

# Hearing & Balance Clinic

Our next clinic date at Adelaide is on **June 17<sup>th</sup>**. Call our Clinic to book your appointment! **705 340-5050**

## AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS EVERY 5 YEARS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson  
Registered Audiologist



Anne Marie Sinasac-Roy  
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario



Health & Safety protocols in place:  
mandatory masks, screening,  
disinfection between patients

**CALL BEFORE YOU COME - 705-340-5050**

www.LindsayEarClinic.com



# WELCOME June



**Senior Living Community**  
81 Albert St S, Lindsay On, K9V3H5

*Celebrated this Month...*

**Senior's Month  
Pride Month!**

**Butterfly Raising**  
June 2<sup>nd</sup>

**Father's Day**  
June 21<sup>st</sup>

**Summer Solstice**  
June 21<sup>st</sup>

**Blue Heron Casino**  
June 10<sup>th</sup>

**Bank Transportation**  
June 10<sup>th</sup> & 24<sup>th</sup>

**Farmer's Market**  
June 13<sup>th</sup> & 20<sup>th</sup>

**Lunch Outing**  
June 24<sup>th</sup>

**Art with Adrienne**  
June 11<sup>th</sup>

**Chef Demo**  
June 8<sup>th</sup>  
**Memorial Service**  
June 22<sup>nd</sup>

**Guest Speakers**  
BioPed-15<sup>th</sup>  
CNIB- 24<sup>th</sup>

## Happy Father's Day.

This Father's Day, we take time to celebrate the remarkable men who have shaped our lives in so many meaningful ways. Fathers, grandfathers, uncles, brothers, mentors, teachers, friends, neighbours. Men who have offered guidance, support, and love. At Adelaide Place, we are surrounded by men whose lives are filled with stories of resilience, kindness, and quiet strength.

### To all the men of Adelaide Place:

Whether you raised a family, mentored a neighbour, served your community, or simply offered a listening ear or a shoulder to cry on, your presence has left a lasting impression on the hearts of those around you.

You are the storytellers who keep traditions alive, the role models who lead with integrity, and the friends who bring comfort and joy. Your wisdom, humor, and compassion continue to uplift and inspire.

We invite the men at Adelaide Place to come together on Father's Day on the Terrace at 2:00pm for Lawn Games and Treats. More information is on page 2.

### Seniors Month:

June is Seniors Month in Ontario - a time to recognize and celebrate the incredible contributions of older adults across the province. This year's theme Let's Get Moving, highlights the importance of supporting our older adults through programs and initiatives that promote wellness, social engagement and education.

At Adelaide Place, we invite all residents to take part in our vibrant calendar of activities designed to keep you moving, engaged, and connected—because every day is a great day to celebrate you! Find more details on the various exercises on page 8.

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Call 8155 for the daily program schedule, including changes to program timing or locations. Leave a message to sign up for outings, or anytime you need to speak Recreation.

**Father's Day – June 21<sup>st</sup>** - We invite all the men of Adelaide Place to join us at **2:00pm on the terrace** for lawn games and treats! Cards and gifts will be handed out at lunch. Come out to the terrace to enjoy, a men's-only social hour, and play a few active games. If you are going to be away on Father's Day, please call the Recreation Department at ext. 8155 to arrange a time to pick up your gift.

**Lunch at Murphy's Lockside Pub in Fenelon Falls** - On June 24<sup>th</sup>, we will be going out for lunch on the patio (weather pending) at Murphy's Lockside. This is a casual Waterside Restaurant and Irish flavoured Pub. Enjoy some yummy pub-grub in a cozy, waterfront patio. Call ext. 8155 to reserve your spot.

**Canada Day Picnic on the Terrace!** We're pleased to bring back our Canada Day picnic on the terrace, July 1<sup>st</sup> 11:30am-1:30pm. All residents are welcome - No sign up required and no cost to attend. We will be serving sandwiches, salads and fresh fruit. Seating will be available on the terrace, or you are welcome to bring your lunch inside and eat in the dining room. **Please note people may be accessing the terrace through the dining room doors during lunch time.** Stick around after your meal and if you aren't coming out for the lunch, hopefully you will come out afterwards for our Canada Day celebration. We'll have cake, punch and music with John Turner, playing all your Canadian and East Coast favourites!

