



INSPIRED SENIOR LIVING

# July 2023

## Carp Commons Retirement Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Happy Canada Day - Wear Red and White- 1</b> 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club (LO) 10:30 Canadian Trivia and Facts Competition- Prizes (PB) 1:00 Canada Day Party with the International Set at the Gazebo 1:00pm-2:00pm (G3F) 2:30 Coffee & Snacks in the Bistro are available (PB) 2:30 Special Canada Day JACKPOT Bingo (PB) 7:00 Canadian Documentary (T)
<b>2</b> 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Relaxing Sunday Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run Rummikub in the Bar! (PB) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Interactive Word Games! (T) 7:00 Sunday Night Classics (T)	<b>3</b> Hair Salon with Kelley (SS) 10:30 Strength & Endurance Exercise Class (CK) 1:30 Resident Run Card Games (PB) 1:30 Movie Matinee: A Great Canadian Film "Goin' Down The Road (1970)" (T) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 3:30 Canasta - Learn to play - *NEW (CK) 4:15 Tech Help with Steph (RSVP with Steph) (STS) 6:30 Learn to Play Pool with Locks and Allan (PB) 7:00 Monday Drama Movie Night (T)	<b>4</b> 9:30 Outing: Walmart Shopping-Fernbank (RSVP) 10:00 Carp Commons Men's Group! (T) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Crafters Corners: Canotype Print (ACW) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Chef Demo with Rob w/ Take Away Gift (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run: Learn how to play Shuffleboard (PB) 7:00 Documentary Movie Night (T)	<b>5</b> 10:00 The most talked about DAILY New York Times Wordle Game (T) 11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL) 11:00 Vendor: Maggie's Designs (GF) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Live Entertainment with The Carp Fiddlers and Jacqueline on the Spoons (CK) 4:00 Half Price Happy Hour Social and Billiards: Cherry Vodka Sodas (PB) 6:30 Resident Run Evening Euchre (PB) 7:00 Movie Night: Your Pick! (T)	<b>6</b> 9:00 Outing: Swimming at the Cardel Rec Centre (RSVP) 10:00 Church Service with Debbie Roi (T) 11:00 Strength & Endurance Exercise Class (CK) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:00 Blood Pressure Clinic (CK) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Scrabble Games! (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Stephanie (Please sign up with Stephanie) (STS) 7:00 Movie Night! (T)	<b>7</b> 10:15 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) 10:30 Chair Yoga with Penny (T) 11:30 Outing: Food Truck Fridays for Lunch & Scenic Drive to Scenic Spot for Lunch *New* (RSVP) 2:00 Artful Enrichment Painting Class (ACW) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Learn to Play Euchre! (PB) 3:15 Wine and Say Cheese Social! (PB) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)	<b>8</b> Carp Farmers Market (8:00am-1:00pm) *Fairgrounds* 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 9:30 The most talked about DAILY New York Times Wordle Game Weekend Edition (CK) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club (LO) 1:30 Resident Run Bridge (Theatre) (T) 2:30 Coffee & Snacks in the Bistro are available (PB) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Films (T)
