

**\*\*Please note calendar is subject to change \*\***

**Notices will be posted**


# July 2025

Location of Activities:

RR = Retirement Residence | SS = Seniors’ Suites | A = Auditorium | B= Bistro |

T = Theatre | P = Patio | AR = Activity Room | C= Chapel | L = Lobby

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <div>Canada Day</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:40 Current Events Discussion Group (RR-B)</div> <div>1:15 Gentle Fitness (RR-A)</div>	2 <div>10:30 Yoga with Georgia (SS-A)</div> <div>10:30 Group Crossword (RR-B)</div> <div>10:45 -11:45 Tuck Shop (RR-LL)</div> <div>1:15 Chair Drums (RR-A)</div> <div>3:00 Social Hour (RR-B)</div>	3 <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:45 Words within Words (RR-B)</div> <div>1:30 Scrabble (RR-B)</div> <div>3:00 Buff Brains (RR-B)</div>	4 <div>National Sushi Day</div> <div>10:00 Fun and Fitness with Activities (SS-A)</div> <div>10:40 Learn How to Make Sushi (RR-AR)</div> <div>11:00 Elina’s Mom Quilted Items for Sale (SS-L)</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Hour (RR-B)</div>	5 <div>10:45 Bingo with (RR-AR)</div> <div>1: l5 Tai Chi (RR-A)</div> <div>2:30 Gentle Fitness &amp; Stretching</div> <div>3:00 Independent Craft time (RR-B)</div>
6 <div>10:00 Virtual Catholic Mass (RR-A)</div> <div>10:30 Virtual United Church Service (SS-T)</div> <div>10:45 Coffee &amp; Colouring (RR-P)</div> <div>Outside weather permitting</div> <div>1:15 Group Walk ( RR-L )</div> <div>2:30 Lobby Game (RR-L)</div>	7 <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:30 Current Events with Professor Cammy (SS-T)</div> <div>1:30 Bingo (RR-AR)</div> <div>3:00 Manager Ice Cream Sundae Bar Social (RR-B)</div> <div>7:15 Movie Night: Your Place or Mine (RR-A)</div>	8 <div>National Freezer Pop Day</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:00 Outing: Walmart</div> <div>10:40 Tech Talk Q &amp; A with Activities (RR-B)</div> <div>1:00 Outing: Bayshore</div> <div>1:15 Gentle Fitness (RR-A)</div> <div>2:00 Homemade Birdfeeders (RR-AR)</div>	9 <div>10:30 Yoga with Georgia (SS-A)</div> <div>10:30 Group Crossword (RR-B)</div> <div>10:45 -11:45 Tuck Shop (RR-LL)</div> <div>1:15 Chair Drums (RR-A)</div> <div>1:30 Gardening Club (Park Place Garden)</div> <div>3:00 Social Hour (RR-B)</div>	10 <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:45 Words within Words (RR-B)</div> <div>1:30 Scrabble (RR-B)</div> <div>3:00 Buff Brains (RR-B)</div>	11 <div>10:00 Fun and Fitness with Activities (SS-A)</div> <div>10:30 Morning Concert with Kevin Agnew (RR-A)</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Hour (RR-B)</div>	12 <div>10:45 Bingo (RR-AR) (RR-B)</div> <div>1:15 Group Crossword (RR-B)</div> <div>2:30 Gentle Fitness &amp; Stretching</div> <div>3:00 Independent Craft time (RR-B)</div>

