




INSPIRED SENIOR LIVING

# August 2023

## Carp Commons Retirement Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>10:00 Carp Commons Men's Group! (T) <b>1</b></p> <p>10:00 Lunch and Play at Upper Canada Village: Buying the Farm (Country Comedy) (RSVP)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Food for Thought Meeting with Rob, Darren and Kim (B)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Live Entertainment with Jumpin Jimmy! (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>10:00 The most talked about DAILY New York Times Wordle Game (T) <b>2</b></p> <p>10:30 Crummiest Cakes Baking Club: Blueberry Treats (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Artful Enrichment step-by-step: Painting of flowers in the style of French artist, Henri Matisse (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:00 Drumfit Exercise Class! (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Blueberry 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 Walmart Fernbank (Please RSVP at Reception) (RSVP) <b>3</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Exercise (Assisted Living) (2AR)</p> <p>2:00 Townhall Meeting with Darren (CK)</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>10:00 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) <b>4</b></p> <p>10:30 Chair Yoga with Penny (T)</p> <p>11:30 Outing: Food Truck Thursday for a Picnic on the Rideau River/Manotick (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>3:15 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>8:00 Carp Farmers Market (8:00am-1:00pm) (RSVP) <b>5</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 Go 4 Life Walking Club (LO)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</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>6</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</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>Civic Holiday <b>7</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>1:30 Resident Run Card Games (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>Hair Salon with Kelley (SS) <b>8</b></p> <p>10:00 Carp Commons Men's Group! (T)</p> <p>10:00 Outing: Thrift Store Shopping and Lunch at the Halibut House (RSVP)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Crafters Corners: 3D Wood Art (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>10:00 The most talked about DAILY New York Times Wordle Game (T) <b>9</b></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 Chef Demo with Rob: Making Pasta (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Blueberry Vodka Sodas (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>10:30 Strength &amp; Endurance Exercise Class (CK) <b>10</b></p> <p>11:00 Giant Group Crosswords (T)</p> <p>11:00 Outing: Lunch at The Point Dining Lounge in Constance Bay (OUTF)</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>10:00 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) <b>11</b></p> <p>10:30 Chair Yoga with Penny (T)</p> <p>11:30 Outing: Food Truck Fridays for Picnic Lunch &amp; Scenic Drive to Burnstown Beach (RSVP)</p> <p>2:00 "Bad Advertising" by Lianne (History Presentation) (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>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>4:00 Want to Dance? Learn a Tik Tok Dance with Steph (T)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>8:00 Carp Farmers Market (8:00am-1:00pm) (RSVP) <b>12</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 Go 4 Life Walking Club (LO)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</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>13</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</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>14</b></p> <p>*Steph is away this week on the road visiting other homes, please see Jill and Sabrina*</p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Wordle Game (T)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre (RSVP)</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>10:00 Carp Commons Men's Group! (T) <b>15</b></p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:00 Exercise Class (Assisted Living) (2AR)</p> <p>12:30 TBD Outing: Ladies afternoon at the Movie Theatres "Barbie" (RSVP)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Artful Enrichment Painting: Collaborative Acrylic Painting of a Blossoming Tree (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:15 Summer Lawn Games at the Gazebo &amp; Twisted Lemonade (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>10:00 The most talked about DAILY New York Times Wordle Game (T) <b>16</b></p> <p>10:30 Crummiest Cakes Baking Club- Let us know what you would like to bake- (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 Entertainment with Dai Bassett (the singing farmer) (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Blueberry Vodka Sodas (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>10:00 Church Service (T) <b>17</b></p> <p>11:00 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:30 Outing: Food Truck Thursday for Picnic Lunch &amp; Scenic Drive to Arnprior Beach and Wes's Chips (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>10:00 Memory Care Scenic Country Drive 10:30am-11:45am (RSVP) <b>18</b></p> <p>10:30 Chair Yoga with Penny (T)</p> <p>11:00 Outing: Lunch and Scenic drive to Riverhouse Vineyards and Winery (Maberley/Tay River) (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>3:15 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>8:00 Carp Farmers Market (8:00am-1:00pm) (RSVP) <b>19</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 Go 4 Life Walking Club (LO)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</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>




INSPIRED SENIOR LIVING

# August 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>20</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</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>21</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Wordle Game (T)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre (RSVP)</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: 1000 Island Cruise from Gananoque and Lunch (Wheelchair Accessible) (RSVP) <b>22</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 Exercise Class (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Crafters Corners: Metal Stamping/ Jewelry Making (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>23</b></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 Entertainment with Bob &amp; Don (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Blueberry 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 Walmart Fernbank (Please RSVP at Reception) (RSVP) <b>24</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Word in Word Game (T)</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>9:30 Memory Care Trip-Picnic and Boating (RSVP) <b>25</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>4:00 Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>4:00 Want to Dance? Learn a Tik Tok Dance with Steph (T)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>8:00 Carp Farmers Market (8:00am-1:00pm) (RSVP) <b>26</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 Edition (CK)</p> <p>10:00 Go 4 Life Walking Club (LO)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</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>27</b></p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Relaxing Sunday Hymn Sing (T)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</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>28</b></p> <p>10:30 Strength &amp; Endurance Exercise Class (CK)</p> <p>11:00 Wordle Game (T)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre (RSVP)</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: Walmart Fernbank (RSVP) <b>29</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>1:30 Resident Run Bridge (PB)</p> <p>2:00 Art Presentation: "The Most Expensive Artworks" (ACW)</p> <p>2:30 Coffee &amp; Snacks in the Bistro are available (PB)</p> <p>3:15 Summer Lawn Games at the Gazebo &amp; Popsicles (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>30</b></p> <p>10:30 Crummiest Cakes Baking Club-Dog Treats- (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 Entertainment with Bruce Baker in the Country Kitchen (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Blueberry Vodka Sodas (PB)</p> <p>6:30 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>10:30 Strength &amp; Endurance Exercise Class (CK) <b>31</b></p> <p>11:00 Wacky Word Puzzles (T)</p> <p>2:00 Fitminds Stay Sharp Brain Health (ACW)</p> <p>2:00 National Dog Day Special Puppy Yoga (CK)</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><b>SUNDAY</b> <b>AUG 6</b></p> <h3>National Friendship Day</h3>	



**WEDNESDAY**  
**AUG 8**

## International Cat Day

# Be Social

- ### Locations Legend
- Pub/Bistro (PB)
  - Theatre (T)
  - Country Kitchen (CK)
  - Outing (RSVP)
  - Meet in the Lobby (LO)
  - Art and Craft Workshop (ACW)
  - Suite-to-Suite (STS)

- IN THE VILLAGE (VILL)
- 2nd Floor Activity Room (2AR)
- Library/Lounge (LL)
- Salon/Spa (SS)
- Boardroom (B)
- Outfront (OUTF)

- ### Calendar Legend
- Outing
  - Special Program
  - Living, Loving, Local
  - Signature Program