

# Hearing & Balance Clinic

Next Clinic Date at Adelaide Place will be  
on **Tuesday, August 11<sup>th</sup>**  
Call our Clinic to book an appointment!

## 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](http://www.LindsayEarClinic.com)



*Celebrated this Month...*

Canada Day!  
July 1<sup>st</sup>

Summer Carnival  
July 21<sup>st</sup>

Lucy Gray Alterations  
July 6<sup>th</sup>

ZABS Comfort Shoes July 7<sup>th</sup>

Roselynn Fashions  
July 8<sup>th</sup>,

Fifth Ave. Jewelry  
July 15<sup>th</sup>,

Bank Trips  
July 8<sup>th</sup> & 22<sup>nd</sup>

Special Outings Classics on Kent-  
July 19<sup>th</sup>

Wutai Shan Buddhist Temple  
July 22<sup>nd</sup>

Lunch and Shopping in Bobcaygeon  
July 23<sup>rd</sup>

Call 8155 for details



You are invited to the third annual Adelaide Place

## Summer Carnival!

We are hosting this year's Carnival on **July 21<sup>st</sup> from 1-5pm** for all the residents and team of Adelaide Place.

We would love for you to invite your family and friends to join us for this afternoon of fun!

Here's what's going on...

- Retirement Community Entrance: Petting Zoo with a variety of small farm animals, water balloon toss and an inflatable bouncer and obstacle course.
- East Patio, just off the Retirement Community Dining Room: BBQ starts at 1pm. All Welcome! Residents are welcome to eat lunch outside or inside as usual at their usual table.
- Terrace: All your favourite lawn games like bean bags, ladder ball, axe throwing and more.
- Activity Room: Cards, board games, popcorn and frozen treats

We hope to see you and your family there!



## What's Inside...

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Call 8155 to speak to someone in the Recreation Department and to hear the daily program schedule & changes to program timing or locations. Leave a message to sign up for outings, medical appointments or to ask questions.

### Coming Up in July You Don't Want to Miss!

**Beginner Shuffleboard with Pat and Elaine** On July 8<sup>th</sup> and 15<sup>th</sup> at 2:00p.m. enjoy some refreshments on the terrace, and learn to play shuffleboard, or gain some useful tips and tricks to improve your game! They are avid Shufflers in Lindsay and have also played across Florida!

**Elder Abuse Prevention Ontario Presentation** Please join us in the Retirement Lounge on July 13<sup>th</sup> at 2pm to learn how best to protect yourself and your loved ones from **SCAMS AND FRAUD**.

**Classics on Kent Car Show** We will be taking the van downtown to visit the Classic Car Show on Sunday, July 19<sup>th</sup>. There will be classic cars, as well as local vendors and shopping. Call 8155 to sign up. We will call you to discuss departure and pickup times. We plan to go after lunch.

 **Craft- Candle Votive Holders** On July 2<sup>nd</sup>, at 3p.m. in the Activity Room, we will be making wax paper candle votives using mason jar lids, electric tea lights and pressed flowers. Residents are welcome to RSVP so we can have enough supplies, but residents can also drop in, sign up is not required.

**Where in the World Have YOU Been? Across Canada** In honor of Canada Day, we'll visit amazing Canadian destinations from Coast to Coast, in the Activity Room on July 23<sup>rd</sup> at 3:00pm. We will learn about the history, best places to visit and sample some regional foods. As always, we encourage you to share your stories and bring photos or keepsakes you may have from travels.

**Lunch and Shopping in Bobcaygeon** On Thursday, July 23<sup>rd</sup> we will be taking residents to beautiful Bobcaygeon. Where to eat, and where to shop will be your choice! We will drop everyone off and pick up in a central location downtown. Call ext. 8155 to sign up and let us know if you prefer to go in the morning or afternoon, and how long you think you'd like to stay in town for.

**Kawartha Dairy Drive Thru** Come with us to order some ice cream treats from the van on July 31<sup>st</sup> after lunch. You don't even need to get out! We take our treats back to the patio at Adelaide!

## 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 August 27<sup>th</sup>**

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

**Dental Cleaning and  
Polishing**



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Tooth Desensitizing  
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## Neema's Children's Choir Returns on July 9<sup>th</sup> at 3pm



Come to the Terrace, weather pending, for an amazing performance with upbeat, joyful music and spectacular dancing you won't want to miss!

The choir members are orphaned and impoverished children from Uganda, aged 8 to 18. They spend entire summers dancing, singing and spreading joy across southern Ontario at schools, churches, markets, music festivals, community events, and more.

