



June 2025



Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
9:30 Exercise Video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "The Mysteries of Earth Largest Ocean" World Ocean Day BC Seniors' Week	9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 10:30 Resident Council Meeting (AR) 2:00 Board Games (AR)	9:30 Exercise with Sarah: (AR) Sit & Fit 2:30 Happy Hour (New Time) (L) 3:30 Summer Games on the Patio (P)	9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & Chat (L) ★ Shopping trip to Hillside Mall 1:00pm - 3:00pm Meet at Front Desk	9:30 Exercise with Sarah: (AR) Improve Mobility ★ Mini Golf trip to Blenkinsop Adventure Golf 1:00 - 4:00pm 6:30 Dessert & Documentary: (L) "Unseen Amazon"	9:30 Exercise Video: (AR) Zumba (AR) 10:15 Nails & Spa by Bushra (AR) 2:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) "Jungles" 7:00 Popcorn & Movie: (L) "Simon Birch"
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
9:30 Exercise Video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "The Seven Year Itch"	9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 2:00 Board Games (AR)	9:30 Exercise with Sarah: (AR) Sit & Fit 1:30 Resident General Meeting (AR) 2:30 Happy Hour (New Time) (L) 3:30 Summer Games on the Patio (P)	9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & Chat (L) Heart Pharmacy- Pain Management Information Seminar at 1:30pm in the Activity Room	9:30 Exercise with Sarah: (AR) Improve Mobility Summer Kick Off Celebration with a BBQ Lunch & music by Seabreeze 3:00 - 4:00 pm on the Patio 6:30 Dessert & Documentary: (L) "Rivers of Death"	9:30 Exercise Video: (AR) Disco Music Workout 10:15 Nails & Spa by Bushra (AR) 2:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) "Desert Seas" 7:00 Popcorn & Movie: (L) "Trans Canada Summer"
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
9:30 Exercise video: (AR) Chair Yoga Father's Day Brunch Regular Lunch Seatings 1:00 Afternoon Movie: (L) "The Bucket List" Father's Day	9:30 Exercise video: (AR) Full Body stretch 10:00 Morning Coffee & Chat (L) 2:00 Board games (AR) Hearing Aid Seminar & Clinic by Ajit at 3:00pm in the Activity Room	9:30 Exercise with Sarah: (AR) Sit & Fit 2:30 Happy Hour (New Time) (L) 3:30 Summer Games on the Patio (P)	9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & Chat (L) Walking Trip to Beacon Hill Park 1:00- 3:30pm ★	9:30 Exercise with Sarah: (AR) Improve Mobility Downsizing Seminar & Workshop 2:00 - 4:00 pm in the Activities Room 6:30 Dessert & Documentary: (L) "Biscayne: Coral Reef & Florida Keys"	9:30 Exercise video: (AR) Zumba 10:15 Nails & Spa by Bushra (AR) 2:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Exercise Video: (AR) Sit & Fit 1:30 National Geographic: (L) "Wildlife Warriors" 7:00 Popcorn & Movie: (L) "Won't you be my neighbour" Summer Solstice
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
9:30 Exercise video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "Mr. Magoo" Gardening Club Meeting at 2:00 pm on the patio	9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 2:00 Board Games (AR)	9:30 Exercise with Sarah: (AR) Sit & Fit Ice Cream Social hosted by Comfort Keepers at 2:00pm on the Patio 2:30 Happy Hour (New Time) (L) 3:30 Summer Games on the Patio (P)	9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & chat (L) Resident Birthday Tea & Music with "Whiskey Jack" at 3:00pm in the Dining Room	9:30 Exercise with Sarah: (MR) Improve Mobility 1:30 Resident Culinary Meeting (AR) 6:30 Dessert & Documentary: (L) "Our Planet"	9:30 Exercise Video: (AR) Disco Music Workout 10:15 Nails & Spa by Bushra (AR) 2:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Exercise Video: (AR) Sit & Fit 1:30 National geographic: (L) "Islands of Fire" 7:00 Popcorn & Movie: (L) "The Aeronauts"
Sunday 29	Monday 30	Location Key AR- Activity Room L- Lounge DR- Dining Room P-Patio FD- Front Desk				
9:30 Exercise Video : Chair Yoga (AR) 1:00 Afternoon Movie: (L) "The Adventures of Priscilla Queen of the Desert" Pride Day	9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 2:00 Board Games (AR)	★ Sign Up Sheets You will see a star beside the activity or outing on this calendar if <u>sign-up is required</u> .				