

Hearing & Balance Clinic

Next Clinic Date at Adelaide Place will be
on **Tuesday, August 11th**
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



*Celebrated this
Month...*

Canada Day!

July 1st

Summer Carnival

July 21st

Lucy Gray
Alterations

July 6th

ZABS Comfort
Shoes

July 7th

Roselynn Fashions

July 10th,

Fifth Ave. Jewelry

July 15th,

Bank Trips

July 8th & 22nd

Special Outings

Pride in the Park

July 11th

Classics on Kent-

July 19th

Wutai Shan
Buddhist Temple

July 22nd

Bobcaygeon

July 23rd

Call 8155 for
details



Senior Living Community

81 Albert Street S. Lindsay On. K9v3h5

You are invited to the third annual Adelaide Place

Summer Carnival!

We are hosting this year's Carnival on **July 21st from 1-5pm** for all the residents and Adelaide Place team members, and their family and friends.

We would love for you to invite your loved ones 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. Everyone is welcome!
- 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!



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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!

Lucy Gray Alterations July 6th, 1:00 - 4:00p.m. in the Retirement Lounge
ZABS Comfort Shoes July 7th, 11a.m - 4:00p.m. in the Retirement Lounge
Roselynn Fashions July 8th, 10a.m - 3:00p.m. in the Retirement Lounge
Fifth Avenue Jewelry July 15th, 11a.m - 4:00p.m. in the Retirement Lounge

Beginner Shuffleboard with Pat and Elaine On July 8th and 15th 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 13th 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 19th. 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 2nd, 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. Please RSVP to help us plan for enough supplies, but sign up is not required. Residents can also drop in.

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 16th 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 23rd 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 31st 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!

Dental Cleaning and Polishing



Trudi, our Dental Hygienist can assist you in:

Scaling and Polishing
Tooth Whitening
Tooth Desensitizing
Temporary Fillings

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www.smilestoyou.com

Neema's Children's Choir Returns on July 9th 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 22nd, 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 20th. Departure time and duration of the trip will depend on number of people who sign up.



10 Moose Rd. (off McLaughlin Rd.) Lindsay
705.328.3015



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- Compression Stockings
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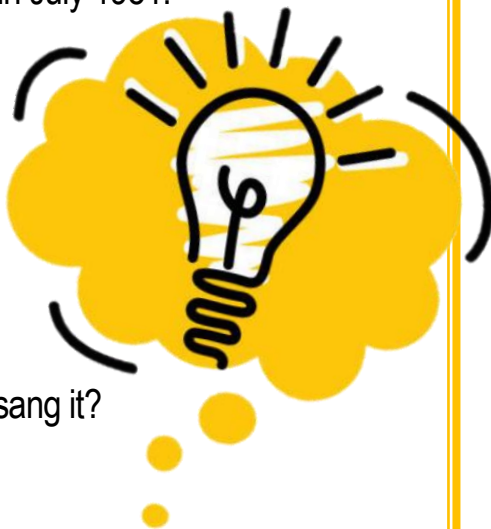
July IQ

- 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 23rd**. 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.

We will share more information once they are up and running.



The UN-Christmas Christmas Show!!
Rehearsals

Our introductory meeting for the above event on June 1st 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

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 on Monday, July 6th.



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 2nd year!



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

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. 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 some amazing entertainment with Maura and Larry, who were recommended to us by John Turner. Unfortunately, he is 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 more 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 which 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. We can all benefit from adding a little extra water into our diet every day!

BETTY BAKER'S DRAG BINGO!

Tues. July 7th 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 a ton of 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 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 7th, 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 for the terrace.
 - 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 27th 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!



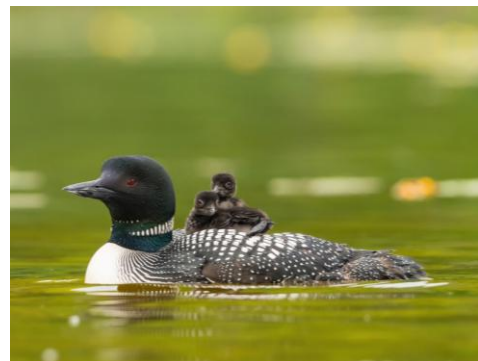
He says moving to Omemee in 2001 was the best move he and his wife, Astrid, ever made. With all of the lakes and rivers and nature areas here, it is a great place to be. They love it here and even more so since they took up wildlife photography as a hobby in 2016. The wildlife that is all around us here 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 30th - 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 4th - 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. 1st - 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!



