

Hearing & Balance Clinic

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An Appointment

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- 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



This Month

Civic Holiday
August 3rd

World Senior
Citizen's Day
August 21

SeniorFEST
August 13th

Hearing &
Balance Clinic
August 11th

Smiles to You
In-House
Dental Care
Aug 27th

Downtown
Port Perry
August 12th

Wutai Shan
Buddhist
Temple and
Gardens
August 20th

Shoreline
Casino
August 24th

Bank Trips
Aug. 5th + 19th



Your Voice Matters Annual Resident Satisfaction Survey

Our Annual Resident Satisfaction Survey is coming soon, and we want to hear from you! This confidential survey is your opportunity to share feedback about life at Adelaide Place and help shape future improvements. The survey is administered by Greenhouse Marketing, an independent third-party company, ensuring your responses remain confidential.

Key Dates:

- **Survey Information Meeting:** August 7th (see Calendar)
- **Survey Open:** August 10 - August 21
- **Results & Action Plan:** Shared in November

As a thank you for participating, residents who complete a survey can enter a draw for a **\$200 rent credit!** Every response helps us better understand your experience and continue making Adelaide Place an even better place to live. We encourage everyone to participate and make their voice heard. Thank you for your feedback and support!

See newsletter Page 9 for more information!

SeniorFEST Returns!

We are excited to announce that our fourth annual SeniorFEST will be on Thursday, August 13th from 1:30-4:00pm.

This exciting day includes a BBQ starting at 1:00pm for residents on the East Patio, Ice Cream Truck, Silent Auction, Vendors, Sponsors, Dessert Bar, lots of live entertainment and more... We welcome you to invite your friends and family to experience this open-house event.

We look forward to seeing you there 😊.

If you are interested in volunteering or showcasing your suite during the event, please call Tish on ext. 8152.

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Call 8155 to hear the daily program schedule, including changes to program times or locations. AFTER hearing the days schedule, leave a message to sign up for outings, ask questions, become a volunteer, or anytime you need to speak to someone in the Recreation Department.

Tuck Shop Information

Wednesdays, Fridays, and Sundays from 1-3p.m. and Thursdays 8:30-10:30a.m.
It is located in the Senior Living Community between the service elevator and the dining room. The Tuck Shop is completely cashless – all purchases will be added to your monthly bill. Speak to Kathryn at ext. 8155 if you would like to discuss how to pay in cash in the Recreation office only.

Some items we carry are:

- Food and drinks: milk, cream, yogurt, eggs, juice, pop, coffee grounds, water, tea bags, sugar, salt, cookies, crackers, chips, chocolate bars and more
- Pet care: kitty litter, cat and dog treats, pee pads
- Personal care: shampoo, body wash, bars of soap, deodorant, incontinence products, toothpaste, denture paste and cleaning tablets, hairspray, razors, shaving cream, and more
- Household items: dish soap, sponges, laundry detergent, stain remover, dryer sheets, room spray, batteries, light bulbs, shower curtains, and more
- Other items include jewelry, scarves, greeting cards, puzzle books, colouring books, travel mugs, clip on cupholders for walkers, flashlights, and more

Stop by the tuck shop during open hours to see all we have to offer. If we don't have what you are looking for, please speak with the Tuck volunteer or a member of the recreation department. We may not be able to accommodate all requests, and it may take up to 2 weeks to restock some products. If you have any questions about the Tuck Shop, you can call the shop at ext. 8200 to speak with a volunteer during open hours or call the recreation department anytime at ext. 8155.

smiles to you

Meet our team



Trudi Martin-Tate, RDH
Registered
Dental Hygienist



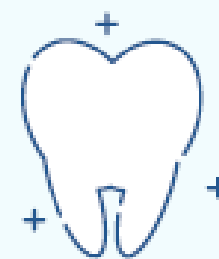
Russell Tate, DD
Denturist

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you Love
your
Smile!

**Coming to Adelaide
on August 27th**

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appointment! 705 775-5575**

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Polishing**



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Tooth Whitening
Tooth Desensitizing
Temporary Fillings

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It's time once again for our Annual Resident Satisfaction Survey!

What is the Resident Satisfaction Survey? This is an opportunity for you to share your feedback about life at Adelaide Place. Your input helps us understand what we are doing well and where we can improve.