**Outdoor Activities** - It's that wonderful time of year again when we enjoy some activities outside! There are games available for residents to use anytime on the terrace. Check the recreation calendar to see where our outdoor programs are taking place. "NP" is the North Patio, just outside the Activity Room. "TR" is the Terrace located on the North side of the building between the Retirement and Senior Living Community. There are doors leading to the Terrace from the dining room, the walkway, the SLC Lounge and the Party Room. If an outdoor activity must come indoors, it will move to the Lounge or Activity Room.

## smiles to you

Meet our team



Trudi Martin-Tate, RDH  
Registered  
Dental Hygienist



Russell Tate, DD  
Denturist



# Let us help you Love your Smile!

Coming to Adelaide on **June 18<sup>th</sup>**

Call us to book your appointment! **705 775-5575**

### Dental Cleaning and Polishing



Trudi, our Dental Hygienist can assist you in:

- Scaling and Polishing
- Tooth Whitening
- Tooth Desensitizing
- Temporary Fillings

(705) 775-5575

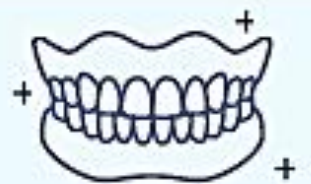


No travel. No stress.  
We come to you.

We accept insurance  
and CDCP

Wondering if dentures could be right for you?

Contact us today for a free consultation!



(705) 775-5575



www.smilestoyou.com

## Resident De-Cluttering Swap is Back!

Looking to get rid of some stuff? Back by popular demand, we are hosting another resident stuff swap in both the Retirement and Senior Living Community lounges starting Thursday, June 26th at 10am and ending Monday, June 29th at 3pm. Any resident may bring gently used items to either lounge, where tables will be set up to display donated items. Residents may also take any of the donated items on display. The idea is to help you get rid of things you no longer use or pick up some new-to-you items at no cost – it's a win-win! At the end of the event, any items left over will be donated to the Diabetes Association. Keep an eye on the elevators and lobby for posters with more information closer to the event. If you have any questions, please call the recreation department.

### Foot Care & Blood Pressure clinic at Adelaide:

Marie is a Footcare Nurse and sets up shop monthly in the Fitness Centre for convenient in-house footcare treatments.

Our monthly Blood Pressure Clinic is on the 4th Thursday of every month. **This month that falls on June 25th.**

Call the Wellness Department (ext. 8185) for information or to book an appointment.

### Elevator Safety & Courtesy

Please help keep elevators safe and pleasant for everyone.

- Use buttons only to open or close doors
- Please don't hold doors open to chat — the hallway is much better for visiting (and the elevator won't feel left out!)
- Never use arms, legs, walkers, or mobility aids to stop doors
- Allow others to exit first
- Face forward when exiting- do not back out
- During fire alarms, be mindful of those with personal safety devices and allow them to get onto the elevator first.



# JUNE 2026 Birthdays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Lila C Justin	2 Jennifer C Ken H	3	4	5 Dorothy P Laurie D	6 Bob B
7 Sheila C Alexa Harleen	8 Ann-Marie	* 9 Doug D	10 Doug F	11 Linda A	12 Keith J	13
14 Abeni	15	16 Bill C Alyssa	17 Steven R	18 Marion W	19 Elaine K Henry W	20 Emma
21 Sylvia S	22 Patricia H Jordana	23	24 Eleanor D	25 Tish	26 Peter M Ria K	27 Carson
28 Audrey H Kay R	29 Sadie C Kaydince	30 Kris F				

Colour Legend:  
 Retirement Community  
 Senior Living Community  
 Team Members



10 Moose Rd. (off McLaughlin Rd.) Lindsay

705.328.3015



- Wheelchairs
- Walkers
- Mobility Scooters
- Home Oxygen + CPAP
- Bathroom Safety
- Hospital Beds
- Lift Chair Recliners
- Braces & Supports
- Compression Stockings
- Aids to Daily Living & More!

10% off\* regular priced item with this ad

\*discount does not apply to third party funded items

www.homesteadoxygen.ca



## Special Events!

**PRIDE MONTH** - a time to celebrate the rich tapestry of identities that make up the LGBTQ+ community. It's a season filled with colour, compassion, and connection, and here at Adelaide Place it's also a time to reflect on the importance of inclusion, respect, and the joy of living authentically at any age. No matter who you are or who you love, you are welcome here. Let's celebrate the beauty of diversity and the strength of community—this month and always. We have several movies and documentaries this June in honour of Pride Month.

Residents can also sign up for transportation to the Queer Wellness Fair this Friday June 5<sup>th</sup>. With more than 25 agencies to visit, including Adelaide Clinic, HEAR Canada, Kawartha Lakes Health Team, Jardine Funeral Home, Kawartha Care Wellness Centre, Mind Garden Wellness, Rootwork Reflexology, Umbrella Community Health Network, and many, many more!