### A Sound Reminder for Residents

As a caring community, we all appreciate a peaceful night's rest. Please remember to keep TVs, radios, and music at a low volume during evening and overnight hours so as not to disturb fellow residents.  
Thank you for helping to make our home more comfortable and restful for everyone!

### Wutai Shan Buddhist Garden

On Wednesday, July 22<sup>nd</sup>, we will be taking the van to visit the Wutai Shan Buddhist Garden and Temple. \$2 per person. We plan to visit inside the temple and drive around the property to see some of the statues and gardens.

Call ext. 8155 to sign up by July 20<sup>th</sup>. Departure time and duration of the trip will depend on number of people who sign up.

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## July IQ

- Which July event occurred last in history?  
A. Canadian singer Céline Dion was born. B. The Boeing Company was founded.  
C. Buzz Aldrin and Neil Armstrong walked on the moon D. Avro Arrow Program was cancelled
- True or false? The Catcher in the Rye by F. Scott Fitzgerald was published in July 1951.
- Which of July's birth flowers can be found rooted in bodies of fresh water?  
A. Larkspur B. Iris  
C. Waterlily D. Lotus
- Bugs Bunny debuted in July 1940. What is his catchphrase?
- The song "Mona Lisa" was No. 1 on the Billboard charts in July 1950. Who sang it?  
A. Harry Belafonte B. Nat King Cole  
C. Johnny Mathis D. Paul Robeson
- True or false? The ruby is the birthstone for July.
- What song contains the lyric "I ain't had no lovin' since January, February, June, or July"?
- Which weight-loss and exercise enthusiast was born July 12, 1948?  
A. Jack LaLanne B. Arnold Schwarzenegger  
C. Richard Simmons D. Jane Fonda
- Cancer is one of the zodiac signs for July. What is the other one?  
A. Leo B. Scorpio  
C. Gemini D. Virgo
- What American aviator, born July 24, 1897, became the first woman to fly solo across the Atlantic Ocean?
- Born in Canada on July 22, 1940, this well-known trivia game show host would ask contestants to phrase the answer as a question. Who was \_\_\_\_\_?  
A. Monty Hall B. Bob Barker  
C. Richard Dawson D. Alex Trebek



Answers: 1. C 2. False: J.D Salinger 3. C 4. "What's up doc?" 5. B 6. True  
7. "Shine on Harvest Moon" 8. C. 9. A 10. Amelia Earhart 11. D

**Foot Care & Blood Pressure clinics**  
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 **July 23<sup>rd</sup>**. Call the Wellness Department (ext. 8185) for information or to book.

**Solar Panels**

The solar panel carports that were recently installed in the parking lot off Adelaide Street will help us to support clean energy initiatives, reduce our carbon footprint and improve the sustainability of our retirement community.



**The UN-Christmas Christmas Show!!**  
*Rehearsals*

Our introductory meeting for the above event on June 1<sup>st</sup> was amazing! Thank you so much to Marion for organizing this and to everyone who attended! We got a lot of great suggestions and brainstorming ideas. This is going to be one FANTASTIC VARIETY SHOW!

If you would like more information about this event, PLEASE contact Kathryn in Recreation, or Marion (suite 4411), [mbtwice@gmail.com](mailto:mbtwice@gmail.com)

If 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?

Rehearsals will be in the Theatre on Mondays and Wednesday at 3pm starting one Monday, July 6<sup>th</sup>.



THANK YOU FOR YOUR SUPPORT FOR  
**HIKE FOR HOSPICE**



Thank you to the Knit Wits for making hearts for the hikers to carry with them! Special thanks to Maureen and Fran for their organizing and fundraising efforts! \$1870 was raised by Team Adelaide AND overall a record breaking \$47,000 was raised!

We had SO MUCH FUN!

We were VERY proud to win **Most Spirited Team** for the 2<sup>nd</sup> year!