To ensure confidentiality, the survey is administered by Greenhouse Marketing, an independent third-party company. Residents will receive a survey package and envelope to seal their completed survey. All Lev Senior Living communities participate in this annual survey. Greenhouse Marketing compiles the results and provides Adelaide Place with a summary report and comparisons to other LSL communities and retirement homes across Ontario. We then use the results to develop and share an action plan for improvement with residents.

What Areas Are Measured? The survey asks for feedback on Meals, Healthcare, Housekeeping, Recreation, Maintenance, Laundry and Reception & Administration. Each area is evaluated in relation to our team members, management, facilities, and services.

What Can You Expect?

1. Please join us on Friday, August 7th in the Retirement Lounge to review last year's results, share changes made as a result and talk about the survey process.
2. The survey will be distributed beginning **Monday, August 10**.
3. Complete your survey by **Friday, August 21** and return it to the front desk sealed in the provided envelope.
4. This will be put in a secure package and sent to Greenhouse Marketing.
5. Let the front desk know you are complete so you can be entered in a draw for a chance to win a **\$200 rent credit** on your upcoming statement!
6. Stay tuned for the results and our action plan in November!

We appreciate the valuable feedback we receive throughout the year from residents, family members, and members of our Residents' Councils and Food Committees. Along with the survey results, your input helps us continue making Adelaide Place an even better place to live. We look forward to hearing from you again this year. **Every response counts**, and the more residents who participate, the better we can represent the views of our community.

There will be separate surveys for the Senior Living Community and the Retirement Community to help us better understand the experiences and feedback unique to each lifestyle option.

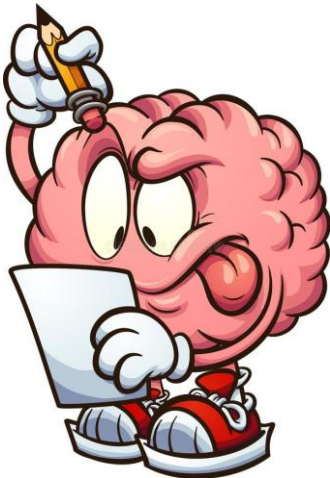
**Thank you in advance for your feedback.
Sincerely,
Adrienne West**

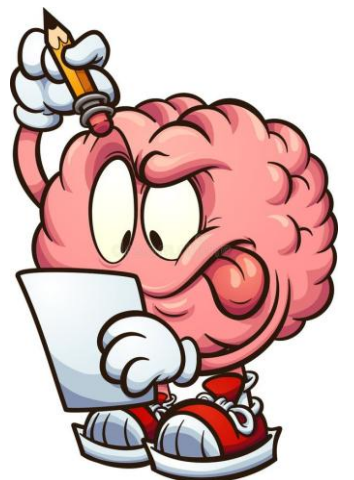
August IQ

1. August wasn't originally the 8th month in the calendar. Which month was it prior to 700BC?
 - a. SIXTH
 - b. TENTH
 - c. FIRST
 - d. SEVENTH
2. Which Canadian built one of Canada's most famous breweries: John Molson or Eberhard Anheuser?

3. What is August's birthstone?
 - a. Amethyst
 - b. Emerald
 - c. Peridot
 - d. Diamond
4. The month of August was named after Augustus Caesar? Who was he?
 - a. The grandfather of Julius Caesar
 - b. The grandnephew of Julius Caesar
 - c. The inventor of the Caesar Salad
 - d. The Father of Tiberius Caesar



5. A song by Brian Hyland was No. 1 on the Billboard charts in August 1960. What song was it?
 - a. That's Love
 - b. Hit the Road Jack
 - c. The Hands of Time
 - d. "Itsy Bitsy Teenie Weenie Polkadot Bikini"
 6. True or false? Gladiolas is the flower for August.
 7. The Earl of Sandwich invented the sandwich in what year? August is now named National Sandwich Month
 - a. 1762
 - b. 1882
 - c. 1928
 - d. 1638
 8. Which Country celebrates its freedom from British rule on August 15 in 1947?
 - a. Republic of Ireland
 - b. Canada
 - c. Jamaica
 - d. India
 9. Virgo is one of the zodiac signs for August. What is the other one?
 - a. Leo
 - b. Gemini
 - c. Scorpio
 - d. Cancer
 10. Why is August known as The Dog Days of Summer?
 - a. It is National Dog Month
 - b. Sirius the Dog Star is at its brightest
 - c. Because of the dog breed Augustus
 - d. It's hot, causing people to rest more, like dogs.
- 



Answers: 1. a 2. John Molson 3. c 4. b 5. d
6. True 7. a 8. d 9. a 10. b

Games and Activities with the Summer Camp Kiddos

The City of Kawartha Lakes summer camp kids will be joining us from August 17th, 18th, 19th, and 21st at 2:30pm for a variety of activities. Make sure you check the activity calendar so you don't miss out!

