

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



June brings longer days, warmer weather, and many opportunities to stay active, social, and inspired. It's a wonderful time to enjoy fresh air, reconnect with friends and family, and try something new. Summer reminds us that every season of life can be filled with joy, growth, and meaningful moments.

Staying active and enjoying the sunshine safely. Keeping hydrated during warmer days  
Connecting with others through social activities and shared experiences

Let's make June a month full of laughter, friendship, movement, and beautiful memories together at Retirement Suites by the Lake

START OF PRIDE MONTH



1

9 am Balance Exercise  
9:45 am PhysioFit  
10:30 am Knitting Mondays  
11 am Church Service w/ Rev. David  
1:45 pm – Bus Outing  
Giant Tiger  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

2

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am TaiChi QiGong (45 mins class)  
2 pm SingAlong w/ Patrick  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

3

Haircut at the Hair Salon  
9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am TaiChi QiGong (45 Mins Class)  
2 pm Bingo (by W.W.)  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

4

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am Sing Along with Bry & Ries  
2pm Virtual Tourism for Seniors - signup @ concierge  
3pm Tea Social  
4pm Resident Trivia  
7pm Movie

5

Foot Care at the Hair Salon  
9 am Balance Exercise  
9:45 am PhysioFit  
10:30 am Fit Minds  
11 am Therapy Dog Visit  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

6

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am Tai Chi QiGong by Yvonne (45 mins class)  
2 pm Resident Bingo  
3 pm Tea Social  
7 pm Movie

GEORGE P

7

2 pm Resident Bingo  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

8

WORLD CUP SERIES KICK OFF!

9 am Balance Exercise  
9:45 am PhysioFit  
10:30 am Knitting Mondays  
11 am Church Service w/ Rev. David  
1:45 pm – Bus Outing Walmart  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

ELAINE C

9

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am TaiChi QiGong (45 mins class)  
11:30am Anglican Service  
2 pm Sing Along w/ Patrick  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

EVA B

10

Haircut at the Hair Salon  
9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am TaiChi QiGong (45 Mins Class)  
2 pm Bingo (by W.W.)  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

DELORES B

11

WORLD CUP VIEWING OPENING MEXICO

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am Sing Along with Bry & Ries  
2:00 pm RSBL Olympics! World Cup Kickoff Activity  
3pm Tea Social  
4pm Resident Trivia  
7pm Movie








12

WORLD CUP VIEWING OPENING TORONTO

9 am Balance Exercise  
9:45 am PhysioFit  
10:30 am Fit Minds  
11 am Therapy Dog Visit  
2:30 pm FIFA WORLD CUP Viewing - Multipurpose Rm  
3 pm Tea Social  
4 pm Resident Trivia  
7 pm Movie

13

9 am Balance Exercise  
9:45 am PhysioFit  
10:45 am Tai Chi QiGong by Yvonne (45 mins class)  
2 pm Resident Bingo  
3 pm Tea Social  
7 pm Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>15</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:30 am Knitting Mondays 11 am Church Service w/ Rev. David 1:45 pm – Bus Outing Shoppers 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>16</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am TaiChi QiGong (45 mins class) 2 pm SingAlong w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>17</p> <p>Haircut at the Hair Salon 9 am Balance Exercise 9:45 am PhysioFit 10:45 am TaiChi QiGong (45 Mins Class) 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p> JOHN H</p>	<p>18</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am Sing Along with Bry &amp; Ries 2 pm Drum Fit 3pm Tea Social 4pm Resident Trivia 7pm Movie</p>	<p>FATHER'S DAY CELEBRATION 19</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:30 am Fit Minds 11 am Therapy Dog Visit 3 pm Entertainment for Father's Day &amp; Birthday Celebration with The Sparklettes 4 pm Resident Trivia 7 pm Movie</p> <p> JANE C</p>	<p>20</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am Tai Chi QiGong by Yvonne (45 mins class) 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p> <p> FREDERICK P</p>
<p>21</p> <p> 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>22</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:30 am Knitting Mondays 11 am Church Service w/ Rev. David 1:45 pm – Bus Outing Panda Mart 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p> MARY P</p>	<p>23</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am TaiChi QiGong (45 mins class) 2 pm SingAlong w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>24</p> <p>Haircut at the Hair Salon 9 am Balance Exercise 9:45 am PhysioFit 10:45 am TaiChi QiGong (45 Mins Class) 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p> FREDA G</p>	<p>25</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am Sing Along with Bry &amp; Ries 2 pm Drum Fit 3:00 pm Tea Social 4pm Resident Trivia 7pm Movie</p>	<p>26</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:30 am Fit Minds 11 am Therapy Dog Visit 1pm RSBL FAIR! 2:30pm Beauty and Self-Care Session w/ MaryKay 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>27</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am Tai Chi QiGong by Yvonne (45 mins class) 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p>
<p>28</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>29</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:30 am Knitting Mondays 11 am Church Service w/ Rev. David 1:45 pm – Bus Outing Walmart 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>30</p> <p>9 am Balance Exercise 9:45 am PhysioFit 10:45 am TaiChi QiGong (45 mins class) 2 pm SingAlong w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>“Gratitude turns ordinary days into blessings.”</p> <p>As we welcome the beautiful month of June, may we continue to find joy in simple moments, sunshine in each new day, and comfort in the friendships and memories we share together. 🌻</p> <p>Looking ahead, we are excited for a month filled with laughter, celebration, new experiences, and wonderful moments as a community. Here's to making June bright, meaningful, and full of happy memories! ☀️</p>		<p></p>	