happy *July* birthdays



| MONDAY                                                                                      | TUESDAY                                  | WEDNESDAY                                               | THURSDAY             | FRIDAY                                                                      | SATURDAY                                | SUNDAY                                 |
|---------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------|----------------------|-----------------------------------------------------------------------------|-----------------------------------------|----------------------------------------|
| <b>Colour Legend:</b><br>Retirement Community<br>Senior Living<br>Community<br>Team Members | 1<br><b>Marilyn H</b><br><b>Parneet</b>  | 2<br><b>Marlene H</b>                                   | 3<br><b>Madeline</b> | 4<br><b>Maureen C</b><br><b>Marlene M</b><br><b>Karen C</b><br><b>Joana</b> | 5                                       |                                        |
| 6                                                                                           | 7                                        | 8<br><b>Ralph E</b>                                     | 9                    | 10                                                                          | 11                                      | 12<br><b>Elaine S</b><br><b>Alex K</b> |
| 13<br><b>Abee</b>                                                                           | 14<br><b>Doreen B</b>                    | 15                                                      | 16<br><b>Janice</b>  | 17<br><b>Anita V</b><br><b>Barb A</b>                                       | 18<br><b>Amy J</b><br><b>Karleigh T</b> | 19<br><b>Colleen D</b>                 |
| 20<br><b>Cam H</b><br><b>Liz W</b><br><b>Khadijha</b>                                       | 21<br><b>Elaine J</b><br><b>Louise H</b> | 22<br><b>Walt K</b><br><b>Donna D</b><br><b>Megan D</b> | 23                   | 24                                                                          | 25<br><b>Barb D *</b><br><b>Jack S</b>  | 26<br><b>Bailey B</b>                  |
| 27                                                                                          | 28                                       | 29<br><b>Joanne S</b>                                   | 30                   | 31<br><b>Doris C</b>                                                        | .                                       |                                        |

## Canada Day – Wednesday, July 1st

Show your Canadian pride by wearing your Canadian gear, or red and white.

We are pleased to bring back our **Canada Day Picnic on the Terrace**, on **July 1st** from 11:30am-1:30pm. All residents are welcome. There is 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 East dining room door during lunch time. We had a great turn out last year, and hope to see you this year!

### Canada Day Party with Live Music by Maura and Larry

After the Picnic, stick around. There will be there to provide some amazing entertainment with Maura and Larry, recommended to us by John Turner, who was unfortunately unable to perform for us this Canada Day due to family obligations. If the weather is not co-operating, we will move the party inside to the Retirement Community Lounge. Keep an eye on the whiteboard outside the Activity Room or call the recreation department at ext. 8155 and listen to the outgoing message for any changes to program locations.

## Stay Heat Safe!!!

Here are some tips to help you stay hydrated this summer:

1. Drink smaller volumes of liquids frequently and throughout the day. Try to avoid alcohol and caffeinated drinks which can dehydrate you.
2. Carry a water bottle with you, in your bag, or on your walker. Bring it with you to activities, especially when exercising.
3. Focus on high water content snacks, like fresh fruits and vegetables, ice cream, sherbet, soup, and jello all contribute to hydration.
4. Be mindful of air quality. Hot humid air can decrease air quality and make breathing outside more difficult.
5. Watch for signs of heat illness: swelling, rash, cramps, fainting, heat exhaustion and heat stroke.

We lose almost 2L of fluids just from being alive every day. When it's hot outside, we sweat out even more water. All this fluid needs to be replenished every day.

Unfortunately, the risk for dehydration tends to increase as people age. Seniors typically experience a reduced thirst sensation, and certain medications can have similar impacts. Adequate hydration provides many health benefits. Water helps regulate our body temperature, boosts our immune system, and increase energy. Every day we can benefit from adding a little extra water into our diet!

## BETTY BAKER'S DRAG BINGO!

Tues. July 7<sup>th</sup> at 2:00p.m.  
in the Senior Living Community Dining Room

Luck be a lady tonight! Prepare to be entertained as local drag stars Betty Baker sings some classic tunes that will have you tapping your toes and wanting to sing along! That's not all! We'll also be playing bingo with tons of prizes to be won. Feel free to bring along a guest! All are welcome! Please sign up by calling 8155, so we can make sure we have enough spaces for everyone.



Betty Baker is a cabaret style drag entertainer from Peterborough Ontario, whose performances are compelling, unique and so much FUN! She has been performing in drag since the age of 15! You can always count on energy, comedy, and high fashion costumes and with Betty's performances. Betty designs and sews all of her own drag costumes to connect with and enhance the content of each of her performances. In September, Betty will begin her fourth and final year of Theatre Production and Costume Design at the Creative School of Toronto Metropolitan University.

Ony July 7<sup>th</sup>, before coming to Adelaide Place, Betty will be performing a Drag Storytime performance at the Lindsay library! She has frequently performed at the Peterborough Library as well, and her Library Drag Storytime performances have garnered national attention. Don't miss this opportunity to meet a great entertainer, hear some great tunes and PLAY BINGO!!

