

July Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuck Shop Hours: Sunday, Wednesday and Friday 1-3p.m Call ext. 8200 for up-to-date Shop open hours, or speak to a Tuck Volunteer during open hours.	Every Day in the Party Room	1 CANADA DAY	2	3	4 Jess	5
	10am Coffee Social 2pm & 7pm Cards and Board Games	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Canadian Trivia (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:00 Canada Day Party with Live Music by Jay Franco (TR) 7:15 Stories We Tell (TH)	9:45 Strength Exercise (AR) 10:45 Name that Canadian Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: <u>Virgin River</u> (TH) 2:15 Pokeno! (AR) 3:00-4:30 Nail Painting with Jaiden (AR) 7:15 Passchendaele (TH)	Trip to Shoppers Drug Mart 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Activity Planning Meeting – All Are Welcome (L2) 2:15 Tai Chi (TH) 3:15 Activity Planning Meeting – All Are Welcome (AR) 7:15 Back to the Future (TH)	9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: <u>Island of the Sea Wolves Ep 1</u> (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Brotherhood (TH)	No Aquafit Classes 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR) 7:15 Indian Horse (TH)
6	7	8 SUMMER CARNIVAL	9	10	11	12
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Charades! (L1) 3:00 Hymn Sing with Grace (AR) 7:00 Poker (PR) 7:15 North of Normal (TH)	Trip to Giant Tiger Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (AR) 3:15 Word Games – Definition Edition (AR) 7:15 Concert: Celine Dion (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Book Club Meeting (PDR) 1-5pm Summer Carnival BBQ on the East Patio Lawn Games on the Terrace Petting Zoo & Bouncers in the RC driveway Treats in the Activity Room Carnival Games on the North Patio 7:15 Jeopardy! (AR) 7:15 The Eagle has Landed (TH)	Bank Transportation Fifth Ave Jewelry 11am-2pm (L1) 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: <u>Virgin River</u> (TH) 2:15 Pokeno! (AR) 4:00 SLC Evacuation Drill 7:15 Men with Brooms (TH)	Trip to Lindsay Farmer's Market 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Music on the Terrace with Rob Murray (TR) 7:15 La La Land (TH)	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 1:30-4:30 Costco Membership Deal Sign Up (L1) 2:00 Documentary: <u>Island of the Sea Wolves Ep 2</u> (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Woman in Gold (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR) 7:15 Knives Out (TH)
13	14	15	16	17	18	19
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jesse (TH) 2:15 Name That Tune (AR) 3:15 Spiritual Reflection (TH) 3:15 Cranium Crunches (AR) Dinner Time Music in the Dining Room 7:00 Poker (PR) 7:15 The Proposal (TH)	Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (AR) 3:15 'Axe' Throwing (AR) 7:15 Concert: Gordon Lightfoot (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (L2) 2:15 Lawn Games with Summer Camp Kids (TR) 3:15 Chair Yoga (TH) 7:15 Wheel of Fortune (AR) 7:15 My Girl (TH)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: <u>Virgin River</u> (TH) 2:15 Nature Scavenger Hunt with Summer Camp Kids (NP) 3:00 July Birthday Party with Craig Brtnik (L1) 7:15 Bruce Almighty (TH)	Trip to Wutai Shan Buddhist Garden 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Puzzles, Games and Colouring with Summer Camp Kids (AR) 3:15 Tai Chi (TH) 7:15 Stand by Me (TH)	Pampered Chef 11am-2pm (L1) Bliss Beauty Nail Services 9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: <u>Island of the Sea Wolves Ep 3</u> (TH) 2:15 Crafting with the Campers (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Good Grief (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR) 7:15 The Whole Truth (TH)
20	21	22	23	24	25	26
Church Transportation 10:30 Spiritual Reflection (TH) 1:30 Classics on Kent Car Show (TH) 2:00 Spiritual Reflection (TH) 3:00 Sing Along with Grace (AR) 7:00 Poker (PR) 7:15 The Vow (TH)	Trip to Whitney Town Centre/LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:00 Soap Making Craft (AR) 7:15 Concert: Paul Anka (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:15 Word Games (AR) 7:15 A Simple Twist of Fate (TH)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: <u>Virgin River</u> (TH) 2:15 Pokeno! (AR) 3:00-4:00 Drop in for Ice Cream Social! (D2) 7:15 Inception (TH)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) Activity Room Closed 1-4pm for Team Meeting 2:15 Tai Chi (TH) 6:45 Grove Theatre: Canadian Music Legends 7:15 Robin Hood: Prince of Thieves (TH)	9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 11:30 Fire Safety Walkthrough (D2) 2:00 Documentary: <u>Explosion 1812</u> (TH) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Hockey Night (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR) 7:15 Twelve Angry Men (TH)
27	28	29	30	31	Retirement Locations	Senior Living
No Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:15 Tabletop Curling (AR) 7:00 Poker (PR) 7:15 Double Happiness (TH)	Trip to the Lindsay Mall 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Stretch Exercise (TH) 3:15 Where in the World Niagara Falls (AR) 7:15 Concert: Michael Bublé (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Patio Mocktail Social (NP) 7:15 Art with Adrienne (AR) Call 8155 to sign up 7:15 Miss Congeniality (TH)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Netflix Series: <u>Virgin River</u> (TH) 2:15 Pokeno! (AR) 7:15 The Grand Seduction (TH)	Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Music on the Terrace with John Pebble (TR) 7:15 Three Amigos (TH)	AR - Activity Room L1 – Lounge NP – North Patio TH - Theatre	Locations L2 – Lounge D2 – Dining Room PR - Party Room TR - Terrace