4th Line Theatre

Schoolhouse — Wed. July 15th - 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

Senior Living
Community

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

		July Recreation Calendar				Senior Living Community
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 28	JUNE 29	JUNE 30	JULY 1 Canada Day	2 Tuck-8:30-10:30am	3 Tuck 1:00-3:00pm	4
Tuck Shop 1-3pm Resident Swap 26 th -29 th Church Transportation Weekly Puzzle in the Café 10:30 Spiritual Reflection 2:00 Spiritual Reflection (TH) 2:15 Ladder Ball (AR) 3:15 30-Second Music Dash with Colleen (AR) Dinner Time Music 7:15 Little Man Tate (TH)	Resident Swap Ends at 3pm (L1 & L2) Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 TV Series: Golden Girls (TH) 2:15 Stretch Exercise (AR) 3:15 New Resident Social (AR) pAll Residents Welcome 7:15 Concert: Michael Bublé Live in Rome 2022(TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Walking Club-Meet in Lounge 10:30 St. Paul's Anglican Church Service (TH) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Mocktail Patio Social (NP) 7:00 Wheel of Fortune! (AR) 7:15 I Am Woman (TH)	9:45 Strength Exercise (AR) 10:45 Name That Canadian Tune (AR) 11:30-1:30 Picnic Lunch on the Terrace 1:30 Knit Witts (DL) 2:30 Canada Day Party with Live Music by Maura and Larry on the Terrace! (Inclement weather- party will move to the Retirement Lounge) 7:15 Being Canadian (TH)	Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:00 Party Room closed for private meeting 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Mason Jar Candle Votives (AR) 7:15 Peace by Chocolate (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Ladder ball (AR) 2:00 Documentary: Mr. Dress Up The Art of Make-believe (TH) 2:00 Euchre (PR) 2:15 Gentle Seated Exercise (AR) 3:15 Darts! (AR) 7:15 Skip-Bo (AR) 7:15 A Royal Night Out (TH)	Lindsay Farmers Market 9:30 or 10:15 Aquafit classes (PL) 10:30 News and Coffee Social (CL) 11:15 Express Stretch (AR) 2:00 \$\$ Dollar Bingo (AR) 3:15 Fact or Fib! (AR) 7:15 The Shipping News (TH)
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
Church Transportation Weekly Puzzle in the Café 10:30 Spiritual Reflection (TH) 10:30 Coffee Social (CL) 2:00 Spiritual Reflection (TH) 2:15 Washer Toss on the Terrace! (AR) 3:00 Classics Comedy Hour (L1) 7:15 Rustin (TH)	Lucy Gray Alterations 1-4pm (L1) Trip to Giant Tiger 9:45 Strength Exercise(AR) 10:45 Paraffin Wax Hand Therapy (AR) 2:00 TV Series: Golden Girls 2:15 Gentle Seated Exercise (AR) 3:00 UN-Christmas Show Rehearsals (TH) 3:00 Drop in Nail Painting(AR) 7:00 Farkle (AR) 7:15 Anne Murray Live in Concert (TH)	ZABS Comfort Shoes 11-4pm Medical Transport 9-4p.m 9:45 Strength Exercise (AR) 11:30 Upcoming Activities Meeting (L2) 2:00 Euchre/Scrabble (AR) 2:00 Drag Bingo with Betty Baker! (D2) RSVPs appreciated 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Mocktails and Games on the Terrace (TR) 7:00 Jeopardy (AR) 7:15 Away From Her (TH)	Roselynn Fashions 10-3pm Bank Transportation 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 2:00 Beginner's Shuffleboard on the Terrace with Elaine and Pat (TR) 2:00 Pokeno (AR) 3:00 UN-Christmas Show Rehearsals (TH) 3:15 Music and Exercise (AR) 7:15 Queen of Coal (TH)	Trip to Whitney Town Centre 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Large Print Book Exchange with Kawartha Lakes Library (AR) 2:15 Tai Chi (TH) 3:00 Musical Performance with the Neema Children's Choir (TR) 7:15 Multiplicity (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Twister Toss! (AR) 2:00 Documentary: EDLORADO- Everything the Nazis Hate (TH) 2:00 Euchre (PR) 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 The Way Home (TH)	Pride in the Park 9:30 or 10:15 Aquafit classes (PL) 10:30 News and Coffee Social (AR) 11:15 Express Stretch (AR) 2:00 Bingo (AR) 3:15 Music and Trivia (AR) 7:15 Boynton Beach Club (TH)
 "July is when I learn to appreciate every cold drink I've ever had." — Unknown		Tuck Shop Hours:	LOCATION	LEGEND	Van Trip	Contact Us
		Wednesdays, Fridays and Sundays 1-3:00pm 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.	Senior Living Locations L2- Senior Living Lounge D2- Senior Living Dining Room PR- Party Room TR- Terrace	Retirement Locations AR- Activity Room D1- Retirement Dining Room L1- Retirement Lounge NP- North Patio PDR- Private Dining Rm TH- Theatre	Call 8155 to sign up. You MUST sign up for all trips minimum 48 hours in advance! Those signed up will be called to confirm times. Trips may be cancelled without advance notice	To contact the Recreation Department dial extension 8155, or email Kathryn, Recreation Manager directly, kwood@levliving.com