## Terrace Update

We're pleased to share an update that supports both accessibility and ease of movement to and from the terrace:

- The SLC Dining Room door (west side of the terrace) will now be open daily from 8:00 AM to 8:00 PM, creating an additional, more convenient entry and exit point.
- This location now provides an accessible option with an automatic door opener, improving access for those who benefit from hands-free entry.
- Signage—mirroring the RC Dining Room—will be installed to encourage limiting use during meal service times, helping maintain smooth operations.
- All doors continue to lock 8p.m - consistent with established security protocols.
- As there is no fob reader at this entrance, access outside of open hours is not available.

A big thank you to Council and residents whose feedback and ideas helped shape this solution—your collaboration made this possible.

## Dave Ellis – Wildlife Photographer and Guest Speaker



**Coming up on Monday July 27<sup>th</sup> at 2:00p.m. in the Activity Room** - local professional wildlife photographer, Dave Ellis will be coming to Adelaide Place and putting his wildlife photos on the big screen!

Dave Ellis is a wildlife photographer that lives in Omemee and writes a wildlife column in the Peterborough Examiner newspaper.

Dave grew up in the Annapolis Valley, NS. When he was younger, he travelled and lived in places across Canada. In 1982 while living in Edmonton, Alberta, Dave sold his small aluminum fishing boat to buy his first 35mm film camera and began learning how to use it. Eventually he settled down in Toronto. There he operated a small street vending handcraft business downtown on Yonge Street. That was an education for a country boy!



He says moving to Omemee in 2001 was the best move he and his wife, Astrid, ever made. With all of the lakes and rivers and nature areas here, it is a great place to be. They love it here and even more so since they took up wildlife photography as a hobby in 2016. The wildlife that is all around us here in the Kawartha Lakes is quite phenomenal and they really enjoy being out in nature most days photographing it.

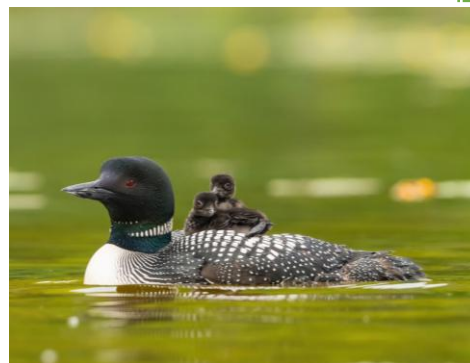


You may know Dave's work from his weekly column in the Peterborough This Week and Kawartha Lakes This Week newspapers. He began writing a wildlife photo column for them in 2018 and continued until the newspaper ceased publishing in 2023. His column and photos were moved over to

the Peterborough Examiner where he continues to write a column each week.

His photos have also been featured in Outdoor Canada Magazine, Canadian Geographic Magazine, The Toronto Star, PTBO News Canada, and in John McQuarrie's coffee table book "Peterborough – Spirit of Place". Each year Dave and Astrid publish a calendar featuring the wildlife of Kawartha Lakes. Dave enjoys sharing his photographs and the stories that go with them at presentations all around the Kawarthas.

Don't miss the chance to meet Dave and ask lots of questions!



## On Stage at the Grove Theatre

At The Grove outdoor amphitheater in Fenelon Falls. Both performances start at 8pm, the van will depart at 7pm. Tickets are \$65 each. Because this is an outdoor venue, we won't purchase tickets until we know the weather forecast the week before. In the case of inclement weather or low ticket availability, we will try to reschedule in August. Call Recreation at ext. 8155 to reserve a spot.



**A Tribute to Canadian Music Legends** - Thursday, July 30<sup>th</sup> - The celebration continues — louder, prouder, and more Canadian than ever! By popular demand, Canadian Music Legends returns with Volume Two! Featuring hits by Rush, Gordon Lightfoot, The Guess Who, The Tragically Hip, Joni Mitchell, Bryan Adams, Shania Twain, Great Big Sea, and more!

**Same Time, Next Year** - Tues. August 4<sup>th</sup> - The most successful Canadian comedy ever staged on Broadway! Considered one of the most popular romantic comedies of the century, Same Time, Next Year ran for four years on Broadway before becoming a beloved Hollywood film. This heartfelt comedy follows the unique relationship of Doris and George, who meet once a year for 25 years, sharing their joys, struggles, and evolving lives with wit, tenderness, and plenty of laughs. Written by Canadian playwright Bernard Slade.

## Academy Theatre

**Golden Girls!** - Saturday, Aug. 1<sup>st</sup> - 2p.m- 4:30p.m. Call Recreation to reserve your ticket soon! The Golden Girls are back in an all-new show! 2026 finds Sophia out on bail, after being busted by the DEA for running a drug ring at Shady Pines. Blanche and Rose have founded CreakN, a thriving loove app for seniors. And Dorothy is trying to hold it all together, with help from her much younger, loove-crazy date. Relive the heartfelt hilarity of four ladies who never stopped being your friends!



