










The Peninsula July Activity Calendar 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Canada Day 1 10am- Bus Departs for Parade 10am – Exercise Class 11am – Shuffleboard 11:30am - Canada Day Parade 1:30pm - Tai Chi 5pm- Canada Day Theme Dinner	10am- Emergency Evacuation Drill 2 10am - Chair Yoga 1:30pm – Bingo 6:30pm – Entertainment by Brandy Moore	1:30pm - Chair Zumba 3 2pm - Knit & Chat 3:30pm – Scrabble	10am- Senior Sing-Along 11am - Active Minds 1:30pm - Exercise with Deron 2pm - Bob Williamson on Piano 2 - 2:30pm – Ice Cream Treats 2:30pm - Dominoes	1:30pm - Movie Matinee 5 Title – Netflix Title- SLEEPLESS IN SEATTLE 
10:30am - Worship Service 6 1:30pm – Movie Matinee Anne with an E S3 9&10	11am – Shuffleboard 7 10am - Tai Chi 1:15pm – Guest Speakers Dr. Tobia & Sasha Zhang from the Regen Clinic on Red Light Therapy	10am - Exercise with Andrea 8  2pm - Music with Maudie	10am - Chair Yoga 9  1:30pm – Bingo	10am- Grocery Shuttle Return Pickup at 11:30am 10 1:30pm - Chair Zumba 2pm - Knit & Chat 3:30pm – Scrabble	10am- Senior Sing-Along 11 10am- Beltone Hearing 11am - Active Minds 1:30pm - Exercise with Deron 2:30pm – Dominoes	1:30pm - Movie Matinee DVD Title – THE PROPOSAL 
10:30am - Worship Service 13 1:30pm – Netflix Movie Matinee MAN ON THE INSIDE 1,2,3,	11am – Shuffleboard 14 10am - Tai Chi 1:30pm – Guest Speaker Dean Mills – Topic: The Peoples of Saanich	10am - Exercise with Andrea 15 2pm- Peninsula Birthday Tea Entertainment by KingmiXers Trio	10am - Chair Yoga 16  1:30pm – Bingo	10:45pm – J.O.Y. Group Outing to: Spitfire Grill 17 1:30pm - Chair Zumba 2pm - Knit & Chat 2:30pm-Men’s Coffee Chat at Norgarden 3:30pm – Scrabble	10am- Senior Sing-Along 18 10:45am – Men’s Group Outing to: Spitfire Grill 11am - Active Minds 1:30pm - Exercise with Deron 2 - 2:30pm – Ice Cream Treats 2:30pm – Dominoes	1:30pm - Movie Matinee DVD Title – BEING JULIA 
10:30am - Worship Service 20 1:30pm – Netflix Movie Matinee MAN ON THE INSIDE 4,5,6,	11am – Shuffleboard 21  10am - Tai Chi	10am - Exercise with Andrea 22 3pm - One Hour Scenic Bus Ride	10am - Chair Yoga 23  1:30pm – Bingo	2pm - Knit & Chat 24 3:30pm – Scrabble 5pm- Tropical Luau Theme Dinner	10am- Senior Sing-Along 25 11am - Active Minds 1:30pm – Hawaiian Dance Performance 2:30pm - Exercise with Deron 2:30pm – Dominoes 3pm- Bob Williamson on Piano	1:30pm - Movie Matinee Netflix Title – NONNAS 
10:30am - Worship Service 27 1:30pm – Movie Matinee MAN ON THE INSIDE 7,8	11am – Shuffleboard 28  10am - Tai Chi	10am - Exercise with Andrea 29 10am – Hillside Mall Return Pick up at 1:30pm	9am- Bus Departing for Chemainus Theatre Ticket Holder Only 30 10am - Chair Yoga	10am- Grocery Shuttle Return Pickup at 11:30am 31 1:30pm - Chair Zumba 2pm - Knit & Chat 3:30pm – Scrabble	The Peninsula Self-Serve Fireside Coffee Bar Open Daily from 11am - 3pm Cookies Available at 1pm 