

# Upcoming Events

## June Highlights

We have an exciting month ahead filled with fun, friendship, and community spirit! Be sure to join us for:

- 🏆 World Cup Kick-Off Celebration – June 11
- 🎉 Father's Day Entertainment Celebration – June 19
- 🎪 RSBL Community Fair – June 26
- 🥁 Drum Fit Wellness Programs – June 18 & 25
- 🐾 Therapy Dog Visits – Every Friday
- 🎵 Live Music & Sing-Alongs Throughout the Month

### Bus Schedules

- 🚌 June 1 – Giant Tiger
- 🚌 June 8 – Walmart
- 🚌 June 15 – Shoppers & Bank
- 🚌 June 22 – Panda Mart
- 🚌 June 29 – Walmart

Departure Time: 1:45 PM



Summer is just around the corner, and we are excited to welcome June with a variety of engaging programs, special events, and opportunities for residents to stay active, social, and connected.

This month, residents can look forward to a relaxing Mary Kay Pampering Facial Relaxation Session, our fun-filled RSBL Olympics, and an energetic Drum Fit program that combines fitness with rhythm and movement. Soccer enthusiasts can also enjoy World Cup Viewing Events throughout the tournament as we cheer on our favorite teams together.

We are especially excited to celebrate Father's Day with a special performance by The Sparklettes on Friday, June 19th. This lively entertainment event is sure to be a highlight of the month.

Many resident favourites will continue throughout June, including Knitting Club on Mondays, Sing Along with Patrick on Tuesdays, Sing Along with Ries and Bry on Thursdays, Fit Minds on Fridays, and weekly Therapy Dog Visits with Sassi.

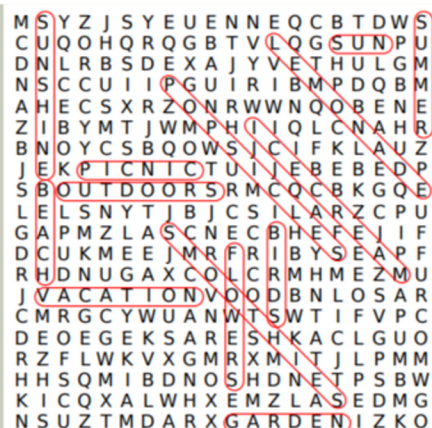
Residents can also continue to enjoy our regular wellness and recreation programs, including Balance Exercise, Physio Fit, Tai Chi & Qi Gong, Bingo, Tea Socials, Trivia, and Evening Movies.

We look forward to another wonderful month filled with friendship, laughter, and memorable experiences. Be sure to join us and take part in all the exciting activities June has to offer!

## Answers:

1. Answer: C) Juno
2. Answer: B) Pearl
3. Answer: A) Manitoba
4. Answer: B) Solstice

Bonus Brain Teaser  
Answer: A piano  
BRAIN TEASER ANSWER:  
a map



### Friendly Reminder

Please sign up at the front desk for any activity that needs signing up. Residents are encouraged to arrive a few minutes early before departure/event.

*"Beautiful young people are accidents of nature, but beautiful old people are works of art."*

– Eleanor Roosevelt



Retirement Suites  
By The Lake

# June Newsletter

June Events & Highlights of May 2026



## EVENTS FOR THE MONTH OF JUNE:

- VR Travel
- Father's Day & Birthday Celebrations
- World Cup Fun
- RSBL Fair
- Beauty & Wellness

## Message from Management

Welcome to the beautiful month of June! As the weather becomes warmer and the days become brighter, we look forward to another month filled with friendship, laughter, and meaningful moments together. June brings many exciting opportunities to stay active, social, and engaged within our wonderful community.

This month, we are excited to celebrate special events including Father's Day festivities, World Cup activities, wellness programs, social gatherings, entertainment, and community outings. We encourage everyone to join in, connect with one another, and enjoy the many programs planned throughout the month. Every shared smile, conversation, and activity helps make Retirement Suites by the Lake feel like home.