## 4<sup>th</sup> Line Theatre

**Schoolhouse** — Wed. July 15<sup>th</sup> - Set in 1938 in rural Ontario, *Schoolhouse* unfolds within S.S. #1 Jericho, a one-room school just outside the fictional village of Baker's Creek. When 18-year-old Melita Linton—newly graduated from Normal School—takes on her first teaching position, she encounters a lively group of students and a community rooted in tradition and uncovers the deep bonds and quiet fears of small-town life. Rich with humour and humanity, *Schoolhouse* beautifully evokes a vanished era in Canadian rural history.

Show starts at 6pm. Tickets are \$55. You can bring your own picnic meal with you or purchase a Charcuterie box (if ordered 3days in advance) or snacks from their concession stand. If you are concerned about finishing your dinner in time to attend, speak to Recreation about your options.



# July Recreation Calendar

Retirement  
Community

| Sunday                                                                                                                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                        | Saturday                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12</b> Tuck 1:00-3:00pm<br>Church Transportation<br>Weekly Puzzle in the Café<br>10:30 Coffee Social (CL)<br>10:30 Spiritual Reflection<br>2:00 Spiritual Reflection (TH)<br>2:15 Mini Putt on the Terrace! (TR)<br>3:00 Comedy Hour (L1)<br>7:15 <u>Love Finds You in Charm</u> (TH)                                                                       | <b>13</b><br>Trip to Dollarama/Food Basics<br>9:45 Strength Exercise (AR)<br>10:45 Hand Wax Therapy (AR)<br>2:00 TV Series: <u>Golden Girls</u><br>2:00 Elder Abuse Ontario-Fraud Prevention Information Session w/ Laura Proctor (L1)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>3:15 Gentle Seated Exercise (AR)<br>7:00 Farkle (AR)<br>7:15 Concert: <u>Hank Snow</u> (TH) | <b>14</b><br>Medical Transportation 9-4p.m<br>9:45 Strength Exercise (AR)<br>10:30 Book Club Meeting (PDR)<br>10:30 Walking Club-Meet in Retirement Lounge<br>2:00 Euchre & Scrabble (AR)<br>2:00 <u>Euchre</u> (PR)<br>2:15 <u>Chair Yoga</u> (TH)<br>3:00 Mocktail Patio Social (NP)<br>7:00 Wheel of Fortune (AR)<br>7:15 <u>Darling Companion</u> (TH)                                                                  | <b>15</b> Tuck 1:00-3:00pm<br>Fifth Ave. Jewelry 11-4pm<br>Academy Theatre:Schoolhouse<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Name that Tune (AR)<br>1:30 Knit Witts (DL)<br>2:00 <u>Beginner Shuffleboard with Elaine and Pat</u> (TR)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>3:15 Music and Exercise (AR)<br>7:15 <u>Open House</u> (TH) | <b>16</b> Tuck-8:30-10:30am<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Paraffin Wax Hand Therapy (AR)<br><i>Activity Room Closed 12-3pm</i><br>2:15 <u>Tai Chi</u> (TH)<br>3:30 <u>Where in Canada have you been?? Coast to Coast Canadian Travelogue</u> (AR)<br>7:15 <u>Wild Oats</u> (TH)                                                              | <b>17</b> Tuck 1:00-3:00pm<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Axe Throwing (AR)<br>2:00 <u>Documentary: Remembering Gene Wilder</u> (TH)<br>2:00 <u>Euchre</u> (PR)<br>2:15 Stretch Exercise (AR)<br>3:15 Darts! (AR)<br>7:00 Skip-Bo (AR)<br>7:15 <u>Song Sung Blue</u> (TH)                                                | <b>18</b><br><u>Lindsay Farmers Market</u><br>9:30 Aquafit Class 1 (PL)<br>10:15 Aquafit Class 2 (PL)<br>10:30 News/CoffeeSocial(CL)<br>11:15 Express Stretch (AR)<br>2:00 Dollar Bingo (AR)<br>3:15 You Be the Judge: <i>Real Case Stories</i> (AR)<br>7:15 <u>The Beach House</u> (TH) |
