

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LOCATION OF ACTIVITY RR = Retirement Residence B = Bistro LL= Lower Lounge GR= Games Room AR= Activity Room BR= Bridge Room Lib= Library C= Chapel G= Gym SS = Senior Suites GS= Golf Simulator BP= Back Patio DR= Dining Room L= Lobby YR= Yoga Room T= Theatre PL= Pool WC= Wellness Centre Type of Activity Blue - Fitness (Please see Reception to Sign Up for Aquafit) Green - Spiritual Purple - Vendor Red - New Program/Special Events Brown - Outing (Please see Reception to Sign Up for Outings)				1 July HAPPY CANADA DAY		1 10:00 Iced Coffee Social (RR & SS B) 11:00 The Singing of “Oh Canada” by the Flagpole 1:30 Movie Matinée: “Bon Cop, Bad Cop” (SS T) 2:00 Bingo (RR T) 2-4:00 Outdoor Canada Day Social Canada Day
2 10:30 70’s Disco Trivia (RR T) 1:30 Bean Bags (2nd) 2:30 Movie Matinée: “Saturday Night Fever” (RR T) 2:30 \$ Toonie \$ Bingo (SS L) 3:00 Outdoor Disco Social (RR) 4:00 Outdoor Disco Social (SS) Disco Day	3 10:00 Morning Exercises (SS YR) 10:30 Crochet-a-Way Leisure (SS L) 10:30 Wordle (RR T) 1:30 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) *RR Budgie Names Reveal* 4:00 Social Hour (SS B)	4 10:00 Morning Exercises (SS YR) 10:30 Seniors Sharing Meeting (SS L) 10:30 4 Pics 1 Word (RR T) 2:00 Seated Exercises (RR G) 2:30 \$ Toonie \$ Bingo (SS Lib) 3:00 Tech Tuesday: Help with personal electronic devices (RR T)	5 9:30 Colouring Club (RR AR) 10:00 Resident Run Walking Club (L) 10-1:00 Lunch Outing to the Experimental Farm \$11.25 Admission 1:30 Outing to No Frills/Dollarama 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 3:00 Art with Verbana (L4) 4:00 Social Hour (SS B)	6 10:00 Morning Exercises (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Thursday Trivia (RR T) 10:30 Fit Minds To Go (SS B) 2:00 Catholic Mass (RR C) 1:30 Documentary: Our Planet II Chapter 1: World on the Move (RR T) 2:30 \$ Toonie \$ Bingo (SS Lib)	7 10:20 Latin Chair Dancing (SS YR) 10:30 60’s Music Sing A Long (RR T) 11:30-1:00 Lunch Outing to Occo Kitchen 1:30 Bridge Game (SS BR) 1:30 Outing to Convent Glen Mall 2:00 Celebration of the Word (SS C) 2:00 Tech Support with Personal Electronic Devices (SS Lib) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie “The Call” (SS T)	8 10:30 Crosswords (RR T) 1:30 Movie Matinée: “You’ve Got Mail” (SS T) 2:00 Bingo (RR T) 2:00 Euchre (SS B)
9 10:30 Word Game of Choice (RR T) 1:30 Bean Bag Toss (RR 2nd FL) 2:30 Movie Matinée: “Good Will Hunting” (RR T) 2:30 \$ Toonie Bingo \$ (SS Lib)	10 10:00 Morning Exercises (SS YR) 10:30 Crochet-a-Way Leisure (SS L) 10:30 Wordle (RR T) 1:30 Bridge Game (SS BR) 1:30 Live Entertainment: Roxy Swan (SS L) 2:00 Euchre (SS B) 3:00 Pina Colada Social Hour (RR B) 4:00 Pina Colada Social Hour (SS B) Pina Colada Day	11 10:00 Morning Exercises (SS YR) 10-11:30 Morning Walk around Petrie Island Beach 10:30 4 Pics 1 Word (RR T) 1-2:30 Outing to Walmart 2:00 Seated Exercises (RR G) 2:30 \$ Toonie \$ Bingo (SS Lib) 3:00 History Recall: Cocktails (RR T)	12 9:30 Colouring Club (RR AR) 10:00 Resident Run Walking Club (L) 10:00 Baking Club: Pecan Bites (RR LL) 10:45 Chair Tai Chi (SS YR) 10-1:00 Lunch Outing to Byward Market 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) Pecan Pie Day	13 10:00 Morning Exercises (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Thursday Trivia (RR T) 10:30 Fit Minds to-go (SS B) 1:30 Documentary: Our Planet II Chapter 2: Following the Sun (RR T) 2:00 Catholic Mass (RR C) 2:30 \$ Toonie \$ Bingo (SS Lib)	14 10:30 Scrabble (RR T) 11:00 Chair Yoga (SS YR) 1:30 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: “Air Force One” (SS T)	15 10:30 Crosswords (RR T) 1:30 Movie Matinée: “Steel Magnolias” (SS T) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Ice Cream Cone Social (SS Bistro/SS Front Patio weather dependent) Give Something Away Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:30 4 Pics 1 Word 1:30 Bean Bags (RR 2nd FL) 2:30 Movie Matinée: “Hancock” (RR T) 2:30 \$ Toonie \$ Bingo (SS Lib) 3:00 Ice Cream Cone