

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  <b>1-2pm Tuckshop=AR</b>  2:00 Bingo=AR  3:30 Beginner Better Bones Exercises=AR	<b>2</b> <b>1-4pm Shuttle Van</b>  9:00 Knit & Quilt=AR  10:30 Falls Prevention=AR  6:30 Happy Hour=AR	<b>3</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  <b>2:00 Resident            Meeting=T</b>  3:00 Garden Prep in Gardens	<b>4</b> <b>9am-12pm Shuttle Van</b>  9:00 CBC TV Series "Still Standing"=T  <b>1-2pm Tuckshop=AR</b>  <b>2:00 Mapleridge            Choir=T</b>  6:45 Movie Night "Thursday Murder Club"	<b>5</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  2:00 Card Bingo=AR  <b>3:15 Entertainment            Keith Kirkpatrick=T</b>  <b>6:45 Euchre            Tournament=FR</b>	<b>6</b>  2:00 Bingo=AR  6:45 Movie Night "Remarkably Bright Creatures=T"
<b>7</b>  11:00 Catholic Mass=T  2:00 Salvation Army =T  6:45 Ferndale Bible Church=T  6:45 Cards=FR	<b>8</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  <b>1-2pm Tuckshop=AR</b>  2:00 Bingo=AR  3:30 Beginner Better Balance Exercises=AR	<b>9</b> <b>1-4pm Shuttle Van</b>  9:00 Knit & Quilt=AR  10:30 Falls Prevention=AR  <b>2:00 Outside Concert            with Knightshift Band</b>  6:30 Happy Hour=AR	<b>10</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  2:30 Beginner Chair Drumming=AR  3:00 Garden Prep in Gardens	<b>11</b> 9am-12pm Shuttle Van 9:00 CBC TV Series "Still Standing"=T  <b>1-2pm Tuckshop=AR</b>  2:30 Beginner Chair Dance=AR  3:30 Wheel of Fortune Game=T  6:45 Movie Night Documentary "Marty, Life is Short"=T	<b>12</b> 9:30 TV Series: This is Us=T  11:00 Gentle Exercise=AR  2:00 Card Bingo=AR  <b>3:15 Heat Information            Talk with Rebecca=T</b>  <b>6:45 Euchre            Tournament=FR</b>	<b>13</b> 11:00 Chair Yoga and Guided Meditation =T  2:00 Bingo=AR  6:45 Movie Night "The Four Seasons"=T

# June 2026

**Falls  
 Prevention**  
 Tuesdays 10:30am  
 Activity Room

**Shuttle Van**  
 Tuesdays 1-4pm  
 Thursday 9am-12pm  
 Sign your name on list  
 at front desk

**Gentle Exercises**  
 Mon, Wed, Fri  
 11:00am  
 Activity Room

**Location Legend:**  
 AR= Activity Room  
 FR= Friendship Room

T= Theatre Room  
 L= Library



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>14</b> 11:00 Catholic Mass=T 2:00 Movie Matinee "Frankenstein- 2025" 6:45 Cards=FR	<b>15</b> 9:30 TV Series: This is Us=T 11:00 Gentle Exercise=AR <b>1-2pm Tuckshop=AR</b> 2:00 Bingo=AR 3:30 Beginner Better Bones =AR	<b>16</b> <b>1-4pm Shuttle Van</b> 9:00 Knit & Quilt=AR 10:30 Falls Prevention=AR 2:00 St. Luke's Church=T <b>6:30 Happy Hour</b> <b>7:00 Entertainment</b> <b>with Barb &amp; John=AR</b>	<b>17</b> 9:30 TV Series: This is Us=AR 11:00 Gentle Exercise=AR <b>11:00 Picnic Lunch at</b> <b>the Peterborough Zoo</b>	<b>18</b> <b>9am-12pm Shuttle Van</b> 9:00 CBC TV Series "Still Standing"=T <b>1-2pm Tuckshop=AR</b> 2:00 Garden Prep in the Gardens 3:30 Spelling Bee=AR 6:45 Movie Night "Postcards from the Edge"=T	<b>19</b> 9:30 TV Series: This is Us=T <b>No Exercises Today</b> <b>12:30 Father's Day/</b> <b>Men's Group BBQ</b> 2:00 Card Bingo=AR <b>3:15 Entertainment</b> <b>with Mike &amp; Darlene=T</b> <b>6:45 Euchre</b> <b>Tournament=FR</b>	<b>20</b> 2:00 Bingo=AR 6:45 Movie Night "The Dig" =T	
<b>21</b>  11:00 Catholic Mass=T 2:00 Movie Matinee "Like Father"=T 6:45 Ferndale Church=T	<b>22</b> 9:30 TV Series: This is Us=T 11:00 Gentle Exercise=AR <b>1-2pm Tuckshop=AR</b> 2:00 Bingo=AR 3:30 Beginner Better Balance=AR	<b>23</b> <b>1-4pm Shuttle Van</b> 9:00 Knit & Quilt 10:30 Falls Prevention=AR 2:00 North Minster United Church=T <b>6:00 Classic Car Show</b>	<b>24</b> 9:30 TV Series: This is Us=T 11:00 Gentle Exercise=AR <b>2:30 Birthday/New</b> <b>Resident Party with</b> <b>Chad Driscoll=AR</b>	<b>25</b> <b>9am-12pm Shuttle Van</b> 9:00 CBC TV Series "Still Standing"=T 2:00 Garden Prep in Gardens <b>1-2pm Tuckshop=AR</b> 6:45 Movie Night "The Woman in Cabin 10"=T	<b>26</b> 9:30 TV Series: This is Us=T 11:00 Gentle Exercise=AR 2:00 Card Bingo=AR	<b>27</b> 11:00 Chair Yoga and Guided Meditation=T 2:00 Bingo=AR 6:45 Movie Night "Dumplin"=T	
<b>28</b> 11:00 Catholic Mass=T <b>3:00 Entertainment</b> <b>with Laurence</b> <b>Marks =T</b> 6:45 Cards=FR	<b>29</b> 9:30 TV Series: This is Us=T 11:00 Gentle Exercise=AR <b>1:00 Bus Outing to</b> <b>Macleans Berry Farm</b> <b>in Buckhorn</b>	<b>30</b> <b>1-4pm Shuttle Van</b> 9:00 Knit & Quilt 10:30 Falls Prevention=AR 6:45 Happy Hour=AR	<h1>June 2026</h1> <p><b>Location Legend:</b>            AR= Activity Room      T= Theatre Room            FR= Friendship Room      L= Library</p>				