| <b>19</b> Tuck 1:00-3:00pm<br>Church Transportation<br>Classics on Kent Car Show<br>Weekly Puzzle in the Café<br>10:30 Coffee Social<br>10:30 Spiritual Reflection<br>2:00 Calvary Church Service and Hymn Sing (TH)<br>3:00 Classics Comedy Hr.<br>7:15 <u>Moneyball</u> (TH)                                                                                 | <b>20</b><br>Trip to Canadian Tire<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Paraffin Wax Therapy (AR)<br>2:00 TV Series: <u>Golden Girls</u><br>2:15 Gentle Seated Exercise(AR)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>7:00 Farkle (AR)<br>7:15 Concert: <u>Shania Twain 1999</u> (TH)                                                         | <b>21</b><br>Medical Transportation 9-4p.m<br>9:45 Strength Exercise (AR)<br>10:30 Walking Club-Meet Lounge<br>10:30 <u>St. Mary's Catholic Service</u> (TH)<br>2:00 <u>Euchre</u> (PR)<br><u>Summer Carnival! 1:00-5:00p.m</u><br><u>Cards, Board Games + Popcorn</u> (AR)<br><u>Petting Zoo + Inflatables</u> (RC)<br><u>BBQ + Terrace Games</u> (TR)<br>7:00 Cranium Crunches (AR)<br>7:15 <u>Finding Your Feet</u> (TH) | <b>22</b> Tuck 1:00-3:00pm<br>Bank Transportation<br>Wutai Shan Buddhist Garden \$2.00<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Name that Tune (AR)<br>1:30 Knit Witts (DL)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>3:15 Music and Exercise (AR)<br>7:15 <u>Brannigan</u> (TH)                                                                | <b>23</b> Tuck-8:30-10:30am<br>Lunch and Shopping in Bobcaygeon \$<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:30 United Church Service (TH)<br>10:45 Paraffin Wax Hand Therapy (AR)<br>2:15 <u>Tai Chi</u> (TH)<br>3:00 <u>Live Music with Keith KirkPatrick on the Terrace</u> (TR)<br>7:15 <u>America's Sweethearts</u>                                    | <b>24</b> Tuck 1:00-3:00pm<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Balloon Volleyball (AR)<br>2:00 <u>Documentary: Ghost Elephants</u> (TH)<br>2:00 <u>Euchre</u> (PR)<br>2:15 Stretch Exercise (AR)<br>3:15 Darts! (AR)<br>7:00 Skip-Bo (AR)<br>7:15 <u>The Last Word</u> (TH)                                                   | <b>25</b><br>9:30 or 10:15 Aquafit classes (PL)<br>10:30 News & Coffee Social (CL)<br>11:15 Express Stretch Exercise (AR)<br>2:00 Bingo (AR)<br>3:15 Music and Trivia (AR)<br><i>Party Room Closed 12-4pm</i><br>7:15 <u>Within The Whirlwind</u> (TH)                                   |
| <b>26</b><br>Church Transportation<br>8:30-12:30pm <u>Lindsay Milk Run - Expect traffic delays</u><br>Weekly Puzzle in the Café<br>10:30 Coffee Social (CL)<br>10:30 Spiritual Reflection<br>2:00 Spiritual Reflection (TH)<br>2:15 Bocce on the Terrace!(TR)<br>3:00 Classics Comedy Hr. (L1)<br><i>Dinnertime music</i><br>7:15 <u>Looking Through Water</u> | <b>27</b><br>Trip to Loblaws<br>9:45 Strength Exercise (AR)<br>10:45 Hand Wax Therapy (AR)<br>2:00 TV Series: <u>Golden Girls</u> (TH)<br>2:00 <u>David Ellis Wildlife Photography Presentation</u> (AR)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>3:15 Gentle Seated Exercise(AR)<br>7:00 Farkle (AR)<br>7:15 Concert: <u>Ricky Nelson Live in Chicago 1983</u> (TH)        | <b>28</b><br>Medical Transportation 9-4p.m<br>9:45 Strength Exercise (AR)<br>10:30 Walking Club-Meet in Lounge<br>10:30 <u>St. Paul's Anglican Church Service</u> (TH)<br>2:00 Euchre & Scrabble (AR)<br>2:00 <u>Euchre</u> (PR)<br>2:15 <u>Chair Yoga</u> (TH)<br>3:00 Mocktail Patio Social (NP)<br>7:00 Word Games (AR)<br>7:15 <u>Dad Wanted</u> (TH)                                                                   | <b>29</b> Tuck 1:00-3:00pm<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Name that Tune (AR)<br>1:30 Knit Witts (DL)<br>2:00 Pokeno (AR)<br>3:00 UN-Christmas Show Rehearsals (TH)<br>3:15 Music and Exercise (AR)<br>7:15 <u>A Father's Miracle</u> (TH)                                                                                               | <b>30</b> Tuck-8:30-10:30am<br>Trip to Lindsay Mall<br>Trip to Grove Theatre- Canadian Music Legends \$65.00<br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:30 United Church Service (TH)<br>10:45 Paraffin Wax Hand Therapy(A)<br>2:15 <u>Tai Chi</u> (TH)<br>3:00 <u>Birthday Party on the Terrace with Gord Kidd</u> (TR)<br>7:15 <u>Ordinary Angels</u> (TH) | <b>31</b> Tuck 1:00-3:00pm<br><u>Kawartha Dairy Drive-Thru \$</u><br>9:45 Strength Exercise (AR)<br>10:30 Coffee Social (CL)<br>10:45 Bean Bags (AR)<br>2:00 <u>Brook Shields Documentary: Pretty Baby</u> (TH)<br>2:00 <u>Euchre</u> (PR)<br>2:15 Stretch Exercise (AR)<br>3:15 Darts! (AR)<br>7:00 Skip-Bo (AR)<br>7:15 <u>In the Heart of the Sea</u> (TH) | <b>Locations</b><br>AR- Activity Room<br>D1- Retirement Dining Room<br>EP East Patio (Outside Retirement Dining Room)<br>L1- Retirement Lounge<br>NP- North Patio<br>TH- Theatre TR- Terrace<br>L2- Senior Living Lounge<br>D2- Senior Living Dining Room<br>PR- Party Room              |