While PRIDE officially starts in June, Linday will be celebrating with several community events in July, including Pride in the Park on July 11 at Victoria Park. In JULY, we will be welcoming Kawartha's own Betty Baker to join us for a special event BINGO in the Senior Living Community Dining Room at 2:00p.m! She will be calling bingo and singing a few songs in full costume! There will be lots of great prizes to be won! We'll also be collecting donations for [Kawartha Lakes Pride](#).

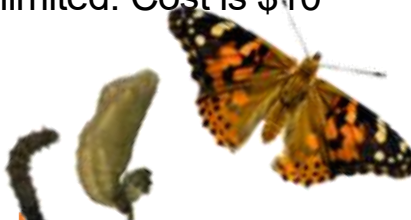


**New Resident Social!** Join us on Monday, June 29<sup>th</sup> at 3:15pm This is not just for new residents. Everyone is encouraged to come to welcome and meet the newest members of our Adelaide Place Community and enjoy some light refreshments.

**Save the Date for Summer Carnival!** We are happy to announce the return of our summer carnival on Tues. July 21<sup>st</sup>. Please save the date! This will be a fantastically fun event for residents and their friends and families as well as Adelaide Place team members and their families. We will have inflatable bouncers, petting zoo, treats, games, a BBQ and more! More information and invitations will be distributed in the coming weeks. We hope to see you there!

**T.H.R.I.L Seniors Program** - We will be going to their accessible Horse Farm on Thurs. June 25<sup>th</sup>. Residents must sign up to attend \*group size is limited. Cost is \$10

- Meet their gentle, trained therapy horses and ponies
- Participate in guided, hands-on grooming
- Learn about horse care and our therapy program
- Enjoy a calm, welcoming outdoor environment



**Raising Caterpillars into Butterflies and Gardening!** We will be receiving 10 Painted Lady caterpillars that we will be helping to raise and transform into beautiful butterflies! Painted Ladies are a symbol of hope and resilience. They eat invasive weeds, pollinate gardens, AND they have the longest migration journey spanning over 14,500kms from Africa to the Arctic and back. They are set to arrive here the first week of June. You will see this on the calendar for June 2<sup>nd</sup> at 3:00p.m. on the North Patio, just outside the Activity Room. If they have not arrived by then, we will still gather on the patio (weather permitting) enjoy some great mocktails and have a chat while enjoying the garden. We also have some flowers left to plant as well at that time, if anyone is interested in helping to plant some pots (table height, no crouching on the ground!). We made sure to plant lots of Monarch Magic, which butterflies LOVE! We're sure it will attract many to our garden this season! Once our butterflies are mature, we will release them into the wild.



## The UN-Christmas Christmas Show!!

### Information Session

Our introductory meeting for the above event will be held at 3:00p.m. on Monday, June 1<sup>st</sup> in the Activity Room- **everyone is invited.**

If you would like more information about this event, PLEASE attend the meeting. Don't worry, you are under no obligation to participate by attending this information session. It is meant for residents to learn more about what it is and offer suggestions and feedback. It will be an interactive event, so please come with all your questions. This is NOT a play! It more closely resembles a Talent Show

In order for this to be a success, we need to hear your input and ideas. Perhaps you know a talented individual, or you yourself would like to help (on stage or behind the scenes) - please let us know. We need your input! What would you like to see? Who do you know?

See you on the 1<sup>st</sup>!  
Marion (room 4411), [mbtwice@gmail.com](mailto:mbtwice@gmail.com)

## Knit Witt's Raffle Supporting Hike for Hospice!



Interested in supporting the Adelaide Team's Hike for Hospice?  
Want the chance to win one of 5 great prizes??  
Have five bucks handy???  
GREAT!!!

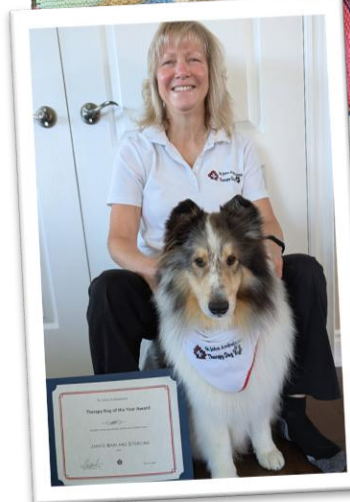


Come see the Knit Witts on Thurs. June 4<sup>th</sup> anytime between 11:30a.m. and 4:30p.m. in the Retirement lounge to buy your tickets! 3 Tickets for \$5. You can also speak to any member of the Knit Witts about buying a ticket. Knit Wits meet every Wednesday at 1:30p.m. in the dining room lounge. Feel free to pop by and see what else they're getting up to 😊



## This Year's Therapy Dog of the Year for Kawartha Lakes Region Winner is

Our very own sweet boy, Stirling! If you haven't met this joyful ball of fluff yet, he is here every Tuesday at 10:30a.m. with his handler, Janice. Speak to anyone in Recreation to get more details or request a visit to your suite!