Social (RR Bistro/RR Front Patio, weather dependent) Ice Cream Day	17 10:00 Morning Exercises (SS YR) 10:30 Crochet-a-Way Leisure (SS L) 10:30-11:00 Senior Suites Blood Pressure Clinic (SS YR) 10:30 Trivia (RR T) 1:30 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	18 10:00 Morning Exercises (SS YR) 10:30 Jeopardy (RR T) 2:00 Seated Exercise (RR G) 2:30 \$ Toonie Bingo \$ (SS Lib) 3:00 History Recall: Monet (RR T) 4:00 Beach Sand Craft (RR AR)	19 8-9am Breakfast for SS Residents (All SS Residents Invited) 9:30 Colouring Club (RR AR) 10:00 Resident Run Walking Club (L) 10:00 Aqua-Fitness (Pool) 10-11:30 Outing to Superstore 11-3:00 Jewelry by Olivia (SS L) 12:30-2:00 Outing to Marshalls/ Chapters Indigo 2:00 Euchre (SS B) 2:00 Bingo (RR T) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	20 10:00 Morning Exercises (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Thursday Trivia (RR T) 1:30 Documentary: Our Planet II Chapter 3: The Next Generation (RR T) 2:00 Catholic Mass (RR C) 2:30 \$ Toonie \$ Bingo (SS Lib) 3:00 Promenade Social with Management (RR LL)	21 10:15 Latin Chair Dancing (SS YR) 10:30 Word Connection (RR T) 12-1:30 Lunch Outing to Mandarin Restaurant 1:30 Bridge Game (SS BR) 2:00 Birdhouse Painting (RR AR) 2:00 Celebration of the Word (SS C) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: “The Blind Side” (SS T)	22 10:30 Crosswords (RR T) 1:30 Movie Matinée: “The Mask of Zorro” (SS T) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Outdoor Hang Man and Pictionary (RR)
23 10:30 Word Games (RR T) 1:30 Bean Bags (RR 2nd FL) 2:30 Movie Matinée: “Christmas Chronicles” (RR T) 2:30 \$ Toonie \$ Bingo (SS Lib) Christmas Week in July	24 10:00 Morning Exercises (SS YR) 10:30 Crochet-a-Way Leisure (SS L) 10:30 Celebrate Christmas in July with Frozen Hot Chocolate Socials (RR & SS B) 1:30 Bridge Game (SS BR) 2:00 Live Entertainment: Lecture with Professor Cammy (RR T) 2:00 Euchre (SS B) 3:00 Christmas Craft (SS B) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	25 10:00 Morning Exercises (SS YR) 10:30-11:15 Handi House Minor Walker & Wheel Chair Repair Clinic (RR G) 10:30 Celebrate Christmas Morning in July with Mimosas & Mini Cinnamon Buns (RR & SS B) 2:00 Seated Exercises (RR G) 2:30 \$ Toonie \$ Bingo (SS Lib)	26 9:30 Colouring Club (RR AR) 10:00 Resident Run Walking Club (L) 10:00 Scenic Drive 10:00 Baking Club: Christmas Sugar Cookies (RR LL) 10:00 Aqua-Fitness (Pool) 10:45 Chair Tai Chi (SS YR) 1:30-3:30 Dr of Audiology- Hearing Aid Services (RR WC) Please sign up with Reception 2:00 Euchre (SS B) 2:00 Bingo (RR T) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) Birthday & Anniversary Dinner	27 9:30 Thursday Trivia - Christmas Edition (RR T) 10:00 Morning Exercises (SS YR) 10:00 Crochet-a-Way Leisure (SS L) 10:30 Food Service Meeting (RR T) 1:30 Documentary: Our Planet II Chapter 4: Freedom to Roam (RR T) 1:30 Food Service Meeting (SS B) 2:00 Catholic Mass (RR C) 2:30 \$ Toonie \$ Bingo (SS Lib)	28 10-1:00 Lunch Outing to Lac Leamy Casino 10:30 Christmas Sing A Long (RR T) 11:00 Chair Yoga (SS YR) 1:30 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 3:00 Art with Verbana (L4) 3:00 Social Hour (RR B) *Christmas Punch Themed Drinks* 4:00 Social Hour (SS B) 8:00 Friday Night Movie: Home Alone (SS T)	29 10:30 Christmas Trivia (RR T) 1:30 Movie Matinée: “Deck the Halls” (SS T) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Connect Four Games: Everyone Welcome (SS Lib) 4:00 Lemonade Social (RR Bistro/RR Front Patio, weather dependent)
30 10:30 The Beach Boys TV Concert (RR T) 1:30 Bean Bags Tournament ` (RR 2nd FL) 2:30 Movie Matinée: “Mama Mia” (RR T) 2:30 \$ Toonie \$ Bingo (SS Lib) 4:00 Lemonade Social (SS Bistro/SS Front Patio, weather dependent)	31 10:00 Morning Exercises (SS YR) 10:30 Crochet-a-Way Leisure (SS L) 10:30 Word Unscramble (RR T) 1:30 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Euchre (SS B) 3:00 Birdhouse Painting (SS B) 3:00 Guacamole Social Hour (RR B) 4:00 Guacamole Social Hour (SS B) Avocado Day					