<b>9</b> 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Relaxing Sunday Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run Rummikub in the Bar! (PB) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Interactive Word Games! (T) 7:00 Sunday Night Classics (T)	<b>10</b> Hair Salon with Kelley (SS) 10:30 Strength & Endurance Exercise Class (CK) 11:15 Word in a Word (T) 2:00 B-I-N-G-O! (PB) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB) 3:30 Canasta - Learn to play - *NEW (CK) 4:15 Tech Help with Steph (RSVP with Steph) (STS) 6:30 Learn to Play Pool with Locks and Allan (PB) 7:00 Monday Drama Movie Night (T)	<b>11</b> 9:00 Outing: Swimming at the Cardel Rec Centre (RSVP) 10:00 Carp Commons Men's Group! (T) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:00 Outing: Golfing (TBD on weather) (RSVP) 11:15 Strength & Stretch (Assisted Living) (2AR) 1:30 Resident Run Bridge (PB) 2:00 Crafters Corners: Making Lemon Soap (ACW) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:30 Let's Dance with a Zumba Class! (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 6:30 Resident Run: Learn how to play Shuffleboard (PB) 7:00 Documentary Movie Night (T)	<b>12</b> 10:00 The most talked about DAILY New York Times Wordle Game (T) 10:30 Crummiest Cakes Baking Club: Cherry Treats for the Cherry Social (CK) 11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Live Entertainment with Yvan Petit (G3F) 4:00 Half Price Happy Hour Social and Billiards: Cherry Vodka Sodas (PB) 6:30 Resident Run Evening Euchre (PB) 7:00 Movie Night: Your Pick! (T)	<b>13</b> 9:30 Outing: Breakfast at the Antrim Truck Stop and Shopping at Giant Tiger Downtown Arnprior (RSVP) 10:30 Strength & Endurance Exercise Class (CK) 11:00 Canuckle Canadian Version of Wordle(Created in Ottawa) (PB) 2:00 Fitminds Stay Sharp Brain Health (ACW) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Scrabble Games! (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Stephanie (Please sign up with Stephanie) (STS) 7:00 Movie Night! (T)	<b>14</b> 10:15 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) 10:30 Chair Yoga with Penny (T) 2:00 The History of Tea w/ Lianne Harris (T) 2:30 Coffee & Snacks in the Bistro are available (PB) 3:00 Learn to Play Euchre! (PB) 3:30 Latin Chair Dancing with Michael (CK) 4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO) 7:00 Friday Night You Pick Movie Night (T)	<b>15</b> Carp Farmers Market (8:00am-1:00pm) *Fairgrounds* 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 9:30 The most talked about DAILY New York Times Wordle Game Weekend Edition (CK) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Go 4 Life Walking Club (LO) 1:30 Resident Run Bridge (Theatre) (T) 2:30 Coffee & Snacks in the Bistro are available (PB) 2:30 MUSICAL Bingo (PB) 7:00 Award Winning Films (T)




