

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Location of Activity

RR= Retirement Residence SS= Senior Suites
 B= Bistro T= Theatre C= Chapel L= Lobby BY= Back Yard
 Lib= Library AR= Activity Room FC= Fitness Centre GR= Games Room DR= Dining Room

Type of Activity

Blue—Fitness Green—Spiritual
 Brown— Outing Purple— Vendor
 Red— New Program/Special Events



10:00 Zumba (SS-AR) **1**
 10:00 Tuck Shop (SS-L)
 10:35 Seated Ball Exercise (RR-AR)
 11:00 Tuck Shop (RR-L)
 2:00 Bingo (SS-AR)
 2:00 Resident Run Bridge (SS-B)
 2:30 Ladder Ball (BY)
 2:30 Aquafit (P)
 3:30 Mix & Mingle (SS-B)

X Elections Ontario 2
 9:00-500 Ontario Election (RR-C & SS-AR)
 2:00 Resident Run Euchre (SS-B)
 2:30 Aquafit (P)
 3:30 Aquafit (P)
 3:30 Mix & Mingle (RR-B)

3 10:00 Moderate Intensity Exercise (SS-AR)
 10:30 Chair Yoga (RR-AR)
 2:00 Bingo (SS-AR)
 2:00 Resident Run Bridge (SS-B)
 2:30 BBC Hymn Sing: Songs of Praise (T)
 3:30 Mix & Mingle (SS-B)

4 10:00 Limited TV Series: The Queen's Gambit 1 (T)
 10:30 Walking Club (meet in RR lobby)
 2:15 Movie: The Grand Seduction (T)
 3:30 Mix & Mingle (RR-B)
 7:15 Movie: The Grand Seduction (T)

5 10:30 Walking Club (meet in RR lobby)
 11:00 St. Monica's Catholic Live Stream Mass (T)
 2:00 Resident Run Bridge (SS-B)
 2:15 Movie: Operation Mincemeat (T)
 7:15 Movie: Operation Mincemeat (T)

6 10:00 Chair Cardio Exercise (SS-AR)
 10:35 Seated Ball Exercise (RR-AR)
 2:00 Bingo (SS-AR)
 2:30 Wordle (T)
 2:45 Aquafit (P)
 3:30 Mix & Mingle (SS-B)
 7:15 Paint Night (SS-AR)




7 10:00 Moderate Intensity Exercise (SS-AR)
 10:35 Resistance Band Exercise (RR-AR)
 10:35 Tech Tuesday (SS-B)
 11:00 RR Resident Chit Chat with your GM (T)
 2:00 Resident Run Euchre (SS-B)
 2:30 Magic for Humans (T)
 2:30 Hockey (RR-AR)
 3:30 Mix & Mingle (RR-B)

8 10:00 Zumba (SS-AR)
 10:00 Tuck Shop (SS-L)
 10:35 Seated Ball Exercise (RR-AR)
 11:00 Tuck Shop (RR-L)
 2:00 Bingo (SS-AR)
 2:00 Resident Run Bridge (SS-B)
 2:30 Aquafit (P)
 2:30 Bean Bags (BY)
 3:30 Mix & Mingle (SS-B)

9 10:00 Chair Cardio Exercise (SS-AR)
 10:35 Resistance Band Exercise (RR-AR)
 11:45&1:00 Special Filipino Lunch (RR&SS-DR)
 2:00 Resident Run Euchre (SS-B)
 2:00 Craft Club (SS-AR)
 2:30 CareRx Presentation: Sun Safety
 2:30 Aquafit (P)
 3:30 Aquafit (P)
 3:30 Mix & Mingle (RR-B)

10 10:00 Moderate Intensity Exercise (SS-AR)
 10:30 Chair Yoga (RR-AR)
 11:00 Mariana Jewellery Sale (SS-L)
 2:00 Resident Run Bridge (SS-B)
 2:00 Bingo (SS-AR)
 2:30 BBC Hymn Sing: Songs of Praise (T)
 3:30 Mix & Mingle (SS-B)

11 10:00 Limited TV Series: The Queen's Gambit 2 (T)
 10:30 Walking Club (meet in RR lobby)
 2:15 Movie: Summerland (T)
 3:30 Mix & Mingle (RR-B)
 7:15 Movie: Summerland (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>10:30 Walking Club (Meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 Movie: Feel the Beat</p> <p>2:30 Interdenominational Church Service w/Pastor Pauline Williams (C)</p> <p>7:15 Movie: Feel the Beat</p>	<p>13</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>14</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:30 Magic for Humans (T)</p> <p>2:30 Rummy O (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>15</p> <p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Sky Dart (BY)</p> <p>2:30 SS Afternoon Tea with Management Team (SS-DR)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>16</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:30 Orchestra Concert (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>17</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:00 Current Events with Professor Cammy (C)</p> <p>2:30 BBC Hymn Sing: Songs of Praise (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>18</p> <p>10:00 Limited TV Series: The Queen's Gambit 3 (T)</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>2:15 Movie: Audrey (T)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Movie: Audrey (T)</p>
<p>19</p> <p> Father's Day</p> <p>10:30 Walking Club (Meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>11:45 & 1:00 Special Father's Day Lunch</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 & 7:15 Movie: Like Father (T)</p>	<p>20</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 2:30 Wordle (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>21</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:30 Magic for Humans (T)</p> <p>2:30 Paint Day (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>22</p> <p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>10:30 SS Resident Council Meeting (T)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Ring Toss (RR-AR)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>23</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:30 Orchestra Concert (T)</p> <p>2:30 Aquafit (P)</p> <p>5:00 Birthday/Anniversary Dinner (RR&SS DR)</p>	<p>24</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 BBC Hymn Sing: Songs of Praise (T)</p> <p>2:30 Book Club (RR-Lib)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>25</p> <p>10:00 Limited TV Series: The Queen's Gambit 4 (T)</p> <p>10:30 Walking Club (Meet in RR lobby)</p> <p>2:15 Movie: Yesterday (T)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Movie: Yesterday (T)</p>
<p>26</p> <p>10:30 Walking Club (Meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 Movie: Enola Holmes (T)</p> <p>7:15 Movie: Enola Holmes (T)</p>	<p>27</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>28</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:30 Magic for Humans (T)</p> <p>2:30 Curling (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>29</p> <p>Ravines Annual Summer BBQ</p> <p></p>	<p>30</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:30 Orchestra Concert (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p></p>	