Thank you to our residents, families, staff, and volunteers for the kindness and positivity you continue to bring each day. Your support and community spirit make this such a warm and welcoming place for everyone. We wish you all a joyful, healthy, and memorable June filled with happiness and sunshine.

## June

- Delores B – June 10, 1938
- Eva B – June 9, 1943
- Elaine C – June 8, 1942
- Jane Therese C – June 19, 1942
- George F – June 6, 1936
- Freda G – June 24, 1932
- John H – June 17, 1931
- Fred P – June 20, 1930
- Mary P – June 22, 1935
- Manfred W – June 14, 1937

## BIRTHDAYS

# WELLNESS & FUN CORNER

## SUMMER WORD SEARCH

MSYZJSYEUNNEQCBTDWS  
 CUQOHQRQGBTVLQGSUNPU  
 DNLRSDEXAJYVETHULGM  
 NSCCUIIPGUIRIBMPDQBM  
 AHECSXRZONRWWNQOBENE  
 ZIBYMTJWMPHI IQLCNAHR  
 BNOYCSBQOWSJCFKLAUZ  
 JEKPICNIC TUIJEBEBEDP  
 SBOU TDOORSRMCQCBKGQE  
 LELSNYTJB JCSILARZCPU  
 GAPMZLASCNECBHEFEJIF  
 DCUKMEEJMRFRIBYSEAPF  
 RHDNUGAXCOLCRMHMEZMU  
 J VACATIONVOODBNLOSAR  
 CMRGCYWUANWTSWTIFVPC  
 DEOEGEKSARESHKACLGUO  
 RZFLWKVXGMRXMITJLPMM  
 HHSQMIBDNOSHNETPSBW  
 KICQXALWHXEMZLASEDMG  
 NSUZTMDARXGARDENIZKO

|            |          |        |
|------------|----------|--------|
| SMOOTHIES  | VACATION | SUMMER |
| POPSICLES  | LEMONADE | PICNIC |
| SUNSHINE   | OUTDOORS | BEACH  |
| SUN        | FLOWERS  | BIRD   |
| ICECREAMDS | GARDEN   |        |

• answers on the next page



## JUNE TRIVIA CORNER

- June is named after which Roman goddess?  
 A) Venus  
 B) Diana  
 C) Juno
- What is the birthstone for June?  
 A) Ruby  
 B) Pearl  
 C) Emerald
- Which Canadian province is known as the "Land of 100,000 Lakes"?  
 A) Manitoba  
 B) Ontario  
 C) Quebec
- What is the longest day of the year, usually occurring in June, called?  
 A) Equinox  
 B) Solstice  
 C) Eclipse

**Bonus Brain Teaser** 🤔  
 What has many keys but can't open a single lock?

• answers on the next page

What a wonderful month of activities and togetherness! Our residents have been enjoying a variety of programs and events that bring smiles, laughter, and connection to our community every day.

From music afternoons and craft sessions to group outings and social gatherings, there has been something for everyone. We love seeing residents try new things, reconnect with old friends, and welcome new neighbours into the fold.

Thank you to everyone who participated, volunteered, or cheered others on. Your energy and enthusiasm make every event special!



Events the month of May  
 Horticulture Therapy  
 Mother's Day Photoshoot  
 Drum Fit • WalkIn Wednesday  
 Victoria Day

## DID YOU KNOW?

🌻 Did You Know?  
 Sunflowers can grow over 10 feet tall and always turn toward the sun when they are young!

🍓 Did You Know?  
 Strawberries are the only fruit with seeds on the outside.

🇨🇦 Did You Know?  
 Canada has the longest coastline in the world.

## Brain Teaser

I have cities but no houses, forests but no trees, and rivers but no water.

What am I?

• answers on the next page

## Community Connections

### Recent Events & Celebrations

Our residents have been active and engaged in so many wonderful programs this past month. From themed socials and live entertainment to creative workshops and friendly competitions, the energy in our community has been truly uplifting.

We encourage everyone to check the activity calendar and join in whenever you can. Whether it's a morning coffee chat or an afternoon sing-along, every moment shared is a memory made.

