

# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tuck Shop Hours:</b>	1	2	3	4	5	6
<b>Monday, Wednesday and Friday 1-3p.m</b> <b>Call ext. 8200 for up-to-date Shop open hours, or speak to a Tuck Volunteer during open hours.</b>	<p>9:45 Video Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 Documentary: Pull of the North (TH)</p> <p>2:15 Video Stretch Exercise (AR)</p> <p>3:15 Canadian Trivia (AR)</p> <p>7:00 Canada Day Party with Jay Franco (TR)</p>	<p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:30 Activity Planning Meeting (AR)</p> <p>2:00 Euchre (AR) Euchre (L2)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:00 Patio Social with Cuba Libre Cocktails (NP)</p> <p>7:15 Finish the Lyrics (AR)</p>	<p>Reflexology Treatments Call Natasha at 705-321-2496 to book</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Name that Canadian Tune (AR)</p> <p>1:30 Knit Witts (D1)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 Pokeno! (AR)</p> <p>2:45 Clarkson's Farm (TH)</p> <p>3:00 Virtual Standing Chair Yoga (L2)</p>	<p>Trip to Shoppers Drug Mart</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:30 Activity Planning Meeting (L2)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 TV Series: Carol Burnett Show (TH)</p> <p>3:00 United Church Service (TH)</p> <p>3:15 Smiles to You – Informational session on in house dental care (AR)</p> <p>Party Room Closed 4-6pm</p>	<p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Bean Bags (AR)</p> <p>2:00 Documentary: Canadian Made Ep 1 Clothing Revolutions &amp; Ep 2 Snow Crossings (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 Darts! (AR)</p> <p>7:00 Skip-Bo (AR)</p>	<p><b>No Aquafit Classes</b></p> <p>10:30 News and Social Discussion (AR)</p> <p>11:15 15-min Stretch! (AR)</p> <p>Party Room Closed 1-4pm</p> <p>2:00 Dollar Bingo-1\$ to Play (AR)</p> <p>3:15 Spirograph Colouring and Social (AR)</p>
7	8	9	10	11	12	13
<p>Church Transportation</p> <p>10:30 Spiritual Reflection (TH)</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Charades! (L1)</p> <p>3:00 Hymn Sing with Grace (AR)</p>	<p>Trip to Loblaws</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 TV Series: The Paradise (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 Canadian Dental Plan Info Session with Christine from Service Canada (AR)</p>	<p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:30 Book Club Meeting w/ Deb (PDR)</p> <p>10:45 Crochet and Knit with Jess (AR)</p> <p>2:00 Euchre (AR) Euchre (PR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:15 Patio social with Sea Breeze Cocktails (NP)</p> <p>7:15 Jeopardy! (AR)</p>	<p>Bank Transportation</p> <p>Fifth Ave Jewelry 11am-2pm (L1)</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (D1)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 Pokeno! (AR)</p> <p>2:45 Clarkson's Farm (TH)</p> <p>3:00 Virtual Standing Drumfit (L2)</p>	<p>Manicures at the Salon Call 8153 to book</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Happy Hour with Carling Stephen and Rob Philips (TR)</p> <p>6:45 Grove Theatre: Into the Woods - \$60</p>	<p>10am-3pm Ear Solutions Free Hearing Assessment (Dr's Office) call 8155 to sign up</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Ladder Ball (AR)</p> <p>2:00 Documentary: Canadian Made Ep 3 Time Shifting &amp; Ep 4 Space Exploration (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 Darts! (AR)</p> <p>7:00 Skip-Bo (AR)</p>	<p><b>No Aquafit Classes</b></p> <p>10:30 News and Social Discussion (AR)</p> <p>11:15 15-min Stretch! (AR)</p> <p>2:00 Big Screen Bingo (AR)</p> <p>3:15 Scrabble and Board Games (AR)</p>
14	15	16	17	18	19	20
