**Please note calendar is subject to change **

Notices will be posted

Location of Activities:

RR = Retirement Residence | SS = Seniors' Suites | A = Auditorium | B= Bistro | T = Theatre | P = Patio | AR = Activity Room | C= Chapel | L = Lobby



June 2025

Type of Activity: Blue = Fitness | Green = New | Red = Movie / TV / Virtual | Pink = Special | Orange = Game | Purple = Concert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Pen Pal Day 1 10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 10:30 Group Crossword (RR-B) 2:00 Drop in Trivia (RR-B) 3:00 Group Walk (RR-L) 3:00 Independent Crafty Hour (RR-B)	2 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:30 Current Events with Professor Cammy (SS-T) 1:30 Bingo (RR-AR) 3:00 Social Hour (R-B) 7:15 Movie Night: Your Place or Mine (RR-A)	3 10:00 Fitness with Activities (SS-A) 10:00 Outing: Walmart 10:40 Current Events Discussion Group (RR-B) 1:00 Outing: Billings Bridge 1:15 Gentle Fitness (RR-A)	National Cheese Day48:00 Chef Showcase withHithesh (SS-DR)10:30 Yoga with Georgia(SS-A)10:30 Group Crossword(RR-B)10:45 - 11:45 Tuck Shop(RR-LL)1:15 Chair Drums (RR-A)3:00 Cheese and Wine SocialHour (RR-B)	5 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:45 Words within Words (RR-B) 1:30 Scrabble (RR-B) 2:00 Walking Club with Homa 3:00 Buff Brains (RR-B)	6 National Drive in Movie Day 10:00 Fun and Fitness with Activities (SS-A) 1:30 Baking Group (RR-AR) 2:00 Outing: Rexall 3:00 Social Hour (RR-B) 7:00 Outdoor Movie (Park Place Parking lot)	7 Park Place Garage Sale 9:00-12:00 am Central Park Garage Sale (Parking Lot) 1:15Bingo (RR-AR) 2:30 Gentle Fitness (RR-A) 3:00 independent Craft Time (RR-B)
8 10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 10:45 Coffee & Colouring (RR-P) Outside weather permitting 1:15 Group Walk (RR-L) 2:30 Lobby Game (RR-L)	9 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:45 Morning Trivia (RR-B) 1:30 Bingo (RR-AR) 3:00 Social Hour (R-B) 7:15 Movie Night: Your Place or Mine (RR-A)	10 10:00 Fitness with Activities (SS-A) 10:00 Outing: RCMP Stables 10:40 Tech Talk Q & A with Activities (RR-B) 1:00 Outing: Ottawa Public Library 1:15 Gentle Fitness (RR-A)	11 10:30 Yoga with Georgia (SS-A) 10:30 Group Crossword (RR-B) 10:45 -11:45 Tuck Shop (RR-LL) 1:15 Chair Drums (RR-A) 1:30 Gardening Club (Park Place Garden) 3:00 Social Hour (RR-B)	12 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:45 Words within Words (RR-B) 1:30 Scrabble (RR-B) Managers Ice cream Social (Parking Lot) 3:00 Buff Brains (RR-B)	13 10:00 Fun and Fitness with Activities (SS-A) 10:30 Puzzle Race (RR-B) 2:00 Outing: Walmart 1:30 Baking Group (RR-AR) 3:00 Tattoos and Brew Social Hour (RR-B)	14 10:45 Group Crossword (RR-B) 1: 15 Bingo with (RR-AR) 2:30 Gentle Fitness & Stretching 3:00 Independent Craft time (RR-B)

15 10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 10:45 Coffee & Colouring (RR-P) Outside weather permitting 1:15 Group Walk (RR-L) 2:30 Lobby Game (RR-L)	16 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 1:30 Bingo (RR-AR) 3:00 New Resident Meet and Greet Social Hour (RR-B) 7:15 Movie Night: Second Act (RR-A)	17 10:00 Fitness with Activities (SS-A) 10:40 Current Events Discussion Group (RR-B) 10:30 Outing: Parkdale Market 1:15 Gentle Fitness (RR-A) 2:00 Outing: Shopping at Tanger Outlet	18 10:00-3:00 Photo Restoration (SS-L) 10:30 Yoga with Georgia (SS-A) 10:30 Group Crossword (RR-B) 10:45-11:45 Tuck Shop (RR-LL) 1:15 Chair Drums (RR-A) 2:15 Rock Painting (RR-A) 3:00 Social Hour (RR-B)	19 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:30 Car & Walker wash (Parking Lot) 1:30 Scrabble (RR-B) 2:00 Walking Club with Homa 3:00 Buff Brains (RR-B)	20 10:00 Fitness with Activities (SS-A) 10:30 1:30 Baking Group (RR-AR) 2:00 Outing: Dollarama 3:00 Social Hour (RR-B)	21 10:45 Tai Chi (RR-A) 1: l5 Bingo with (RR-AR) 2:30 Gentle Fitness & Stretching 3:00 Independent Craft time (RR-B)	
22 10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 10:45 Coffee & Colouring (RR-P) Outside weather permitting 1:15 Group Walk (RR-L) 2:30 Lobby Game (RR-L)	23 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:45 Morning Trivia (RR-B) 1:30 Paint and Sip (RR-A) 3:00 Social Hour (RR-B) 7:15 Movie Night: How do you Know (RR-A)	24 10:00 Fitness with Activities (SS-A) 11:00 Outing: Picnic at the Arboretum 10:45 Tech Talk Q & A with Activities (RR-B) 1:15 Gentle Fitness (RR-A) 2:00 Outing: Tour of the Mint (\$10)	25 10:30 Yoga with Georgia (SS-A) 10:30 Group Crossword (RR-B) 10:45-11:45 Tuck Shop (RR-LL) 1:15 Chair Drums (RR-A) 2:30 Gardening Club (SS-A)?4 5:00 Birthday Dinner (SS-DR One Seating)	26 9:30 Fitness with Sid (RR-A) 10:00 Fitness with Activities (SS-A) 10:45 Words within Words (RR-B) 11:00 Food Forum (SS-A) 1:30 Scrabble (RR-B) 2:00 Walking Club with Homa 3:00 Buff Brains (RR-B)	27 Summer BBQ 10:00 Fun and Fitness with Activities (SS-A) 10:00- 2:00 Park Place Annual Summer BBQ (Parking Lot) Please note activity staff will be leaving at 2:00 Pm on this day.	28 10:45 Group Crossword (RR-B) 1: I5 Bingo with (RR-AR) 2:30 Gentle Fitness & Stretching 3:00 Independent Craft time (RR-B)	
29 10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 10:45 Coffee & Colouring (RR-P) Outside weather permitting 1:15 Group Walk (RR-L) 2:30 Lobby Game (RR-L)	00 Virtual Catholic Mass 9:30 Fitness with Sid (RR-A) -A) 10:00 Fitness with Activities 00 Virtual United Church (SS-A) 10:30 Inquiring Minds (SS-T) 15 Coffee & Colouring -P) 3:00 Margarita Monday Social Hour (RR-P) 5 Group Walk (RR-L)						

110 & 120 Central Park Drive, Ottawa ON T: 613-727-2773 E: lifestyle.parkplace@alavidalifesyles.com W: www.AlavidaLifestyles.com FB: www.facebook.com/ALAVIDALifestyles