We will be hosting the young children from the City of Kawartha Lakes Summer Day Camp. We will have a different program each day they visit. There will be approx. 20 children coming, so we will split into two groups and host them in both the Activity Room AND the Party Room for Colouring and Crafts on the 17th, and Cards and Board Games on the 18th. On the 19th we'll be outside on the terrace, weather permitting, for a variety of outdoor games such as bean bags, inflatable baseball darts game, axe throwing and more. Then, on the 21st, we'll have a giant Scavenger Hunt around the home!

We look forward to seeing you there! If you'd like to invite someone to join you for one of these events, please call 8155 and let us know so we can have enough space for them!

Walker – Wash! We'll clean your walker on August 10th

When and where?

Monday, August 10th outside the Retirement Community main entrance.

What do I need to do before coming down?

Call 8155 to book your appointment time between 12:00 and 2:00p.m.

Remove all items from your walker so it is empty and ready to be washed! We will wash and sanitize the frame and handles and vacuum and clean out the basket and seat.

How can I help to keep my walker well maintained all year?

Look for signs of wear, damage or changes in how the walker handles. Addressing small issues early can prevent larger problems later.

During everyday use, hair, carpet fibres, dirt and debris can become lodged in the wheel axles and bearings. This buildup can cause wheels to stick or roll unevenly, making the walker harder to control. Taking time to clean the wheels and remove debris helps maintain smooth operation and reduces strain on your arms and shoulders.

Brake cables can stretch over time, wheels can wear down and brake effectiveness can change without you noticing. Regularly testing the brakes before going out is essential. If the brakes feel loose or fail to engage properly, they need adjustment.

Handles, screws, joints and frames should be checked regularly to ensure everything is secure. A loose handle or wobbly frame can compromise stability and increase the risk of a fall.

Moisture, snow and road salt can contribute to rust or corrosion over time. Wiping down the frame and wheels and storing the walker in a dry place helps extend its lifespan and keeps it functioning safely.

August Birthdays



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Retirement Community Senior Living Community Team Members				30	31	1 Fran S Art Y
2 Rose S	3 Niki C	4 Joan G	5	6	7	8 Greg R Reanna M
9 Bev B	10 Gary W	11	12	13 Connie W Doreen M Jade P Bridget O	14 Betty C	15 Dale M
16 Bernie B *	17	18 Hazel L Jane B	19	20 Juliette B*	21 Joan L	22 Carol Sc Jamie S
23	24 Peter T Pat J	25	26	27 Ron F	28 Shauntel W	29 Kathleen C Sheila A Maurice J
30 Anna E	31 Isla T	1	2	3	4	5



On Monday, August 17th, join Mark and Jess for our Food Forum meeting. They want to hear your honest feedback and suggestions for meals at Adelaide Place. They will also provide details and go over any changes or updates in the kitchen.

This is an open food forum; all residents are welcome to attend and participate in the discussion. If you have anything specific you would like them to examine for this meeting, contact Jess or Mark in advance with your recommendations.

Navigating Grief: Supporting Healing After Loss

On Wednesday, August 26th at 7:00p.m. Lorie Blundon, Registered Psychotherapist from Three Sixty Health will be coming here to lead an open and compassionate conversation with residents on understanding grief, and healing after loss. She will also outline how Psychotherapy can support individuals through even the most difficult moments. Whether you are personally grieving, supporting someone through loss, or simply interested in emotional wellness, this session offers meaningful insight and tools for reflection.

Residents are welcome to invite their loved ones to join them. We will have some light refreshments available. Please RSVP if you know you would like to attend, however, walk-ins will be made welcome, even without signing up. As long as the room has space.



Travel through Newfoundland with Guest Speaker Micheal Keay

On Monday, August 24th at 3:00p.m. in the Activity Room join Micheal Keay as he takes us on a visual journey through Newfoundland and Labrador.

Michael came to us through his connections with one of our residents and was highly recommended! We think you are going to really enjoy this travel presentation.