Adelaide Place Retirement Community

July Recreation Calendar

Retirement Community

| Sunday                                                                                                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                                                                                        |
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| JUNE 28                                                                                                                                                                                                                                                                                                                                                      | JUNE 29                                                                                                                                                                                                                                                                                                                                                                                      | JUNE 30                                                                                                                                                                                                                                                                                                                                                                                                             | JULY 1 Canada Day                                                                                                                                                                                                                                                                                                                                                                                                    | 2 Tuck-8:30-10:30am                                                                                                                                                                                                                                                                                         | 3 Tuck 1:00-3:00pm                                                                                                                                                                                                                                                                                                             | 4                                                                                                                                                                                                                                                                               |
| <p>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 Little Man Tate (TH)</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>2:00 TV Series: <u>Golden Girls</u> (TH)</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>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>3:00 Mocktail Patio Social (NP)</p> <p>7:00 Wheel of Fortune! (AR)</p> <p>7:15 I Am Woman (TH)</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>1:30 Knit Witts (DL)</p> <p>2:30 Canada Day Party with Live Music by Maura and Larry on the Terrace! (Inclement weather-party will move to the Retirement Lounge)</p> <p>7:15 Being Canadian (TH)</p>                                                                                  | <p>Shopper's Drug Mart</p> <p>9:45 Strength Exercise (AR)</p> <p>10:00 Party Room closed for private meeting</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Mason Jar Candle Votives (AR)</p> <p>7:15 Peace by Chocolate (TH)</p>                  | <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Ladder ball (AR)</p> <p>2:00 Documentary: <u>Mr. Dress Up The Art of Make-believe</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 A Royal Night Out (TH)</p> | <p>Lindsay Farmers Market</p> <p>9:30 Aquafit Class 1 (PL)</p> <p>10:15 Aquafit Class 2 (PL)</p> <p>10:30 News and Coffee Social (CL)</p> <p>11:15 Express Stretch (AR)</p> <p>2:00 \$\$ Dollar Bingo (AR)</p> <p>3:15 Fact or Fib! (AR)</p> <p>7:15 The Shipping News (TH)</p> |
| 5 Tuck 1:00-3:00pm                                                                                                                                                                                                                                                                                                                                           | 6                                                                                                                                                                                                                                                                                                                                                                                            | 7                                                                                                                                                                                                                                                                                                                                                                                                                   | 8 Tuck 1:00-3:00pm                                                                                                                                                                                                                                                                                                                                                                                                   | 9 Tuck-8:30-10:30am                                                                                                                                                                                                                                                                                         | 10 Tuck 1:00-3:00pm                                                                                                                                                                                                                                                                                                            | 11                                                                                                                                                                                                                                                                              |