## Exercise Programs Explained!

It's Seniors Month, and the theme this year is **Let's Get Moving!** A well-rounded senior workout plan can include strengthening, flexibility, and balance activities like walking, abdominal contractions, swimming, wall pushups, daily stretches, and single-leg balance holds.

If you are interested in getting more involved than you currently are, we want to help get you there! There's a TON of options to help you engage in more physical activity. Whether you exercise sitting or standing, move slow or move fast, want to stick to dry land or move in the water, need structure, or just fun and games, we have something for you!

If you have further questions or want some more personalized support, speak to someone in Recreation, or Wellness. If you're ever unsure about your ability to join one of our programs, you should always speak with your doctor for best practices and safety precautions.

**Express Stretch: Saturday at 11:15a.m.** Gentle 15-minute seated stretch program with quiet music, focusing on greater joint movement and improving posture, helping to release muscle tension and soreness and reduce the risk of injury. Residents choose the level of stretching intensity.

**Strength Exercise Classes: Mon - Fri at 9:45a.m.** Engaging your heart, lungs, and brains, through specific movement combinations set to upbeat music. Beginning with a gradual warm-up, followed by focus on cardiovascular endurance and muscle tone, then ending with a gradual cool down and full body stretch. You can decrease or increase the intensity of this program by choosing to sit or stand. You can also do the program without weights or resistance to decrease the intensity.

**Gentle Seated Exercise Classes: Mon & Fri at 2:15p.m.** Fully seated exercise class beginning with a dynamic warm-up before progressing into a head-to-toe stretch. This class focuses on preserving flexibility and range of motion, using slower, more relaxing music. We also spend more time exploring the range of motion of major joints and muscles.

**Chair Yoga: Tues. at 2:15p.m. in the Theatre** - Engaging in strength, flexibility, and overall well-being. It may be gentle, but it's very effective. This class follows Yoga videos which can be done seated or standing, depending on your ability and comfort. Movements are done at a slower and steady pace. Classes begin with a gentle warm up and end with a mindful breathing and a cool down. Yoga helps keep your mind sharp, body strong and can even improve sleep!

**Tai Chi: Thurs. at 2:15p.m. in the Theatre** - Focusing on improving balance, reducing falls, strengthening muscles and increasing flexibility and stability. It can also improve your core strength to enhance stability and reduce back pain. Movements are very slow and methodic. Participants can remain seated throughout the class or choose to stand.

**Music and Exercise: Wed. at 3:15p.m.** - A member of the Rec team leads the class following along to a video. Moves are done fully seated to a variety of upbeat music, so keep the class fun as well as active. Participants can keep up the speed along with the video instructor or follow along at a slower pace with Alex or Kathryn. The focus is on strengthening your legs and arms without standing or using weights, while having FUN!

## Hike for Hospice

We are so excited to share that this year we have a team of 20 people representing Team Adelaide on Sunday, June 7<sup>th</sup> at the Hike for Hospice!

So far, we have raised almost \$500 between the online and cash donations. Amazing start! If you are interested and able (or know anyone who would like to support this AMAZING cause) donations can be made at this website or in the RC lobby collection tin.

You can also support the Adelaide Team by participating in the Knit Wit's Raffle (more info on page \_\_)

TEAM ADELAIDE IS PROUDLY WALKING AGAIN IN HIKE FOR HOSPICE ON JUNE 7<sup>TH</sup>

Donations Welcome in support of this amazing cause. Donations can be made in person in the Retirement Community Lobby or on line @ <https://hikeforhospice2026.raiselysite.com/team-adelaide>

COMMUNITY CARE CITY OF KAWARTHA LA  
COMMUNITY HEALTH CENTRE

*Adelaide Place Semi-Annual Resident Memorial Service*

Please join us on  
**June 22<sup>nd</sup>, 2026**  
2:00pm in the Retirement Lounge  
Light Refreshments to follow

*A Life Well Lived*

## Sing Along Movie Night at Lindsay's Century Cinema!

On Wednesday, June 17<sup>th</sup> join your community for an unforgettable evening of music, nostalgia, and movie magic at the Sing-Along Movie Night in support of three incredible local organizations: Kawartha Lakes Food Source, The Grove Theatre, and Humane Society of Kawartha Lakes.

