, 2022. Some suggestions were immediately implemented. Theme Meals – a written suggestion was given for theme meals such as Mexican, Italian, etc. The committee pointed out that theme meals are already available and can be found on the monthly dinner menus.

7.2 – Maintenance/Housekeeping:

There were no comments for maintenance or housekeeping at this time.

7.3 – Social/Leisure Activities:

- It was asked if AMSA will be returning. Wanda is currently in discussions with AMSA to plan their return to the Centre.
- Is the library accepting donations? We are not accepting donations at the moment as the main volunteer librarian is currently not available. We are searching for a new volunteer to manage the residents' library. After some discussion, Linda H. and Patti P. have volunteered to manage the library.

7.4 – Security:

A concern was brought up regarding the use of the Prayer Room as a shortcut by security. Wanda will inform security to avoid using this passageway if it is not an emergency. The implementation of 24/7 security is still in progress.

8. New Business (suggestion box/Committee concerns/emails):

Suggestion Box:

8.1 Notice Board in the Annex – a written suggestion was made to add a poster board for those living on the 1st floor in the annex. This decision will be deferred at this time. For the time being, information is provided in the monthly newsletters as well as the bulletin boards by the West and East elevators.

8.2 Breakfast Card/Pancake Breakfast – a written complaint was made stating that they had used their breakfast punch card for the Pancake Breakfast when this breakfast was cheaper than the punch card. Please be mindful of the cost of meals when using your punch cards. Residents are accountable for their own actions and decisions.

8.3 Fire Evacuation and Muster Point – a written complaint was made regarding the fire evacuation and muster point. St. Andrew's Centre has no control over the muster point location. The Edmonton Fire Department insists that it must remain outside. The next safest place to be instead of going outside is the stairwell. The Red Card Program was created if you need to remain in your suite. A suggestion was made to have an announcement of where the fire is located. This is not possible as we cannot speak on top of the fire alarms and all staff must evacuate the main office. Another fire presentation will be scheduled.

Intercom System – regular complaints are made regarding the intercom system. It was suggested that the announcer speak slow and wait until they repeat their announcement so that residents will have time to get to the hallways to hear what is being said.

8.4 Recycling/Bottles – bins for bottle recycling are available by the East and West elevators. If these bins are full, you may bring your empty bottles to the hospitality office. Funds received from these bottles go towards resident programming.

8.5 Pink Room Stairwell Locked – a request was made to unlock the door leading from the east tower stairwell to the Pink Room. We will investigate the reasoning behind the decision to have a locked door in this location. For the time being, residents can use their perimeter key to unlock this door.

8.6 Annex Elevator – the annex elevator is currently down and they are working on the repair. We are not authorized to disturb/touch the elevators when they go down. We must call the elevator companies to send a technician. Meal delivery fees will be waived. Please call the main office for assistance.

8.7 Water Shutoff – there will be a building wide water shutoff on September 20th from 8pm – 4am.

8.8 Lifting Residents – a suggestion was made to have staff who are available and trained to lift residents who have fallen as there is currently an EMS/ambulance shortage. As an independent living facility, we do not have any medical staff or nurses present. Our staff cannot lift or move residents under any circumstances.

8.9 Bird Houses – we will not be adding bird houses to the new trees at the time. Please do not walk on the new sod.

8.10 Loonies for Laundry – a reminder that loonies may be purchased from the main office for use in the laundry room.

9. Administration Sharing:

9.1- Inner Courtyard Construction- scheduled for completion by Halloween.

9.2- East/North patio/landscaping construction is still in progress.

9.3- CARE RX services - will return to do BP clinics and educational presentations.

9.3- Flu Clinic- Pre-registration was required to have the shot at the Centre. Dated for Oct. 21, 2022. Please note that they will not be administering the latest COVID-19 booster.



9.4- September 30 will be a recognized federal holiday at the Centre- Office will be closed.

9.5- Ambassador Program – we are looking for volunteers for our new Ambassador Program. Ambassadors are volunteer residents who will help welcome, guide, and assist new residents. Please see the main office for more information or to sign up.

