

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Emotional</b></p> <p><b>Intellectual</b></p> <p><b>Physical</b></p> <p><b>Purposeful</b></p> <p><b>Social</b></p> <p><b>Spiritual</b></p>	<p><b>Location Keys</b></p> <p>3rd Floor Activity Room 3AR</p> <p>Activity Room AR</p> <p>Bistro/Bar B</p> <p>Country Kitchen CK</p> <p>Dining Room DR</p> <p>Fireside Lounge FL</p> <p>Lower Level LL</p> <p>Meet at Entrance E</p> <p>Parkette PRK</p> <p>Patio P</p> <p>Salon/Spa S</p> <p>Theatre/Chapel TC</p>	<p><b>PINK - Services Offered</b></p> <p>GREY - Vendors</p> <p><b>LIGHT BLUE - Outings</b></p> <p><b>BLUE - Musical Entertainment</b></p> <p><b>GREEN - Living Loving Local</b></p> <p><b>ORANGE - Resident Meetings</b></p>	<p><b>Beautiful You Salon &amp; Spa</b></p> <p><b>Hours of Operation:</b></p> <p><b>Wednesdays 9:30am-3:30pm</b></p> <p><b>Thursdays 9:30am-3:30pm</b></p> <p>All appointments and payments are made with the Salon directly. For the Salon's contact information, please stop by Reception.</p> <p><b>*NEW STYLIST ON STAFF.*</b></p>	<p>All activity locations and times are subject to change. Please refer to the daily activity posters in the elevators and outside the Dining Room for the most up-to-date information.</p> <p><b>Thank you!</b></p>	<p><b>Intergenerational Day 1</b></p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:15 😊 Advice from Kids Videos [TC]</p> <p>2:00 🌸 Ice Cream on the Patio! [P]</p> <p>3:00 😊 Comedy &amp; Laughter with Gloria [TC]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 Euchre Club [CK]</p> <p>7:00 🧠 Documentary Night: Secrets of Her Majesty's Secret Service [TC]</p>	<p><b>Festa Della Repubblica (Italian Day) 2</b></p> <p>9:15 🌸 Pick Up for Bread &amp; Honey Parade PARTICIPANTS (Sign-Up Required) [E]</p> <p>9:30 🌸 Bread &amp; Honey Festival Parade (Sign-Up Required) [E]</p> <p>2:00 🌸 Italian Day Celebration! [CK]</p> <p>3:30 🧠 Toonie Bingo *Time Change Today* [CK]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 😊 Movie Night: The Legend of Tarzan [TC]</p>
<p>10:00 🌞 <b>Interfaith Prayer Circle [AR]</b> 3</p> <p>10:30 🌸 Men's Coffee Club [B]</p> <p>11:00 🌞 Communion [TC]</p> <p>2:15 🌿 GIANT Bowling [FL]</p> <p>3:00 🧠 Jeopardy [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🎬 Movie Night: Breathe [TC]</p>	<p>9:30 🧠 <b>Chiropodist [S]</b> 4</p> <p>10:30 🌿 <b>Go4Life Walking Club [E]</b></p> <p>11:15 🧠 Travel &amp; Trivia: West Coast Canada [TC]</p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>2:00 🌿 Fall Prevention Class [AR]</p> <p>3:00 😊 Cocktails &amp; Carol Burnett [B]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 TV Series: The Story of Diana [TC]</p>	<p>10:30 🌿 <b>Go4Life Walking Club [E]</b> 5</p> <p>11:00 🌿 Garden Club [P]</p> <p>1:30 🧠 Watch &amp; Learn Series: Cherry Blossoms in Full Bloom [TC]</p> <p>2:00 🌿 Knit &amp; Natter [CK]</p> <p>2:15 🧠 Bridge Club [CK]</p> <p>3:00 😊 Karaoke! [TC]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 😊 TV Series: Murdoch Mysteries [TC]</p>	<p>8:00 🌸 <b>Lisa &amp; Gord Make Breakfast [CK]</b> 6</p> <p>10:00 🌸 <b>Vendor: Golden Age Apparel [LL]</b></p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:00 🧠 <b>Guest Speaker: The Benefits of Reiki [TC]</b></p> <p>2:00 🧠 <b>Meet Me at the MoMA: Lecture on Romare Bearden [TC]</b></p> <p>3:00 🧠 Scattergories Word Game [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 Canasta Club [CK]</p>	<p>9:00 🌿 <b>Provincial Election: Vote Today (Polls Open Until Noon) [CK]</b> 7</p> <p>10:30 🌿 <b>Go4Life Walking Club [E]</b></p> <p>10:30 🌞 Rosary [TC]</p> <p>11:00 🌿 Carpet Bowling [FL]</p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>1:30 🧠 Tech Help (Sign-Up Required)</p> <p>2:00 🌿 Tai Chi Class *Location Change Today* [CK]</p> <p>3:00 🧠 Bingo for Sweets [B]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 😊 TV Series: The Winds of War [TC]</p>	<p>10:30 🌿 Chairobics [AR] 8</p> <p>11:15 🧠 TED Talks Lecture &amp; Discussion [TC]</p> <p>12:00 🌸 <b>New Residents &amp; Ambassador Club Luncheon [CK]</b></p> <p>2:00 🌸 Lemonade on the Patio! [P]</p> <p>3:00 🧠 Things That Go Together Game [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 Documentary Night: Secrets of Underground London [TC]</p> <p>7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🌿 Gentle Chairobics [AR] 9</p> <p>10:45 😊 <b>Java Music Club [CK]</b></p> <p>1:30 🌸 <b>Walk to Murphy's for Ice Cream (Sign-Up Required) [E]</b></p> <p>2:00 🧠 Toonie Bingo [CK]</p> <p>3:00 🧠 Name That Tune [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 😊 Movie Night: Erin Brockovich [TC]</p>
<p>10:30 🌸 Men's Coffee Club [B] 10</p> <p>11:00 🌞 Communion [TC]</p> <p>2:15 🌿 Paper Airplane Throwing Contest [CK]</p> <p>3:00 🧠 Jeopardy [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🎬 Movie Night: Miracles from Heaven [TC]</p>	<p>10:00 🌸 <b>Vendor: Traditions Alive [LL]</b> 11</p> <p>10:30 🌿 <b>Resident Council Meeting [AR]</b></p> <p>11:00 🌿 <b>Resident Forum [AR]</b></p> <p>1:30 🌿 <b>Go4Life Walking Club *Time Change Today* [E]</b></p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>2:00 🌿 Fall Prevention Class [AR]</p> <p>3:00 🧠 The Group of Seven Presentation [TC]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 TV Series: The Story of Diana [TC]</p>	<p>10:30 🌿 <b>Go4Life Walking Club [E]</b> 12</p> <p>11:00 🌿 Garden Club [P]</p> <p>1:30 🧠 Watch &amp; Learn Series: The History of the Tie [TC]</p> <p>2:00 🌸 <b>We Raised Over \$16000 for the Alzheimer's Society, Let's Celebrate!!! [PRK]</b></p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 😊 TV Series: Murdoch Mysteries [TC]</p>	<p>10:30 🌿 Chairobics [AR] 13</p> <p>11:15 🌞 Bible Study [FL]</p> <p>2:00 😊 <b>Meet Me at the MoMA: Painting "The Dove" [CK]</b></p> <p>3:00 🌸 <b>Strawberry Social! [B]</b></p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 😊 <b>Entertainment w/ Joe Thomson! [FL]</b></p> <p>7:00 🧠 Canasta Club [CK]</p>	<p>10:30 🌿 <b>Go4Life Walking Club [E]</b> 14</p> <p>10:30 🌞 Rosary [TC]</p> <p>11:00 🌿 Carpet Bowling [FL]</p> <p>1:00 🌸 <b>Shopping at Erin Mills Town Centre (Sign-Up Required) [E]</b></p> <p>1:00 🌸 <b>Physiotherapy Assessments (Sign-Up Required)</b></p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>2:00 🌿 Tai Chi Class [AR]</p> <p>3:00 🧠 Bingo for Sweets [B]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>6:00 🌸 <b>FIFA World Cup Kickoff Party!! Russia vs. Saudi Arabia [TC]</b></p> <p>7:00 😊 TV Series: The Winds of War [TC]</p>	<p>10:30 🌿 Chairobics [AR] 15</p> <p>11:15 🧠 TED Talks Lecture &amp; Discussion [TC]</p> <p>1:30 🌿 <b>Baking Club: Strawberry Shortcake [CK]</b></p> <p>3:00 🌸 <b>Billiards &amp; Beer at the Streetsville Legion (Sign-Up Required) [E]</b></p> <p>3:00 😊 Artist of the Hour [TC]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 🧠 Documentary Night: Secrets of Selfridges [TC]</p> <p>7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🌿 Gentle Chairobics [AR] 16</p> <p>10:45 😊 <b>Java Music Club [CK]</b></p> <p>1:30 🧠 Word Twist [TC]</p> <p>2:00 🧠 Toonie Bingo [CK]</p> <p>3:00 🧠 Finish the Lyrics... [FL]</p> <p>3:45 🌸 Happy Hour [B]</p> <p>4:00 🌸 On This Day in History... [FL]</p> <p>7:00 😊 Movie Night: Far From the