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# July 2023

## Carp Commons Retirement Village



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) <b>16</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run Rummikub in the Bar! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Interactive Word Games! (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelley (SS) <b>17</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:15 Giant Group Crosswords (T)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:30 Canasta - Learn to play - *NEW (CK)</p> <p>4:15 Tech Help with Steph (RSVP with Steph) (STS)</p> <p>6:30 Learn to Play Pool with Locks and Allan (PB)</p> <p>7:00 Monday Drama Movie Night (T)</p>	<p>9:30 Outing: Shopping Walmart Fernbank &amp; Dollarama (RSVP) <b>18</b></p> <p>10:00 Carp Commons Men's Group! (T)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</p> <p>11:30 Summer BBQ for Residents and Staff (Gazebo) (G3F)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Crafters Corners: Hand Stamped Jewelry &amp; Polymer Clay Earrings (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Cottage Games &amp; Living, Loving, Local Cherry Spritzers on the Patio (G3F)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run: Learn how to play Shuffleboard (PB)</p> <p>7:00 Documentary Movie Night (T)</p>	<p>National Ice Cream Month! <b>19</b></p> <p>10:00 The most talked about DAILY New York Times Wordle Game (T)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (CK)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>2:45 Ice Cream Sundae's Bar(Make your own ice sundae's)- Sundae Social- (G3F)</p> <p>3:00 Learn to Play Crazy Eights w/Jill (G3F)</p> <p>3:30 Tai Chi Class (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Cherry Vodka Sodas (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>9:00 Outing: Swimming at the Cardel Rec Centre (RSVP) <b>20</b></p> <p>10:00 Church Service with Mary-Cate (T)</p> <p>11:00 Strength &amp; Endurance Exercise Class (CK)</p> <p>12:30 Outing: Classic Theatre Festival: Affairs of State by Louis Verneuil Tickets from \$25.20-\$36.00 (RSVP)</p> <p>2:00 Fitminds Stay Sharp Brain Health (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Scrabble Games! (CK)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Stephanie (Please sign up with Stephanie) (STS)</p> <p>7:00 Movie Night! (T)</p>	<p>10:15 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) <b>21</b></p> <p>10:30 Chair Yoga with Penny (T)</p> <p>11:30 Outing: Food Truck Fridays for Lunch &amp; Scenic Drive to Scenic Spot for Lunch *New* (RSVP)</p> <p>2:00 Learn to Play Euchre! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Wine and Say Cheese Social! (PB)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>Carp Farmers Market (8:00am-1:00pm) *Fairgrounds* <b>22</b></p> <p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB)</p> <p>9:30 The most talked about DAILY New York Times Wordle Game Weekend Editon (CK)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Go 4 Life Walking Club (LO)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Award Winning Films (T)</p>		
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) <b>23</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run Rummikub in the Bar! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Interactive Word Games! (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelley (SS) <b>24</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:15 Wacky Words Word Game (T)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:30 Canasta - Learn to play - *NEW (CK)</p> <p>4:15 Tech Help with Steph (RSVP with Steph) (STS)</p> <p>6:30 Learn to Play Pool with Locks and Allan (PB)</p> <p>7:00 Monday Drama Movie Night (T)</p>	<p>9:00 Outing: Swimming at the Cardel Rec Centre (RSVP) <b>25</b></p> <p>10:00 Carp Commons Men's Group! (T)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:00 Lunch and Shopping in Merrickville (RSVP)</p> <p>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Artful Painting Workshop: Cloudy Telephone Painting (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:30 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run: Learn how to play Shuffleboard (PB)</p> <p>7:00 Documentary Movie Night (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) <b>26</b></p> <p>10:30 Crummiest Cakes Baking Club (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (CK)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Live Classical Music with Sophie and Daniel (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Cherry Vodka Sodas (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>9:30 Outing: Shopping at Tanger Outlets (RSVP) <b>27</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Memory Concentration (PB)</p> <p>2:00 Fitminds Stay Sharp Brain Health (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Scrabble Games! (CK)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Stephanie (Please sign up with Stephanie) (STS)</p> <p>7:00 Movie Night! (T)</p>	<p>10:15 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) <b>28</b></p> <p>10:30 Chair Yoga with Penny (T)</p> <p>2:00 Healthy Minds Series: Astronomy Lectures with Gary Boyle (In-Person) (T)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Learn to Play Euchre! (PB)</p> <p>3:30 Latin Chair Dancing with Michael (CK)</p> <p>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>Carp Farmers Market (8:00am-1:00pm) *Fairgrounds* <b>29</b></p> <p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB)</p> <p>9:30 The most talked about DAILY New York Times Wordle Game Weekend Editon (CK)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Go 4 Life Walking Club (LO)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Award Winning Films (T)</p>		
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) <b>30</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run Rummikub in the Bar! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Interactive Word Games! (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelley (SS) <b>31</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:15 Giant Group Crosswords (T)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:30 Canasta - Learn to play - *NEW (CK)</p> <p>4:15 Tech Help with Steph (RSVP with Steph) (STS)</p> <p>6:30 Learn to Play Pool with Locks and Allan (PB)</p> <p>7:00 Monday Drama Movie Night (T)</p>					<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	<p><b>Locations Legend</b></p> <p>Pub/Bistro (PB)</p> <p>Theatre (T)</p> <p>Country Kitchen (CK)</p> <p>Outing (RSVP)</p> <p>Meet in the Lobby (LO)</p> <p>IN THE VILLAGE (VILL)</p> <p>Suite-to-Suite (STS)</p>	<p>Art and Craft Workshop (ACW)</p> <p>Gazebo(3rd Floor) (G3F)</p> <p>Salon/Spa (SS)</p> <p>2nd Floor Activity Room (2AR)</p> <p>Library/Lounge (LL)</p> <p>Ground Floor (GF)</p>