

JUNE

Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:30 Calendar Hang Up 10:00 For the Soul 11:00 Weekend Walks 2:00 Sundaes for Seniors 3:30 You & Me</div>	<div>2</div> <div>10:00 Group Exercise 11:00 Stepping Out 2:00 Elder Wisdom Launch (C) 3:00 You and Me 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>3</div> <div>9:30 Rosary (C) 10:45 Art with Sonal 11:00 Manicures / Nail Care 1:30 Bus Outing 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Brains & Banter 6:30 For the Soul (C)</div>	<div>4</div> <div>10:00 Contemplating Life with Mike (C) 2:00 PEGTalk: Helen Keller (C) 3:15 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>5</div> <div>9:30 Chapel Service (C) 10:15 Drum Fit 10:30 Zumba 2:00 Game Show (C) 3:15 Stepping Out 6:30 Active Games (MS)</div>	<div>6</div> <div>9:30 Daily Perk 10:30 Sit N Get Fit 1:30 Tie Dye (CC) 3:30 Pilates (FC) 6:30 Crafting Club (CC)</div>	<div>7</div> <div>10:00 Group Exercise 11:00 You and Me 2:00 Entertainment (Do) 3:00 Stepping Out</div>
<div>8</div> <div>10:00 For the Soul 11:00 Musical Moments 2:00 Sundaes for Seniors 3:00 Weekend Walks</div>	<div>9</div> <div>10:00 You and Me 11:00 For the Fun of Fit 2:00 Express Yourself: Bright Bottom Afro 3:00 Patio Time 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>10</div> <div>9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In The Kitchen (CC)</div>	<div>11</div> <div>PRIDE DAY </div> <div>10:00 Pride Fair 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>12</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 In the Kitchen : Build Your Own Pizza 3:00 Dominos/ Card Games 6:30 Active Games (MS)</div>	<div>13</div> <div>10:00-2:00pm Lunch Outing 10:30 Sit N Get Fit 11:00 Circle of Friends: Fatherly Wit and Wisdom 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>14</div> <div>9:30 Morning Stretches 10:30 June Trivia 2:00 Entertainment (Jo) 3:30 Calendar Planning & Residents' Bill of Rights Meeting</div>
<div>15</div> <div>Father's Day</div> <div>10:00 For the Soul 11:00 Daily Perk 2:00 Father's Day Event 3:30 Patio Time</div>	<div>16</div> <div>10:00 Group Exercise 11:00 Soothing Sensations 2:00 Travelling Cart: Sundaes 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>17</div> <div>9:30 Rosary (C) 10:15 Brains and Banter 10:45 Art with Sonal 1:30 Bus Outing 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Soothing Sensations 6:30 For the Soul (C)</div>	<div>18</div> <div>2:00 Tim Hortons Social 3:00 Travelogue 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>19</div> <div>9:30 Chapel Service (C) 10:15 Drum Fit 10:30 Zumba (FC) 2:00 Pub Afternoon (MS) 6:30 Active Games (MS)</div>	<div>20</div> <div>First Day of Summer</div> <div>9:30 Patio Time 10:30 Sit N Get Fit 2:00 Bingo on Pollock 3:30 Manicures & Nail Care 3:30 Pilates (FC) 6:30 Story Club (CC)</div>	<div>21</div> <div>10:00 Group Exercise 11:00 In the Kitchen 2:00 Entertainment (Ma) 3:15 Stepping Out</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 For the Soul 11:00 Express Yourself: Making Suncatchers 2:00 Sundaes for Seniors 3:00 Weekend Walk	23 10:00 Soothing Sensation 11:00 You and Me 2:00 Travelling Cart: Hot Chocolate 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	24 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In The Kitchen (CC)	25 KmW Clothing Sale 10:00 Contemplating Life with Mike (C) 2:00 Food Committee (C) 2:15 Stepping Out 3:00 Musical Moments 3:30 Balance Class (FC) 6:30 Games Night (CC)	26 9:30 Chapel Service (C) 10:15 For the Fun of Fit 10:30 Zumba (FC) 2:00 Resident's Council (C) 2:15 In the Kitchen 6:30 Active Games (MS)	27 10:00 Group Exercise 10:30 Sit N Get Fit 11:00 Brains and Banter 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Story Club (CC)	28 9:30 Stepping Out 10:30 Brain Games 2:00 Family Games (MS) 3:30 Exercise with Danica
29 10:00 For the Soul 11:00 Morning Gratitude & Meditation 2:00 Sundaes for Seniors 3:30 Dominoes	30 10:00 Group Exercise 11:00 You and Me 2:00 Travelling Cart: General Store 3:00 Patio Time 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	<div>  <div> Join the CELEBRATION </div> </div> <div> <div>#ElderWisdom 10th Anniversary</div> <div>     </div> </div>				

Entertainment:

June 7 - Entertainment with Jim on Downey

June 14th - Entertainment with Jontue on Johnston

June 19th - Pub Afternoon with Monique on Main Street

June 21st - Entertainment with Manvir on Matthews

Outings:

June 3rd- Conestoga Mall

June 17th- Walmart Boardwalk

Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings!

Hosted by your Recreation Team Member.

Your Recreation Team:

Full-Time - Pearl

Part-Time - Danica