9.6- The Friends/Family Christmas dinner is scheduled for December 10, 2022. The start of ticket sales is still to be determined.

Meeting Adjourned at 2:50 pm. Next meeting Wednesday, October 19 at 1:30 pm in the FR Irwin Room.

Game Activities take place in the Games Room unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 25 Canasta 5:30pm	26 Keep Fit 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	27 Walking Group 10am Atrium Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	28 Shop Easy Fashions 9:30am – 3:30pm Games Room Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	29 Farmers' Market 9:30am – 1:30pm ATRIUM Keep Fit 10-11am Auditorium <div>New Residents' Welcome Party 2pm Reception Rm</div> Shuffleboard 2pm Bridge 6pm	<div>OFFICE CLOSED</div> 30 National Day for Truth & Reconciliation Holiday Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm TV Room	October 1 HAPPY INTERNATIONAL DAY of OLDER PERSONS  Bingo 6pm
2 Canasta 5:30pm	3 Keep Fit 10-11am Auditorium <div>New Residents' Welcome Party 2pm Reception Rm</div> Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	4 Walking Group 10am Atrium Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	5 Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	6 Keep Fit 10-11am Auditorium Shuffleboard 2pm Bridge 6pm	7 Fit Friday 1-1:30pm Auditorium Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	8 Bingo 6pm
 Garden Café Thanksgiving Dinner (see posters) Canasta 5:30pm	<div>OFFICE CLOSED</div> 10 Thanksgiving Holiday Keep Fit 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	11 Walking Group 10am Happy Hookers 1pm Canasta 5:30pm <div>GENERATOR TESTING starting @ 2pm</div> Cribbage 6pm <div>Residents' Association Octoberfest @ 7pm Auditorium</div>	12 Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	13 Farmers' Market 9:30am – 1:30pm ATRIUM Keep Fit 10-11am Auditorium <div>COFFEE PAINTING 1-2:30pm Games Room</div> Shuffleboard 2pm Bridge 6pm	14 Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	15 Bingo 6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Canasta 5:30pm	17 Keep Fit 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	18 Walking Group 10am Atrium Happy Hookers 1pm Koi Pond <div>Grass Roots 2:30 – 3:30pm TV/Pink Room</div> Canasta 5:30pm Cribbage 6pm	19 Carpet Bowling 9:45am Auditorium <div>RCC Meeting 1:30pm @ Reception Room</div> Card Bingo 2pm Whist 6pm	20 Keep Fit 10-11am Auditorium <div>New Residents' Welcome Party 2pm Reception Rm</div> Shuffleboard 2pm Bridge 6pm	21 <div>INFLUENZA CLINIC 9 AM – 2 PM AUDITORIUM</div> Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	22 Bingo 6pm
23 Canasta 5:30pm	24 Keep Fit 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	25 Walking Group 10am Atrium Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm <div>Residents' Association Hallowe'en Party @ 7pm Auditorium</div>	26 <div>Shop Easy Fashions 9:30am – 3:30pm Games Room</div> Carpet Bowling 9:45am Auditorium Card Bingo 2pm Whist 6pm	27 <div>Farmers' Market 9:30am – 1:30pm ATRIUM</div> Keep Fit 10-11am Auditorium <div>MONEY MENTORS 1:30pm TV/Pink Room</div> Shuffleboard 2pm Bridge 6pm	28 Fit Friday 1-1:30pm Auditorium Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	29 Bingo 6pm
30 Canasta 5:30pm	31 <div>Happy Halloween</div> Keep Fit 10-11am Auditorium Card Bingo 2pm Shuffleboard 2pm Cribbage 6:30pm	November 1 Walking Group 10am Atrium Happy Hookers 1pm Koi Pond Canasta 5:30pm Cribbage 6pm	2 Carpet Bowling 9:45am Auditorium <div>SOAP STONE CARVING 10 – 11:30am Games Room</div> Card Bingo 2pm Whist 6pm	3 Keep Fit 10-11am Auditorium Shuffleboard 2pm Bridge 6pm	4 Fit Friday 1-1:30pm Auditorium Walking Group 10am Atrium Card Bingo 2pm MOVIE NIGHT 7pm TV Room	5 Bingo 6pm