

# JUNE

## COLCHESTER

“The glory of the elderly is their insight, their knowledge, and their wisdom.” – Lailah Gifty Akitas

Outside Walks Weather Permitting

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|---|--|---|--|--|--|
| <b>1</b> <b>NOVA OFF</b><br>Calendar Day<br>9:30 Virtual Church<br>10:30 Morning Manicures<br>1:45 Tower Bingo<br>3:15 Friendly Visits  | <b>2</b> <b>AMY</b><br>9:00 Neighbourhood Time<br>10:30 Tell Me A Story<br>1:30 The Gathering<br>2:00 Elder Wisdom Celebration<br>2:00 Fitness with PAL | <b>3</b> <b>AMY LATE</b><br>1:00 All About You<br>2:15 Bicycle Built For Two<br>3:30 Java Music<br>6:00 iN2L Armchair travel   | <b>4</b> <b>AMY &amp; NOVA</b><br>10:00 Pancake Social<br>10:30 Walk & Roll<br>11:00 Service with Rev Elise<br>2:00 Fitness with PAL<br>3:00 Zumba<br>3:30 Cheese Please  | <b>5</b> <b>NOVA</b><br>Pet Visits<br>9:30 Morning Exercise<br>10:30 Bible Study<br>1:30 Bean Bag Toss<br>2:30 Arts & Crafts           | <b>6</b> <b>AMY</b><br>Pet Visits<br>9:30 Movement Bingo<br>10:30 Village Choir<br>10:30 Painting Pals<br>1:30 Let’s Talk Doughnuts<br>2:30 Music with Joe | <b>7</b> <b>AMY</b><br>Art Therapy<br>9:00 Neighbourhood Time<br>10:30 Entertainment<br>1:30 Outside Walks<br>3:45 All About You 1:1 |
| <b>8</b> <b>AMY</b><br>10:00 Morning Prayers & Stories<br>11:00 Hymn Sing<br>1:00 Outside Walks<br>2:30 Village Games                   | <b>9</b> <b>NOVA LATE</b><br>10:30 Culture Connect<br>1:30 The Gathering<br>2:00 Fitness with PAL<br>3:30 Arts & Craft<br>6:00 Game Night               | <b>10</b> <b>AMY LATE</b><br>1:00 All About You<br>1:30 Connect Four<br>3:00 Donald Leads Disney<br>6:00 Baking  | <b>11</b> <b>PRIDE DAY</b> <br>AMY & NOVA<br>10:00 Pride Walk<br>11:00 Service with Rev Elise<br>2:00 Fitness with PAL<br>3:00 Zumba<br>3:30 Tell Me A story | <b>12</b> <b>AMY</b><br>Pet Visits<br>9:00 All About You<br>10:30 Bible Study<br>1:30 Table Games<br>3:30 Brains & Banter<br>Red Roses | <b>13</b><br>Pet Visits<br>9:30 Movement Bingo<br>10:30 Catholic Service<br>1:30 Music Trivia<br>2:30 Music with Joe                                       | <b>14</b> <b>NOVA</b><br>9:30 Morning Visits<br>10:30 Entertainment<br>1:30 Outside Walks<br>3:30 Friendly Visits 1:1                |
| <b>15</b> <b>NOVA</b><br>FATHER’S DAY<br>9:30 Virtual Church<br>10:30 Morning Manicures<br>1:45 Tower Bingo<br>3:15 Friendly Visits 1:1 | <b>16</b><br>9:30 Neighbourhood Time<br>10:30 Garden Craft<br>1:30 The Gathering<br>2:00 Fitness with PAL<br>2:30 Outside Walks                         | <b>17</b> <b>AMY LATE</b><br>1:30 Seamus the Storyteller<br>3:00 Java Music<br>Main St. Visits<br>6:00 iN2L Armchair Travel  | <b>18</b> <b>AMY &amp; NOVA</b><br>10:30 Walk & Roll<br>11:00 Service with Rev Elise<br>2:00 Fitness with PAL<br>3:00 Zumba<br>3:30 Tell Me A Story<br>6:00 Parkwood Service  | <b>19</b> <b>NOVA</b><br>Pet Visits<br>9:30 Morning Exercise<br>10:30 Bible Study<br>1:30 Ball Toss<br>2:30 Arts & Crafts              | <b>20</b> <b>AMY</b><br>Pet Visits<br>9:30 Movement Bingo<br>10:30 Village Choir<br>1:30 Summer Solstice<br>2:30 Music with Joe<br>3:15 Main St. Visits    | <b>21</b> <b>AMY</b><br>9:00 Neighbourhood Time<br>10:30 Entertainment<br>1:30 Outside Walks<br>3:45 All About You 1:1               |
| <b>22</b> <b>AMY</b><br>10:00 Morning Prayers & Stories<br>11:00 Hymn Sing<br>1:00 Outside Walks<br>2:30 Village Games                  | <b>23</b> <b>NOVA LATE</b><br>1:30 The Gathering<br>2:00 Fitness with PAL<br>2:30 Trivia<br>3:00 Outside Visits<br>6:00 Game Night                      | <b>24</b> <b>AMY LATE</b><br>1:00 All About You<br>2:00 Painting Pals<br>3:00 Java Music<br>6:00 Baking  | <b>25</b> <b>AMY &amp; NOVA</b><br>10:30 Walk & Roll<br>11:00 Service with Rev Elise<br>2:00 Fitness with PAL<br>3:00 Zumba<br>3:30 Tell Me A Story<br>6:00 Pub Night   | <b>26</b> <b>AMY</b><br>Pet Visits<br>9:00 All About You<br>10:30 Bible Study<br>1:30 Table Games<br>3:30 Brains & Banter              | <b>27</b> <b>AMY</b><br>Pet Visits<br>9:30 Movement Bingo<br>10:30 Painting Pals<br>1:30 Let’s Talk Pineapple’s<br>2:30 Music with Joe                     | <b>28</b> <b>NOVA</b><br>9:30 Morning Visits<br>10:30 Entertainment<br><b>1:30 Outsides Walk</b><br><b>3:30 Friendly Visits</b>      |
| <b>29</b> <b>NOVA</b><br>9:00 Virtual Church<br>10:30 Morning Manicures<br>1:45 Tower Bingo<br>3:15 Friendly Visits 1:1                 | <b>30</b> <b>AMY</b><br>9:00 Neighbourhood Time<br>10:30 Tell Me A Story<br>1:30 The Gathering<br>2:00 Fitness with PAL<br>2:30 Outside Walks           | <div><p>Join the<br/><b>CELEBRATION</b></p><p>#ElderWisdom 10th Anniversary</p></div> <div></div> |   |  |  |   |