<div>13</div> <div>10:00 Virtual Catholic Mass (RR-A)</div> <div>10:30 Virtual United Church Service (SS-T)</div> <div>10:45 Coffee &amp; Colouring (RR-P)</div> <div>Outside weather permitting</div> <div>1:15 Group Walk (RR-L)</div> <div>2:30 Lobby Game (RR-L)</div>	<div>Spirit Week14</div> <div>Favourite Sport Team Day</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:45 Morning Trivia (RR-B)</div> <div>1:30 Bingo (RR-AR)</div> <div>3:00 New Resident Meet and Greet Social Hour (RR-B)</div> <div>7:15 Movie Night: Second Act (RR-A)</div>	<div>15</div> <div>Beach Day</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:00 Outing: Byward Market</div> <div>10:40 Current Events Discussion Group (RR-B)</div> <div>1:15 Gentle Fitness (RR-A)</div> <div>2:00 Outing: Purple Cow Ice Cream</div>	<div>16</div> <div>Decade Day</div> <div>10:30 Yoga with Georgia (SS-A)</div> <div>10:30 Group Crossword (RR-B)</div> <div>10:45-11:45 Tuck Shop (RR-LL)</div> <div>1:15 Chair Drums (RR-A)</div> <div>3:00 Social Hour (RR-B)</div>	<div>17</div> <div>Mix and Match Day</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:40 Bird Watching (Parking Lot)</div> <div>1:30 Scrabble (RR-B)</div> <div>3:00 Buff Brains (RR-B)</div>	<div>18</div> <div>Twin Day</div> <div>10:00-3:00 Photo Restoration (SS-L)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:30 Car &amp; Walker Wash (Parking Lot)</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Homemade Lemonade Social Hour (RR-P)</div>	<div>19</div> <div>10:45 Bingo with (RR-AR)</div> <div>1:15 Tai Chi (RR-A)</div> <div>2:30 Gentle Fitness &amp; Stretching</div> <div>3:00 Independent Craft time (RR-B)</div>
<div>20</div> <div>10:00 Virtual Catholic Mass (RR-A)</div> <div>10:30 Virtual United Church Service (SS-T)</div> <div>10:45 Coffee &amp; Colouring (RR-P)</div> <div>Outside weather permitting</div> <div>1:15 Group Walk (RR-L)</div> <div>2:30 Lobby Game (RR-L)</div>	<div>21</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:40 Cultural Dishes by Staff and Management (RR-L)</div> <div>10:45 Morning Trivia (RR-B)</div> <div>1:30 Bingo (RR-AR)</div> <div>3:00 Social Hour (RR-B)</div> <div>7:15 Movie Night: How do you Know (RR-A)</div>	<div>22</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:00 Outing: Day Trip to Wakefield &amp; Chelsea</div> <div>10:45 Tech Talk Q &amp; A with Activities (RR-B)</div> <div>1:15 Gentle Fitness (RR-A)</div> <div>1:30 Paint and Sip (RR-AR)</div>	<div>National Gorgeous Grandma Day23</div> <div>10:30 Yoga with Georgia (SS-A)</div> <div>10:30 Group Crossword (RR-B)</div> <div>10:45-11:45 Tuck Shop (RR-LL)</div> <div>1:15 Chair Drums (RR-A)</div> <div>1:30 Makeovers by Activities (SS-T)</div> <div>3:00 Social Hour (RR-B)</div>	<div>24</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:45 Words within Words (RR-B)</div> <div>11:00 Food Forum (SS-A)</div> <div>1:30 Scrabble (RR-B)</div> <div>3:00 Buff Brains (RR-B)</div> <div>5:00 Park Place Prom (RR-DR)</div>	<div>25</div> <div>8:00 Chef Showcase (RR-DR)</div> <div>10:00 Fun and Fitness with Activities (SS-A)</div> <div>11:30 Lunch Time Concert with Genna and Nic (RR-DR)</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Hour (RR-B)</div>	<div>26</div> <div>10:45 Bingo (RR-AR) (RR-B)</div> <div>1:15 Group Crossword (RR-B)</div> <div>2:30 Gentle Fitness &amp; Stretching</div> <div>3:00 Independent Craft time (RR-B)</div>
<div>27</div> <div>10:00 Virtual Catholic Mass (RR-A)</div> <div>10:30 Virtual United Church Service (SS-T)</div> <div>10:45 Coffee &amp; Colouring (RR-P)</div> <div>Outside weather permitting</div> <div>1:15 Group Walk (RR-L)</div> <div>2:30 Lobby Game (RR-L)</div>	<div>28</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:30 Inquiring Minds (SS-T)</div> <div>1:45 Water Wars – Residents Vs Staff Showdown (Parking Lot)</div> <div>3:00 Tropical Social Hour (SS-P)</div> <div>7:15 Movie Night: Couples Retreat (RR-A)</div>	<div>29</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:00 Outing: Dao Cafe</div> <div>10:45 Tech Talk Q &amp; A with Activities (RR-B)</div> <div>1:15 Gentle Fitness (RR-A)</div> <div>2:00 Outing: Andrew Hayden Park</div>	<div>30</div> <div>10:30 Yoga with Georgia (SS-A)</div> <div>10:30 Group Crossword (RR-B)</div> <div>10:45-11:45 Tuck Shop (RR-LL)</div> <div>1:15 Chair Drums (RR-A)</div> <div>5:00 Birthday Dinner Al Fresco (RR-Patio)</div>	<div>31</div> <div>8:00 Chef Showcase (RR-DR)</div> <div>9:30 Fitness with Sid (RR-A)</div> <div>10:00 Fitness with Activities (SS-A)</div> <div>10:45 Words within Words (RR-B)</div> <div>11:00 GM Chat (SS-T)</div> <div>1:30 Scrabble (RR-B)</div> <div>3:00 Buff Brains (RR-B)</div>		