See the photos from his trip of amazing wildlife, and spectacular views. Learn about local history, music, culture, landmarks and more that make this province one of a kind to experience.



Academy Theatre Broadway Production



Newsies- Matinee on Saturday, August 15th at 2:00p.m. Based on the 1992 motion picture and inspired by a true story, NEWSIES features a Tony Award-winning score by Alan Menken (Little Shop of Horrors, Sister Act) and Jack Feldman and a book by Tony Award winner Harvey Firestein (Kinky Boots).

Featuring the now classic songs "Carrying the Banner," "Seize the Day," and "Santa Fe." Tickets are \$41. Call ext. 8155, now to reserve your seat before they're gone!

Introduction to Video Games with Ricky!

Ricky got the Wii working and is going to host an afternoon of some different video games to try out in the Retirement Lounge on Friday, August 21st at 3:00p.m! Even if you have never picked up a remote, and have zero experience with playing video games, we hope you'll come and give this a try! Ricky is going to teach everyone how to play, offer tips and techniques for playing and he'll also be joining in the fun.

Come out and try something new 😊 We are sure you're going to have fun!

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 increases energy. Every day we can benefit from adding a little extra water to our diet!

Information on Van Outings

How Do I Sign Up for Outings- All outings are in **Blue** on the calendar. Call 8155 to sign up, **48 hours or more in advance**. While we try to accommodate everyone, we cannot guarantee you a spot on the van if you give us less than 48 hours' notice. We confirm the departure time with everyone on the signup list the day before or the morning of the outing. Departure time is dependent on the number of people signed up. **What if I signed up, but now I can't go?** Just call 8155 and let us know you must cancel your trip. Things come up, and it's okay to cancel!

Where Does the Van Go?

Medical Transportation every Tuesday for local appointments between 9am-4pm. We ask you to make your appointments no earlier than 9:15am and no later than 3:00-3:30pm to accommodate transportation time. We take you to the appointment with a driver's contact card. When you are finished, please ask the receptionist to call us and we will return to pick you up.

Bank Transportation Typically, every other Wednesday at 9:30am. We go to the downtown banks (we do not go to Kawartha Credit Union in the mall). We drop residents off and return to each bank in the same order to pick everyone up. You have 15-20 minutes in the bank. If you have an appointment or require more than 20 minutes to do your banking, you will need to arrange for another ride home either by taxi, community care, or friend/family member.

Shopping/Community Outings. Time and date vary. Typically, shopping outings are on Mondays and Thursdays after lunch. We will drop you off there and return to pick you up at an agreed upon time usually 1-1.5hrs later. The exact time and location will be confirmed beforehand.

Church Transportation is every Sunday for in town church services beginning at or after 10am. We will drop you off and come back to pick you up at an agreed upon time.

How Do I Know If the Van is Right for Me? To try the van for the first time (or the first time in a long time), call 8155 to speak with Recreation. We can arrange for you to test getting on and off the van with a team member present. We provide individualized instructions for the best way for you to get in and out of the van. There is no one "right" way that works for everyone, we can help you find the right way for you. Reminder: the van is NOT an accessible vehicle. To use the van, you must be able to get in and out with little assistance and navigate independently when we arrive at our destination as a team member will not be accompanying you on the outing.

Foot Care and Blood Pressure Clinic

Marie is a Footcare Nurse and sets up monthly in the Fitness Centre for convenient in-house footcare treatments. Call the Wellness Department (ext. 8185) for information about the cost or to book an appointment.



Our monthly Blood Pressure Clinic is on the 4th Thursday of every month in the Wellness Office. This month that falls on August 27th.

Darts! Beginners and Advanced Group

We have come a LONG way since we first started playing darts on Fridays! We have a very large group attending regularly, and it is getting difficult to give everyone enough turns and adequate playing time during the hour. We also have some residents hesitant to play, because they are just starting out, or "a little rusty" and not comfortable playing with more seasoned players.

It was suggested by several residents during our Activities Planning Meeting last month that we try splitting the groups into Advanced and Beginner groups. This will give everyone more chances to play, as each group will have less players and each will be able to play 6 -7 rounds. The Beginner group will also get additional pointers and assistance during their play, if they'd like.

Which Group is right for me?

