

# JUNE



## Johnston

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 Weekend Perks 10:00 For The Soul 11:30 Let’s color 2:00 Sundaes for Seniors 3:30 Express Yourself</div>	<div>2</div> <div>10:00 Brains and Banter 10:30 Sit ‘N Get Fit 11:00 Neighbourhood Time 2:00 Elder Wisdom Launch (C) 3:30 HIIT (FC) 4:00 You and Me 6:30 Game Show Trivia (CC)</div> <div></div>	<div>3</div> <div>9:30 Rosary (C) 10:30 Drum Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 Soothing Sensations 6:30 Devotions (CC)</div>	<div>4</div> <div>9:15 Art with Sonal 10:00 Contemplating Life with Mike (C) 10:30 Express Yourself 2:00 PEGTalk: Helen Keller (C) 3:30 Balance Class (FC) 4:00 Neighbourhood Time 6:30 Games Night (CC)</div>	<div>5</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 1:30 Bus Outing Thrift On Kent 2:00 Game Show (C) 6:30 Active Games (MS)</div>	<div>6</div> <div>10:00 You and Me 11:00 Manicures 1:30 Tie Dye (CC) 3:30 Pilates (FC) 6:30 Crafting Club (CC)</div>	<div>7</div> <div>9:30 Weekend Perks 10:00 For the Fun of Fit 2:00 Entertainment (Do) 3:30 Courtyard Conversations</div>
<div>8</div> <div>11:00 You and Me 1:00 Neighbourhood Time 2:00 Sundaes for Seniors 5:00 Circle of Friends</div>	<div>9</div> <div>9:30 Let’s Color 10:30 Sit ‘N Get Fit 2:00 Express Yourself 6:30 Game Show Trivia (CC)</div>	<div>10</div> <div>9:30 Rosary (C) 10:00 Craft with Jen 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)</div>	<div>11</div> <div>PRIDE DAY </div> <div>9:15 Art with Sonal 10-12 Pride Fair 2:00 You and Me 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>12</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 11:00 You and Me 2:00 Manicures 6:30 Active Games (MS)</div>	<div>13</div> <div>10-2 Lunch Outing 3:30 Active Games (FC) 4:00 Neighbourhood Time 6:30 Crafting Club (CC)</div>	<div>14</div> <div>9:30 Weekend Perks 10:15 Tim’s Horton’s Coffee and Tim Bits 11:30 Let’s Color 2:00 Entertainment (Jo) 3:30 You and Me</div>
<div>15</div> <div>Father’s Day</div> <div>10:00 For The Soul 11:00 Let’s Color 2:00 Father’s Day Event 3:30 You and Me</div>	<div>16</div> <div>10:00 Brains and Banter 10:30 Sit ‘N Get Fit 11:00 Neighbourhood Time 2:00 Express Yourself 3:30 HIIT (FC) 4:00 You and Me 6:30 Game Show Trivia (CC)</div>	<div>17</div> <div>9:30 Rosary (C) 10:30 Drum Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 Soothing Sensations 6:30 Devotions (CC)</div>	<div>18</div> <div>9:15 Art with Sonal 10:30 Let’s Color 2:00 Calendar Planning and Resident Bill of Rights 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>19</div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 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 Van Outing 2:00 Stepping Out 3:30 Pilates (FC) 6:30 Story Club(CC)</div>	<div>21</div> <div>9:30 Weekend Perks 10:00 For the Fun of Fit 2:00 Entertainment (Ma) 3:30 Courtyard Conversations</div>

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<b>22</b> 11:00 You and Me 1:00 Neighbourhood Time 2:00 Sundaes for Seniors 5:00 Circle of Friends	<b>23</b> 10:30 Sit 'N Get Fit 11:00 Let's Paint 2:00 Manicures 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>24</b> 9:30 Rosary (C) 10:00 You and Me 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	<b>25</b> <b>KmW Clothing Sale</b> 9:15 Art with Sonal 10:00 Contemplating Life with Mike (C) 10:00 Stepping Out 11:00 Short Stories 2:00 Food Committee (C) 3:00 Express Yourself 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>26</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Resident's Council (C) 6:30 Active Games (MS)	<b>27</b> 1:00 Neighbourhood Time 2:00 Stepping Out 3:30 Active Games (FC) 4:00 You and Me 6:30 Crafting Club (CC)	<b>28</b> 9:30 Weekend Perks 10:30 Puzzel It Out 2:00 Family Games (MS) 3:30 Let's Color
<b>29</b> 9:30 Weekend Perks 10:30 Stepping Out 2:00 Sundaes for Seniors 3:30 Let's Color	<b>30</b> 10:00 Brains and Banter 10:30 Sit 'N Get Fit 11:00 Neighbourhood Time 1:30 Calendar Hang Up 3:30 HIIT (FC) 4:00 You and Me 6:30 Game Show Trivia (CC)	<div>  <div> Join the  <b>CELEBRATION</b> </div> </div> <div> <div>#ElderWisdom 10th Anniversary</div>     </div>				

### Entertainment:

## June 7th - 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 5 - Bus Outing to Goodwill with Debi

## June 13 - Bus Outing for Lunch with Julia and Tiffany

## June 20 - Van Outing to Tim Hortons with Debi

## 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 - Debi

Part-Time - Julia