With two showings at 7pm and 9:30pm

- ★ Mama Mia
- ★ Grease!
- ★ Rocky Horror Picture Show



Come and enjoy interactive sing-along screenings of iconic musical favourites — a perfect celebration of music, community, and performance.

Tickets for this event must be purchased from Century theatre in advance. Residents **MUST** call to sign up so we can get you tickets before they sell out. Or you can get your own tickets from the theatre and call us to sign you up for a ride.

**Tickets for 65+ are only \$9.00!**

### Salvation Army Food Bin Has Arrived!

There is always a food donation bin in the Senior Living Community Lobby, benefitting the Kawartha Lakes Food Source.

Now, there is also a food donation bin for the Salvation Army as well, suggested and brought in thanks to one of our residents.

This offers Adelaide residents even more opportunities to help feed more families in our community.

**If you have questions or suggestions, please contact Recreation ext. 8155**

### June IQ quiz

– See Recreation Dept. for details about each answer

1. What is the name of the full moon in June? A. Strawberry moon B. Wolf moon C. Beaver moon D. Sturgeon moon
2. On June 28, 1886, the Canadian Pacific Railway saw its first transcontinental train leave the station, heading from Montreal to Port Moody in Vancouver.  
What territory became a part of Canada only if this railroad was built? A. British Columbia B. Alberta C. Manitoba D. Yukon
3. Complete the phrase to reveal June's birth flower: "Take time to smell the \_\_\_\_\_."
4. What are the two zodiac signs in June?  
A. Leo and Gemini B. Cancer and Gemini C. Taurus and Leo
5. True or false? June was originally the fourth month in early Roman calendars.
6. In June of 1910, the first statewide Father's Day celebration happened here \_\_\_\_\_. Canada didn't pick up the holiday for another decade.  
A. Washington B. Illinois C. New York D. West Virginia
7. Born June 18, 1942, what musician was a member of the Beatles and later formed the band Wings? \_\_\_\_\_
8. Pearls are the June birthstone and the traditional gift for which wedding anniversary? A. 20 years B. 30 years C. 40 years D. 50 years
9. Harriet Beecher Stowe was born June 14, 1811. What is the title of her 1852 novel that exposes the harsh realities of slavery?  
A. Roots B. The Red Badge of Courage C. Beloved D. Uncle Tom's Cabin
10. True or false? The summer solstice occurs on the same day in June each year.
11. Born June 1, 1926, what movie star sang "Diamonds Are a Girl's Best Friend" in the 1953 musical film Gentlemen Prefer Blondes?  
\_\_\_\_\_

Answers: 1. A      2. B      3. Roses      4. B      5. True      6. A  
7. Paul McCartney      8. B      9. D      10. F      11. Marilyn Monroe