Beginner (or Novice) Group plays at 3:15p.m. on Fridays in the Activity Room:

First time and Beginner players are encouraged to come

- Get help from a member of the Recreation team, and improve your play
- Learn the rules, where to aim, how to throw, where to throw from, etc.
- Fully accessible, can throw from a seated or standing position
- Reminders when it is your turn, help getting up and into position, if needed.
- Focus on having fun while learning and improving a new skill!

Advanced (or Experienced) Group plays at 2:00p.m. on Fridays in the Activity Room:

A team member is not present to assist during this program

- Players already understand the rules, where to aim, how and where to throw, etc.
- Help each other with the scoring
- Focus is on honing their skills, getting through 7 rounds of darts, and having fun too

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Retirement Community

August Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 Spiritual Reflection 2:00 Calvary Church Service and Hymn Sing (TH) 2:15 Mini Putt on the Terrace (TR) 3:00 Classics Comedy Hr. (L1) 7:15 Finding Graceland (TH)	17 Trip to the Lindsay Mall 9:45 Strength Exercise (AR) 10:30 Open Forum Food Meeting (AR) 2:15 Gentle Seated Exercise (TH) 2:30 Crafts and Colouring with the Summer Camp Kiddos (AR and PR) 3:00 Rehearsals (TH) 7:00 Farkle (AR) 7:15 Concert: Elvis Presley – '68 Comeback Special (TH)	18 Medical Transportation 9-4p 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 10:30 St. Mary's Catholic Church Service (TH) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga 2:30 Cards and Board Games with the Summer Camp Kiddos (AR and PR) 3:00 Bible Study with Paul (TH) 7:00 Jeopardy! (AR) 7:15 The Devil Wears Prada (TH)	19 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 Travelling with Colleen – Where in the World is THIS?? (AR) 2:30 Lawn Games with the Summer Camp Kiddos (TR) 3:00 UN-Christmas Rehearsal (TH) 7:15 The Devil Wears Prada II (TH)	20 Trip to Wutai Shan Buddhist Temple and Gardens \$2.00 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 2:15 Tai Chi (TH) 3:00 Live Music on the Terrace with Sean Roberts (TR) 7:15 Evil Under the Sun (TH)	21 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Bocce (AR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 2:30 Scavenger Hunt with the Summer Camp Kiddos (TR) 3:00 Video Games with Ricky (L1) 7:00 Skip-Bo (AR) 7:15 Princess Caraboo (TH)	22 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Coffee Social (CL) 11:15 Express Stretch (AR) 2:00 Bingo (AR) 3:15 Word Games (AR) 7:15 The Boy Who Harnessed the Wind (TH)
23 Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Washer Toss on the Terrace (TR) 3:00 Classics Comedy Hr. (L1) 7:15 Gold (TH)	24 Shoreline Casino 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Micheal Keay Travel Presentation - Newfoundland (AR) 3:00 UNChristmasRehearsal (TH) 7:00 Farkle (AR) 7:15 Concert: James Taylor: Pull Over (TH)	25 Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Walking Club (L1) 10:30 St. Paul's Anglican Church Service (TH) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Mocktail Patio Social (NP) 7:00 Colleen's Cranium Crunches (AR) 7:15 Ophelia (TH)	26 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 & Seated Exercise (AR) No Movie Tonight 7:00 Three Sixty Health: Grief after Loss Support Session (TH)	27 Smiles to You Dental Clinic call 705-775-5575 for an appt Trip to Whitney Town Centre 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Birthday Party on Terrace with Darlene McGuinness (TR) 7:00 Set Design Art Project with Adrienne (AR) 7:15 The Intern (TH)	28 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Ladder Ball (AR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary: Jade-Eyed Leopard (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Stanley & Iris (TH)	29 Lindsay Farmers Market 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Coffee Social (CL) 11:15 Express Stretch (AR) 2:00 Dollar Bingo (AR) 3:15 Amazing Animals (AR) 7:15 Finding Forrester (TH)
30 Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Bean Bag Tournament on the Terrace (TR) 3:00 Classics Comedy Hr. (L1) 7:15 Princess for a Day (TH)	31 Dollarama/FoodBasics 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 2:15 Gentle Seated Exercise (TH) 3:00 UNChristmasRehearsal (TH) 3:15 New Resident Social – *All Residents Welcome! (AR) 7:00 Farkle (AR) 7:15 Concert: Joni Mitchell 1979 Shadows and Light (TH)	PROGRAM LOCATION Senior Living Locations BR- Billiards Room L2- SLC Lounge D2- SLC Dining Room PR- Party Room TR – Terrace	LEGEND Retirement locations AR – Activity Room D1 – Dining Room L1 – Lounge TH – Theatre	Van Outings All Trips are in BLUE Call 8155 to sign up at least 48 hrs in advance. Timing for trips is determined by the number of people going.	Every Day in the Party Room 10am Coffee Social 2pm & 7pm Cards and Board Games	Aquafit Sign up is required to attend aquafit classes. Please call 8155 if you would like to sign up – if the classes are full you will be put on a temporary waitlist. You MUST be able to get in and out of the pool unassisted.