| <p>Church Transportation</p> <p>Weekly Puzzle in the Café</p> <p>10:30 Spiritual Reflection (TH)</p> <p>10:30 Coffee Social (CL)</p> <p>2:00 Spiritual Reflection (TH)</p> <p>2:15 Washer Toss on the Terrace! (AR)</p> <p>3:00 Classics Comedy Hour (L1)</p> <p>7:15 Rustin (TH)</p>                                                                        | <p>Trip to Giant Tiger</p> <p>Lucy Gray Alterations 1-4pm (L1)</p> <p>9:45 Strength Exercise(AR)</p> <p>10:45 Paraffin Wax Hand Therapy (AR)</p> <p>2:00 TV Series: <u>Golden Girls</u></p> <p>2:15 Gentle Seated Exercise (AR)</p> <p>3:00 UN-Christmas Show Rehearsals (TH)</p> <p>3:00 Drop in Nail Painting(AR)</p> <p>7:00 Farkle (AR)</p> <p>7:15 Anne Murray Live in Concert (TH)</p> | <p>Medical Transport 9-4p.m</p> <p>ZABS Comfort Shoes 11-4pm</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Upcoming Activities Meeting (AR)</p> <p>2:00 Euchre/Scrabble (AR)</p> <p>2:00 Drag Bingo with Betty Baker! (D2) RSVPs appreciated</p> <p>2:00 Euchre (PR)</p> <p>2:15 Chair Yoga (TH)</p> <p>3:15 Mocktails and Games on the Terrace (TR)</p> <p>7:00 Jeopardy (AR)</p> <p>7:15 Away From Her (TH)</p> | <p>Bank Transportation</p> <p>Roselynn Fashions 10-3pm (L1)</p> <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Name that Tune (AR)</p> <p>1:30 Knit Witts (DL)</p> <p>2:00 Beginner's Shuffleboard on the Terrace with Elaine and Pat (TR)</p> <p>2:00 Pokeno (AR)</p> <p>3:00 UN-Christmas Show Rehearsals (TH)</p> <p>3:15 Music and Exercise (AR)</p> <p>7:15 Queen of Coal (TH)</p> | <p>Trip to Whitney Town Centre</p> <p>9:45 Strength Exercise (AR)</p> <p>10:45 Hand Wax Therapy (AR)</p> <p>2:00 Large Print Book Exchange with Kawartha Lakes Library (AR)</p> <p>2:15 Tai Chi (TH)</p> <p>3:00 Musical Performance with the Neema Children's Choir (TR)</p> <p>7:15 Multiplicity (TH)</p> | <p>9:45 Strength Exercise (AR)</p> <p>10:30 Coffee Social (CL)</p> <p>10:45 Twister Toss! (AR)</p> <p>2:00 Documentary: <u>EDLORADO- Everything the Nazis Hate</u> (TH)</p> <p>2:00 Euchre (PR)</p> <p>2:15 Stretch Exercise (AR)</p> <p>3:15 Darts! (AR)</p> <p>7:00 Skip-Bo (AR)</p> <p>7:15 The Way Home (TH)</p>           | <p>Pride in the Park</p> <p>9:30 Aquafit Class 1 (PL)</p> <p>10:15 Aquafit Class 2 (PL)</p> <p>10:30 News and Coffee Social (AR)</p> <p>11:15 Express Stretch (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:15 Music and Trivia (AR)</p> <p>7:15 Boynton Beach Club (TH)</p>             |
| <div><div><div><div></div><div>★ Hello JULY</div></div><div><div></div><div></div></div></div><div><div></div><div></div></div><p>"July is when I learn to appreciate every cold drink I've ever had." — Unknown</p></div>                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              | Tuck Shop Hours:                                                                                                                                                                                                                                                                                                                                                                                                    | LOCATION                                                                                                                                                                                                                                                                                                                                                                                                             | LEGEND                                                                                                                                                                                                                                                                                                      | Van Trip                                                                                                                                                                                                                                                                                                                       | Contact Us                                                                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                              | <p>Wednesdays, Fridays and Sundays 1-3:00pm</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>                                                                                                                                                                                                                           | <p>Senior Living Locations</p> <p>L2- Senior Living Lounge</p> <p>D2- Senior Living Dining Room</p> <p>PR- Party Room</p> <p>TR- Terrace</p>                                                                                                                                                                                                                                                                         | <p>Retirement Locations</p> <p>AR- Activity Room</p> <p>D1- Retirement Dining Room</p> <p>L1- Retirement Lounge</p> <p>NP- North Patio</p> <p>PDR- Private Dining Rm</p> <p>TH- Theatre</p>                                                                                                                 | <p>Call 8155 to sign up. You MUST sign up for all trips minimum 48 hours in advance!</p> <p>Those signed up will be called to confirm times. Trips may be cancelled without advance notice</p>                                                                                                                                 | <p>To contact the Recreation Department dial extension 8155, or email Kathryn, Recreation Manager directly, kwood@levliving.com</p>                                                                                                                                             |