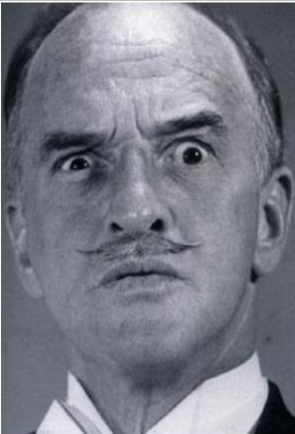
# June Recreation Calendar

Senior Living  
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 Tuck Shop 1-3pm</p> <p>Church Transportation</p> <p>Weekly Puzzle in the Café</p> <p>10:30 Spiritual Reflection (TH)</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Bean Bags (AR)</p> <p>3:15 Name That Tune (AR)</p> <p>7:15 Looking Through Water</p>	<p>15</p> <p>Trip to Lindsay Mall</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:00 TV Series: <u>Gilded Age</u> (TH)</p> <p>2:15 Gentle Seated Exercise (AR)</p> <p>3:00 BioPed Presentation: <u>Shoe Collection and Services</u> (AR)</p> <p>7:00 Farkle (AR)</p> <p>7:15 Concert: <u>Ricky Nelson Live in Chicago 1983</u> (TH)</p>	<p>16</p> <p>Lindsay Ear Clinic call to book: 705 340-5050</p> <p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Walking Club-Meet in Lounge</p> <p>10:30 St. Mary's Catholic Service (TH) (AR)</p> <p>2:00 Euchre &amp; Scrabble (AR)</p> <p>2:00 Euchre (PR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:00 Cocktail \$ &amp; Mocktail Social (L1)</p> <p>7:00 Word Games (AR)</p> <p>7:15 Dad Wanted (TH)</p>	<p>17 Tuck Shop 1-3pm</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (DL)</p> <p>2:00 Pokeno (AR)</p> <p>3:15 Music and Exercise (AR)</p> <p>7:15 A Father's Miracle (TH)</p>	<p>18 Tuck 8:30-10:30am</p> <p>Trip to Whitney Town Centre</p> <p>Smiles to You Dental Clinic call to book: 705 775-5575</p> <p>Academy Theatre: Open Mic Night Showcase Finale -Free-</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:30 United Church Service (TH)</p> <p>10:45 Paraffin Wax Hand Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Thirsty Thursday with Art Lajambe (L1)</p> <p>7:15 Ordinary Angels (TH)</p>	<p>19 Tuck Shop 1-3pm</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Bean Bags (AR)</p> <p>2:00 Documentary: <u>Queen of Chess</u> (TH)</p> <p>2:00 Euchre (PR)</p> <p>2:15 Gentle Seated Exercise (AR)</p> <p>3:15 Darts! (AR)</p> <p>7:15 Skip-Bo (AR)</p> <p>7:15 Daddy Day Care (TH)</p>	<p>20</p> <p>9:30 Aquafit Class 1 (PL)</p> <p>10:15 Aquafit Class 2 (PL)</p> <p>Lindsay Farmers Market</p> <p>10:30 News/Coffee Social (CL)</p> <p>11:15 1 Express Stretch (AR)</p> <p>Party Room Closed 12:00-4:00pm for Private Event</p> <p>2:00 Dollar Bingo (AR)</p> <p>3:15 Who AM I?? Famous People Throughout History (AR)</p> <p>7:15 La Dolce Villa (TH)</p>
<p>21 Tuck Shop 1-3pm</p> <p>First Day of Summer</p> <p>Father's Day</p> <p>Church Transportation</p> <p>Weekly Puzzle in the Café</p> <p>10:30 Spiritual Reflection</p> <p>2:00 Calvary Church Service and Hymn Sing (TH)</p> <p>2:00 Father's Day Social with Treats &amp; Lawn Games (TR)</p> <p>3:00 Sing Along with Grace</p> <p>7:15 Fatherhood (TH)</p>	<p>22</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Paraffin Wax Therapy (AR)</p> <p>2:00 Series: <u>Gilded Age</u></p> <p>2:00 Resident Memorial Service (L1) *Refreshments to follow*</p> <p>7:15 Concert: <u>Mel Tormé George Shearing Jazz Festival Berlin 1989</u> (TH)</p>	<p>23</p> <p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Walking Club-Meet in Lounge</p> <p>2:00 Euchre (PR)</p> <p>2:00 Where in the World - Travel Presentation with Vic Orr (AR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:00 Mocktail Social on the Patio (NP)</p> <p>7:00 Jeopardy (AR)</p> <p>7:15 Canvas (TH)</p>	<p>24 Tuck Shop 1-3pm</p> <p>Bank Transportation</p> <p>Lunch at Murphy's Lockside</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (DL)</p> <p>3:00 CNIB Guest Speaker : Information and Resources Presentation / Q&amp;A (AR)</p> <p>7:15 Sarah's Oil (TH)</p>	<p>25 Tuck 8:30-10:30am</p> <p>T.H.R.I.L Horse Farm Tour</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Paraffin Wax Hand Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Birthday Party with John Pebble (L1)</p> <p>7:15 I Used to be Famous (TH)</p>	<p>26 Tuck Shop 1-3pm</p> <p>Resident De-cluttering Swap Begins at 10am (L1 &amp; L2)</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Noodle Hockey (AR)</p> <p>2:00 Documentary: <u>The Other Shore</u> (TH)</p> <p>2:00 Euchre (PR)</p> <p>2:15 Gentle Seated Exercise</p> <p>3:15 Darts! (AR)</p> <p>7:15 Skip-Bo (AR)</p> <p>7:15 My Father's Violin (TH)</p>	<p>27</p> <p>Resident Swap 26<sup>th</sup> -29<sup>th</sup></p> <p>9:30 or 10:15 Aquafit classes</p> <p>10:30 News &amp; Coffee Social (CL)</p> <p>11:15 Express Stretch Exercise! (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:15 Word Games &amp; Riddles (AR)</p> <p>Party Room Closed 5-9pm</p> <p>7:15 NAYD</p>
<p>28 Tuck Shop 1-3pm</p> <p>Resident Swap 26<sup>th</sup> -29<sup>th</sup></p> <p>Church Transportation</p> <p>Weekly Puzzle in the Café</p> <p>10:30 Spiritual Reflection</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Ladder Ball (AR)</p> <p>3:15 30-Second Music Dash with Colleen (AR)</p> <p>Dinner Time Music</p> <p>7:15 The Forge (TH)</p>	<p>29</p> <p>Resident Swap Ends at 3pm (L1 &amp; L2)</p> <p>Trip to Loblaws</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 New Resident Social (AR) All Residents Welcome</p> <p>7:15 Concert: <u>Michael Bublé Live in Rome 2022</u> (TH)</p>	<p>30</p> <p>Medical Transportation 9-4p.m</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Walking Club-Meet in Lounge</p> <p>10:30 St. Paul's Anglican Church Service (TH)</p> <p>2:00 Euchre (PR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:15 Mocktail Social (L1)</p> <p>7:00 Wheel of Fortune! (AR)</p> <p>7:15 I Am Woman (TH)</p>	<p>1 CANADA DAY</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Name That Canadian Tune (AR)</p> <p>11:30-1:30 Picnic Lunch on the Terrace</p> <p>2:00 Canada Day Party with Live Music by John Turner on the Terrace!</p>	<p>LEGEND</p> <p>Senior Living</p> <p>L2- Senior Living Lounge</p> <p>D2- Senior Living Dining Rm</p> <p>PR- Party Room</p> <p>TR- Terrace</p> <p>Coffee Social every day in the Party Room at 10am, bring your own mug!</p> <p>2-4:00pm Board Games</p> <p>7-9:00pm Board Games</p>	<p>LOCATIONS</p> <p>Retirement</p> <p>AR- Activity Room</p> <p>D1- Retirement Dining Room</p> <p>L1- Retirement Lounge</p> <p>NP- North Patio</p> <p>TH- Theatre</p> <p>Coffee Social every day in the Café Lounge at 10:30am</p>	<p>Tuck Shop Hours:</p> <p>Wednesdays, Fridays and Sundays 1:00-3:00pm</p> <p>Thursday 8:30am-10:30am</p> <p>Call 8200 to hear the most up-to-date hours, or speak with a Tuck Shop Volunteer during open hours.</p>