August Activities

Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PROGRAM LOCATION LEGEND		Van Outings	Activity Room			1
<u>Senior Living Locations</u> L2- SLC Lounge D2- SLC Dining Room PR- Party Room TR – Terrace		All Trips are in BLUE Call 8155 to sign up at least 48 hrs in advance. Timing for trips is determined by the number of people going.	Set up for residents to play cards every night after 5pm Tuesdays from 1-5pm 2pm & 7pm Cards and Board Games			Lindsay Farmers Market 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News/CoffeeSocial(CL) 11:15 Express Stretch (AR) 2:00 Dollar \$ Bingo (AR) 3:15 You Be the Judge: Real Case Stories (AR) 7:15 Limitless (TH)
2	3 Civic Holiday	4	5 Bank Transportation	6	7	8
Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Baseball Darts Inflatable Target on the Terrace (TR) 3:00 Classics Comedy Hr. (L1) 7:15 Go Large (TH)	10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 2:15 Gentle Seated Exercise (TH) 3:00 UN-Christmas Show Rehearsals (TH) 7:00 Farkle (AR) 7:15 Concert: Carol King 1999 (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Upcoming Activities (AR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Bible Study with Paul (TH) 3:00 Mocktail Patio Social (NP) 7:00 Fact or Fiction?? (AR) 7:15 Penguin Bloom (TH)	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 & Seated Exercise (AR) 7:15 Forever My Girl (TH)	Trip to Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 2:00 KLPL Large Print Book Exchange (AR) 2:15 Tai Chi (TH) 3:00 Live Music on the Terrace with Bill Dickinson (TR) 7:15 My Old Lady (TH)	9:45 Strength Exercise (AR) 10:30 Resident Satisfaction Survey with Adrienne (L1) 2:00 Euchre (PR) 2:15 Gentle Seated Exercise(TH) 3:00 Documentary: Thailand's Wild Cats (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Unsung Hero (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News/CoffeeSocial(CL) 11:15 Express Stretch (AR) 2:00 Bingo (AR) 3:15 Too Crazy to be True - Facts and Trivia with Colleen (AR) 7:15 La Bamba (TH)
9	10	11 Medical Transport 9-4p.m	12 Lunch and/or Shopping	13 SeniorFEST	14	15
Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) Party Room Closed 1-4pm 2:15 Shuffleboard on the Terrace (TR) 3:00 Classics Comedy Hr. 7:15 Postcards from the Edge (TH)	Trip to Loblaws 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) Call 8155 to book your WALKER CLEANING!! 2:15 Gentle Seated Exercise(TH) 3:00 Rehearsals (TH) 7:00 Farkle (AR) 7:15 Concert: Kenny Rogers Live By Request (TH)	Lindsay Ear Clinic - Call 705-340-5050 for an appt 9:45 Strength Exercise (AR) 10:30 Walking Club (L1) 10:30 Book Club (PDR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Mocktail Patio Social (NP) 7:00 Colleen's Brain Stumpers(AR) 7:15 Love is in the Air (TH)	Downtown Port Perry 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 & Seated Exercise (AR) 7:15 Courageous (TH)	9:45 Strength Exercise (TH) 10:30 Coffee Social (CL) 11am-4pm Vendor Market (Activity Room + Lounge) 1-4:00 SeniorFEST: Ice Cream Truck, BBQ, Live Music, Silent Auction 2:15 Tai Chi (TH) 7:15 Concussion (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy (AR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH) 3:00 Documentary: Tree Climbing Lions (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Dirty Dancing (TH)	Newsies! Academy Theatre 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News/CoffeeSocial(CL) 11:15 Express Stretch (AR) 2:00 Dollar \$ Bingo (AR) 3:15 This Month in History (AR) 7:15 3000 Miles to Graceland (TH)