



June 2026



	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Stand and Fit (AR) 10:30 Spring Walk & Talk (FD) 10:30 Residents Only Meeting (AR) 2:30 Veteran's Gathering (L) 1:00 Learn to Drum with Community Drums Music (AR) 1:00 "Petticoat Junction" Ep: 14 (L) 7:00 Game Night! (AR)	Riyanshi Deshwal (AR) 9:30AM - 10:30AM Full Body Exercise	9:30 Exercise Video: (AR) Strength & Stretch 2:00 Chef Demonstration: Cupcakes Decorating (AR) 6:30 Dessert & Documentary: "Becoming..The Beatles" (L)	9:30 Exercise Video: (AR) Full Body Stretch 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Exercise Video: (AR) Sit and Fit 1:30 Armchair Travelers: "Armchair Travel- China" 7:00 Popcorn & Movie: "Grease" (L)
Sunday 7 9:30 Exercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: "Edie" (L)	Monday 8 9:30 Exercise Video: (AR) Full Body Stretch 2:00 CNIB Presentation (AR) Talking about Eye Health, Programs and Services Trivia & Word Game Night At 7PM in the Lounge	Tuesday 9 9:30 Exercise Video: (AR) Stand and Fit 1:00 "Petticoat Junction" Ep: 15 (L) 2:30 Veteran's Gathering (L) 7:00 Game Night! (AR)	Wednesday 10 Riyanshi Deshwal (AR) 9:30AM - 10:30AM 1:00 Presentation By Clem "The Glories of Paris" (AR) 2:00 National Iced Tea Day Come to the patio to enjoy some Ice Tea!	Thursday 11 9:30 Exercise Video: (AR) Strength & Stretch Kids Choir by Doncaster Kids by Doncaster Kids At 10:45 AM (L) 1:00 Residents Culinary Meeting (AR) 2:30 Euchre Game with Dave! (AR) 6:30 Dessert & Documentary: "Race" (L)	Friday 12 9:30 Exercise Video: (AR) Full Body Stretch 10:30 Canada Scooter (AR) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 13 9:30 Exercise Video: (AR) Sit and Fit 2:00 G.R.I.T. Gardening Group Meet in the Garden (G) 1:30 National Geographic: "Wild Canada - The Wild West" 7:00 Popcorn & Movie: "A Family Thing" (L)
Sunday 14 9:30 Exercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: "Personally Your" (L) 1:00 Pool Challenge (GR)	Monday 15 9:30 Exercise Video: (AR) Full Body Stretch Trivia & Word Game Night At 7PM in the Lounge	Tuesday 16 9:30 Exercise Video: (AR) Stand and Fit 10:30 Spring Walk & Talk (FD) 1:00 60s Music Bingo (AR) 1:00 "Petticoat Junction" Ep: 16 (L) 2:30 Veteran's Gathering (L) 7:00 Game Night! (AR)	Wednesday 17 Riyanshi Deshwal (AR) 9:30AM - 10:30AM Full Body Exercise 1:00 Residents General Meeting (AR) Birthday Tea Brian Porter 2-3pm	Thursday 18 9:30 Exercise Video: (AR) Strength & Stretch Summer Appreciation BBQ Invite Families & Meet in the Patio 12:00 - 2pm 6:30 Dessert & Documentary: "Inside the Mind of a Dog" (L)	Friday 19 9:30 Exercise Video: (AR) Full Body Stretch 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 20 9:30 Exercise Video: (AR) Sit and Fit 1:30 Armchair Travelers: "Armchair Travel- France" 7:00 Popcorn & Movie: "Intersellar" (L)
Sunday 21 First Day of Summer! 9:30 Exercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: "A Star is Born" Farther's Day Celebration with Music At 2PM in the Patio by the Malahat Musical Medicine Show	Monday 22 9:30 Exercise Video: (AR) Full Body Stretch 10:30 COVID Vaccines By Heart Pharmsave (AR) 2:00 Crossword & Treats Social (L) Trivia & Word Game Night At 7PM in the Lounge	Tuesday 23 9:30 Exercise Video: (AR) Stand and Fit 10:30 Luxcare Craft: Summer Hats (AR) 1:00 "Petticoat Junction" Ep: 17 (L) 2:30 Veteran's Gathering (L) 7:00 Game Night! (AR)	Wednesday 24 Riyanshi Deshwal 9:30-10:30 (AR) 10:30 Bring your Best Mug (PD) Sip, Snack & Social The History of Japanese Gardens Presentation in the Activity Room at 1:00 PM Beacon Hill Petting Zoo Meet in the Lobby At 1:30PM	Thursday 25 9:30 Exercise Video: (AR) Strength & Stretch Shuffleboard Staff vs Residents!! In the Activity Room At 2:00 6:30 Dessert & Documentary: "The Ivory Game" (L)	Friday 26 9:30 Exercise Video: (AR) Full Body Stretch 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 27 9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: "Gulf of Mexico (Full Episode)" 7:00 Popcorn & Movie: "Music within" (L)
Sunday 28 9:30 Exercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: "Catch and Release" (L) 1:00 Pool Challenge (GR)	Monday 29 9:30 Exercise Video: (AR) Full Body Stretch 1:30 Afternoon Knitting (AR) Trivia & Word Game Night At 7PM in the Lounge	Tuesday 30 9:30 Exercise Video: (AR) Stand and Fit Element Casino Meet in the Lobby at 1:30 1:00 "Petticoat Junction" Ep: 18 (L) 2:30 Veteran's Gathering (L) 7:00 Game Night! (AR)	Sign Up Sheets You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.		Location Key P -Patio AR- Activity Room L- Lounge DR- Dining Room PD- Private Dinning FD- Front Desk GR- Games Room	
						First Responder Appreciation – June <i>This June, we proudly recognize and appreciate our first responders. Thank you for your dedication, courage, and the vital role you play in keeping our community safe.</i>