# June Recreation Calendar

Senior Living  
Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Colour Coding:</b> <b>In The Theatre Special Event!</b> <b>In the Senior Living Community Van Outings In House Shopping or Clinic</b>	<b>1</b> <b>Lucy Gray Alterations 1-4pm (L1)</b> 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Hand Therapy (AR) <b>2:00 TV Series: Gilded Age</b> 2:15 Gentle Seated Exercise (AR) <b>3:00 Un-Christmas Show Information Idea Sharing and Q&amp;A (AR)</b> 7:00 Farkle (AR) <b>7:15 Concert: Louis Armstrong Live in Australia 1964 (TH)</b>	<b>2</b> <b>Medical Transport 9-4pm</b> 9:45 Strength Exercise (AR) <b>11:45 Monthly Activities Information Meeting (AR)</b> 2:00 Euchre & Scrabble (AR) <b>2:00 Euchre (PR)</b> <b>2:15 Chair Yoga (TH)</b> <b>3:00 Butterfly Social (NP)</b> 7:00 Cranium Crunches! (AR) <b>7:15 The Prom (TH)</b>	<b>3 Tuck Shop 1-3pm</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) <b>1:45 TV Series: This is Us (TH)</b> 2:00 Pokeno (AR) <b>3:15 Music and Exercise (AR)</b> <b>7:15 Thelma &amp; Louise (TH)</b>	<b>4 Tuck 8:30-10:30am</b> <b>Shopper's Drug Mart</b> 9:45 Strength Exercise (AR) <b>10:00 Res. Council General Meeting (PR)</b> <b>11:00 Fire Safety Q&amp;A (PR)</b> <b>10:30 Coffee Social (CL)</b> 10:45 Hand Wax Therapy (AR) <b>2:00 Large Print Book Exchange with Kawartha Lakes Library (AR)</b> <b>3:00 Thirsty Thursday with the Randy Read (L1)</b> <b>7:15 Aunt Mary (TH)</b>	<b>5 Tuck Shop 1-3pm</b> 9:45 Strength Exercise (AR) 10:45 Twister Bean Bags (AR) <b>2:00 Documentary: Queen Victoria (TH)</b> <b>2:00 Euchre (PR)</b> 2:15 Gentle Seated Exercise (AR) 3:15 Darts! (AR) 7:15 Skip-Bo (AR) <b>7:15 King Solomon's Mines Part. One (TH)</b>	<b>6</b> <b>9:30 Aquafit Class 1 (PL)</b> <b>10:15 Aquafit Class 2 (PL)</b> 10:30 News and Coffee Social (CL) 11:15 Express Stretch (AR) <b>2:00 \$\$ Dollar Bingo (AR)</b> 3:15 You Be the Judge: Real Case Stories (AR) <b>7:15 King Solomon's Mines Part. Two (TH)</b>
<b>7 Tuck Shop 1-3pm</b> <b>Church Transportation Weekly Puzzle in the Café</b> <b>10:30 Spiritual Reflection (TH)</b> <b>2:00 Spiritual Reflection (TH)</b> 2:00 Bocce Ball (AR) <b>3:00 Hymn Sing w/ Grace (AR)</b> <b>7:15 Hamnet (TH)</b>	<b>8</b> <b>Trip to Giant Tiger</b> 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Hand Therapy (AR) <b>2:00 Chef Demo with Mark (AR)</b> 3:00 Stretch Exercise (TH) 7:00 Farkle (AR) <b>7:15 The Platters &amp; Friends Legends in Concert (TH)</b>	<b>9</b> <b>Medical Transport 9-4pm</b> 9:45 Strength Exercise (AR) <b>10:30 Book Club Meeting (PDR)</b> <b>10:30 Walking Club-Meet in Retirement Lounge</b> 2:00 Euchre/Scrabble (AR) <b>2:00 Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:15 Patio Mocktail Social (NP)</b> 7:00 Colleen's Tricky Trivia (AR) <b>7:15 Turner and Hooch (TH)</b>	<b>10 Tuck Shop 1-3pm</b> <b>Bank Transportation Blue Heron Casino Trip</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) <b>1:45 TV Series: This is Us (TH)</b> 2:00 Pokeno (AR) <b>3-4:00 Drop in Nail Painting (AR)</b> <b>7:15 Queen of Coal (TH)</b>	<b>11</b> <b>Trip to Dollarama and Food Basics</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 Thirsty Thursday with Myles K. (L1)</b> 7:00 Art with Adrienne (AR) <b>7:15 Multiplicity (TH)</b>	<b>12 Tuck Shop 1-3pm</b> 9:45 Strength Exercise (AR) <b>10:30 Coffee Social (CL)</b> 10:45 Washer Toss (AR) <b>2:00 Documentary: A Secret Love (TH)</b> <b>2:00 Euchre (PR)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) <b>7:15 Calendar Girls (TH)</b>	<b>13</b> <b>9:30 Aquafit Class 1 (PL)</b> <b>10:15 Aquafit Class 2 (PL)</b> <b>Lindsay Farmers Market</b> 10:30 News and Social Discussion (AR) 11:15 Express Stretch (AR) 2:00 Bingo (AR) 3:15 Music and Trivia (AR) <b>7:15 Remarkably Bright Creatures (TH)</b>
 <p>The flowers, the gorgeous, mystic multi-coloured flowers are not the flowers of life, but people, yes people are the true flowers of life, and it has been a most precious pleasure to have temporarily strolled in your garden.</p> <p>— Lord Buckley —</p> <p>AZ QUOTES</p>		<b>Van Trips</b> Call 8155 to sign up. <u>You MUST sign up for all trips minimum 48 hours in advance!</u> Those who have signed up will be called to confirm departure and pick up times. <i>Trips may be cancelled without advance notice</i>	<b>Tuck Shop Hours:</b> Wednesdays, Fridays and Sundays 1:00-3:00pm Thursday 8:30am-10:30am Call 8200 to hear the most up-to-date hours, or speak with a Tuck Shop Volunteer during open hours.	<b>Contact Us</b> To contact the Recreation Department, dial extension 8155, or email Kathryn, Recreation Manager directly, <a href="mailto:kwood@levliving.com">kwood@levliving.com</a>	<b>LOCATION</b> Senior Living Locations L2- Senior Living Lounge D2- Senior Living Dining Room PR- Party Room TR- Terrace	<b>LEGEND</b> Retirement Locations AR- Activity Room D1- Retirement Dining Room L1- Retirement Lounge NP- North Patio PDR- Private Dining Rm TH- Theatre