Madding Crowd [TC]</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Father's Day 17</b></p> <p>10:00 ☀️ <b>Interfaith Prayer Circle [AR]</b></p> <p>10:30 ☕ <b>Men's Coffee Club [B]</b></p> <p>11:00 ☀️ <b>Communion [TC]</b></p> <p>12:00 ☕ <b>Father's Day BBQ &amp; Blue Jay Day! (Guest Reservations Required) [P]</b></p> <p>1:00 ☕ <b>Blue Jays @ Nationals [TC]</b></p> <p>3:00 🧠 <b>Sports Themed Trivia Challenge! [FL]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🎬 <b>Movie Night: Jersey Girl [TC]</b></p>	<p><b>Chiroprapist [S] 18</b></p> <p>9:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>11:15 🧠 <b>Travel &amp; Trivia: Central Canada [TC]</b></p> <p>1:30 🚶 <b>Gentle Stretch Class [3AR]</b></p> <p>2:00 🚶 <b>Fall Prevention Class [AR]</b></p> <p>3:00 🧠 <b>Get Growing Workshop: Pollinators in the Garden [CK]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🧠 <b>TV Series: The Story of Diana [TC]</b></p>	<p><b>Go4Life Walking Club [E] 19</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>11:00 🌿 <b>Garden Club [P]</b></p> <p>1:30 🧠 <b>Watch &amp; Learn Series: Reducing Plant Extinction [TC]</b></p> <p>2:00 🌿 <b>Knit &amp; Natter [CK]</b></p> <p>2:15 🧠 <b>Bridge Club [CK]</b></p> <p>3:00 😊 <b>Karaoke! [TC]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>6:00 😊 <b>Pet Visit from Harley [3AR]</b></p> <p>7:00 ☕ <b>Credit River Campout! [PRK]</b></p> <p>7:00 😊 <b>TV Series: Murdoch Mysteries [TC]</b></p>	<p><b>Country Day! Wear Your Plaid Shirts, Blue Jeans, and Boots! 20</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>11:00 ☀️ <b>United Church Service [FL]</b></p> <p>2:00 🧠 <b>Meet Me at the MoMA: Lecture on Rene Magritte [TC]</b></p> <p>3:00 ☕ <b>Country Hoedown w/ Steve Angel! [CK]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🧠 <b>Canasta Club [CK]</b></p>	<p><b>Go4Life Walking Club [E] 21</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>10:30 ☀️ <b>Rosary [TC]</b></p> <p>11:00 🚶 <b>Carpet Bowling [FL]</b></p> <p>1:30 🚶 <b>Gentle Stretch Class [3AR]</b></p> <p>1:30 🧠 <b>Tech Help (Sign-Up Required)</b></p> <p>2:00 🚶 <b>Tai Chi Class [AR]</b></p> <p>3:00 🧠 <b>Bingo for Sweets [B]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>5:30 🚶 <b>Outing to the Brogue Inn: Celtic Tunes &amp; Dinner (Sign-Up Required) [E]</b></p> <p>7:00 😊 <b>TV Series: The Winds of War [TC]</b></p>	<p><b>Chairobics [AR] 22</b></p> <p>10:30 🚶 <b>Chairobics [AR]</b></p> <p>11:15 🧠 <b>TED Talks Lecture &amp; Discussion [TC]</b></p> <p>2:00 ☕ <b>Mimosas on the Patio! [P]</b></p> <p>3:00 ☕ <b>Afternoon Tea Party (Sign-Up Required) [FL]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🧠 <b>Documentary Night: Secrets of Scotland Yard [TC]</b></p> <p>7:00 🧠 <b>Euchre Club [CK]</b></p>	<p><b>Walk Through Saddington Park (Sign-Up Required) [E] 23</b></p> <p>10:00 🚶 <b>Walk Through Saddington Park (Sign-Up Required) [E]</b></p> <p>10:45 😊 <b>Java Music Club [CK]</b></p> <p>1:30 🧠 <b>Word Twist [TC]</b></p> <p>2:00 🧠 <b>Toonie Bingo [CK]</b></p> <p>3:00 🧠 <b>Watch &amp; Learn: The Rocky Mountaineer [TC]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 😊 <b>Movie Night: Patch Adams [TC]</b></p>