<p>Church Transportation</p> <p>10:30 Spiritual Reflection (TH)</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Name That Tune (AR)</p> <p>3:15 Word Games (AR)</p>	<p>Trip to Giant Tiger</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 TV Series: The Paradise (TH)</p> <p>2:15 Nature Scavenger Hunt with Summer Camp Kids (TR)</p> <p>3:15 Stretch Exercise (AR)</p>	<p>Medical Transportation 9-4p.m</p> <p>Lucy Gray Alterations 1-4pm (L1)</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:30 St. Mary's Catholic Service (TH)</p> <p>10:45 Crochet and Knit with Jess (AR)</p> <p>2:00 Euchre (AR) Euchre (L2)</p> <p>2:15 Bean Bags with Summer Camp Kids (TR)</p> <p>3:15 Chair Yoga (TH)</p> <p>7:15 Wheel of Fortune (AR)</p>	<p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (D1)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:15 Puzzles, Games and Colouring with Summer Camp Kids (AR)</p> <p>2:45 Clarkson's Farm (TH)</p> <p>3:00 Virtual Standing Chair Yoga (L2)</p>	<p>Trip to the Lindsay Mall</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>2:15 Leaf Painting Craft with Summer Camp Kids (AR)</p> <p>3:00 TV Series: Carol Burnett Show (TH)</p> <p>3:15 Where in the World Have You Been? Paris Edition (AR)</p>	<p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 "Axe" Throwing (AR)</p> <p>2:00 Documentary: Canadian Made Ep 5 Cultural Revolutions &amp; Ep 6 Sweet Treats (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 Darts! (AR)</p> <p>7:00 Skip-Bo (AR)</p>	<p>9:30 Aquafit Class 1 (PL)</p> <p>10:15 Aquafit Class 2 (PL)</p> <p>10:30 News and Social Discussion (AR)</p> <p>11:15 15-min Stretch! (AR)</p> <p>2:00 Dollar Bingo-1\$ to Play (AR)</p> <p>3:15 Shuffleboard (TR)</p>
21	22	23	24	25	26	27
<p>Church Transportation</p> <p>10:30 Spiritual Reflection (TH)</p> <p>1:30 Men's Club Outing – Classics on Kent Car Show</p> <p>2:00 Spiritual Reflection (TH)</p> <p>3:00 Sing Along with Grace (AR)</p>	<p>Trip to Dollarama/Food Basics</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 TV Series: The Paradise (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:00 Ladies Club Karaoke (TH)</p>	<p>Medical Transportation 9-4p.m</p> <p>1-5pm Summer Carnival</p> <p>Petting Zoo on North Lawn</p> <p>Active Games on the Terrace</p> <p>Bouncers and Carnival Games in the RC circular driveway</p> <p>Treats in the Café</p>	<p>Bank Transportation</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (D1)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 Pokeno! (AR)</p> <p>2:45 Clarkson's Farm (TH)</p> <p>3:00 Virtual Standing Drumfit (L2)</p>	<p>Outing to Kawartha Dairy</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Happy Hour with Myles Klingbeil (TR)</p>	<p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Washer Toss (AR)</p> <p>11:30 Fire Safety Walkthrough (D2) Call 8155 to sign up</p> <p>1:30 Opening Ceremonies Paris 2024 Summer Olympics (TH)</p> <p>2:15 Stretch Exercise (AR)</p> <p>7:00 Skip-Bo (AR)</p>	<p>9:30 Aquafit Class 1 (PL)</p> <p>10:15 Aquafit Class 2 (PL)</p> <p>10:30 News and Social Discussion (AR)</p> <p>11:15 15-min Stretch! (AR)</p> <p>2:00 Big Screen Bingo (AR)</p> <p>3:15 Cribbage and Tabletop Games (AR)</p>
28	29	30	31	Aquafit	Retirement Locations	Senior Living
<p><b>No Church Transportation</b></p> <p>10:30 Spiritual Reflection (TH)</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Finish the Lyrics (AR)</p> <p>3:15 Bean Bags (AR)</p>	<p>Trip to Shorelines Casino</p> <p>10am-4pm Guess the Old Photo Game (L1)</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 TV Series: The Paradise (TH)</p> <p>2:15 Stretch Exercise (AR)</p>	<p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>10:30 Anglican Church Service (TH)</p> <p>10:45 Crochet and Knit with Jess (AR)</p> <p>2:00 Euchre (AR) Euchre (PR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:15 Lounge Social with Ginger Spritz Cocktails (L1)</p> <p>7:15 Art with Adrienne (AR) Call 8155 to sign up</p>	<p>9:45 Strength Exercise (AR)</p> <p>10:45 Name that Tune (AR)</p> <p>10:30 Coffee Hour (PR)</p> <p>1:30 Knit Witts (D1)</p> <p>1:45 Bingo! 50¢/card (PR)</p> <p>2:00 Clarkson's Farm (TH)</p> <p>3:00 July Birthday Party with Bill Dickinson (L1)</p>	<p>To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.</p>	<p>AR - Activity Room</p> <p>D1 - Retirement Dining Rm</p> <p>L1 – Retirement Lounge</p> <p>NP – North Patio</p> <p>TH - Theatre</p> <p>TR - Terrace</p>	<p><u>Locations</u></p> <p>BR - Billiards Room</p> <p>L2 – SL Lounge, 2<sup>nd</sup> Floor</p> <p>Floor</p> <p>D2 – SL Dining Room, 2<sup>nd</sup> Floor</p> <p>PR - Party Room</p>