<p><b>Men's Coffee Club [B] 24</b></p> <p>10:30 ☕ <b>Men's Coffee Club [B]</b></p> <p>11:00 ☀️ <b>Communion [TC]</b></p> <p>2:00 😊 <b>Student Recital w/ Kati Pearson [FL]</b></p> <p>3:00 🧠 <b>Jeopardy [FL]</b></p> <p>3:30 ☀️ <b>Anglican Church Service [TC]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🎬 <b>Movie Night: 28 Days [TC]</b></p>	<p><b>Go4Life Walking Club [E] 25</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>11:15 🧠 <b>Travel &amp; Trivia: East Coast Canada [TC]</b></p> <p>1:30 🚶 <b>Gentle Stretch Class [3AR]</b></p> <p>2:00 🚶 <b>Fall Prevention Class [AR]</b></p> <p>3:00 ☕ <b>June Birthday Party! [CK]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🧠 <b>TV Series: The Story of Diana [TC]</b></p>	<p><b>Go4Life Walking Club [E] 26</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>11:15 🌿 <b>Garden Club [P]</b></p> <p>1:30 🧠 <b>Watch &amp; Learn Series: All About Strawberries [TC]</b></p> <p>2:00 🌿 <b>Knit &amp; Natter [CK]</b></p> <p>2:15 🧠 <b>Bridge Club [CK]</b></p> <p>3:00 🌿 <b>Resident Lecture Series: Paul's Career Quilt [TC]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>6:00 😊 <b>Pet Visit from Harley [3AR]</b></p> <p>7:00 😊 <b>TV Series: Murdoch Mysteries [TC]</b></p>	<p><b>Yoga w/ Asha [AR] 27</b></p> <p>10:30 ☀️ <b>Yoga w/ Asha [AR]</b></p> <p>11:30 ☀️ <b>Bible Study [FL]</b></p> <p>2:00 😊 <b>Meet Me at the MoMA: Painting "The Empire of Light" [CK]</b></p> <p>3:00 😊 <b>Entertainment w/ Violinist &amp; Pianist, Leslie Anne Taylor! [FL]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>5:00 ☕ <b>Living Loving Local: Strawberry Themed Dinner [DR]</b></p> <p>7:00 🧠 <b>Thread Talks: Learn About Islam [TC]</b></p> <p>7:00 🧠 <b>Canasta Club [CK]</b></p>	<p><b>Men's Club Breakfast (Sign-Up Required) [B] 28</b></p> <p>8:30 ☕ <b>Men's Club Breakfast (Sign-Up Required) [B]</b></p> <p>10:30 🚶 <b>Go4Life Walking Club [E]</b></p> <p>10:30 ☀️ <b>Rosary [TC]</b></p> <p>11:00 🚶 <b>Carpet Bowling [FL]</b></p> <p>1:30 🚶 <b>Gentle Stretch Class [3AR]</b></p> <p>1:30 🧠 <b>Tech Help (Sign-Up Required)</b></p> <p>2:00 🚶 <b>Tai Chi Class [AR]</b></p> <p>3:00 🧠 <b>Bingo for Sweets [B]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 😊 <b>TV Series: The Winds of War [TC]</b></p>	<p><b>Chairobics [AR] 29</b></p> <p>10:30 🚶 <b>Chairobics [AR]</b></p> <p>11:15 🧠 <b>TED Talks Lecture &amp; Discussion [TC]</b></p> <p>2:00 😊 <b>Riverwood Art Class Comes to Credit River! (Sign-Up Required) [CK]</b></p> <p>3:30 🌿 <b>July Program Meeting [TC]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 🧠 <b>Euchre Club [CK]</b></p> <p>7:00 🧠 <b>Documentary Night: Secrets of Her Majesty's Secret Service [TC]</b></p>	<p><b>Gentle Chairobics [AR] 30</b></p> <p>10:00 🚶 <b>Gentle Chairobics [AR]</b></p> <p>10:45 😊 <b>Java Music Club [CK]</b></p> <p>1:30 🧠 <b>Word Twist [TC]</b></p> <p>2:00 🧠 <b>Toonie Bingo [CK]</b></p> <p>3:00 ☕ <b>Guess the Resident Game! (Submit an Old Photo to Lisa) [FL]</b></p> <p>3:45 ☕ <b>Happy Hour [B]</b></p> <p>4:00 ☕ <b>On This Day in History... [FL]</b></p> <p>7:00 😊 <b>Movie Night: Fried Green Tomatoes [TC]</b></p>

**Living Loving Local**

Each month we feature a local food that is in season. For June, it's all about STRAWBERRIES! an eye out for our fun LLL activities this month listed in green!

**DID YOU KNOW THAT STRAWBERRY LEAVES...**



- ❖ Have properties to promote proper digestion.
- ❖ Aid in reducing bloating.
- ❖ Can help relieve the aches and pains of arthritis.
- ❖ Help to soothe an upset stomach.
- ❖ Are rich in vitamin C for healthy skin.
- ❖ Have antibacterial and antifungal properties.

TIP: You can dry your organic strawberry leaves and brew them as a tea!

**Guess the Resident Game!**

Submit an old photo of yourself to Lisa (Life Enrichment Manager) by June 29. We're going to come together and guess who is who! The best part? Whoever guesses the most faces correctly, wins the GRAND PRIZE!!!

**When: Saturday, June 30 @ 3:00pm**  
**Where: Fireside Lounge**

DON'T LOOK BACK.  
YOU'RE NOT GOING THAT WAY.

