

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2019

“If a June night could talk, it would probably boast it invented romance”- Bernard Williams

Saturday Brain Games available at the Front Desk

10:00 (fl) Visit with St. Johns Therapy Dog Hank

11:00 (cl) Playing Cards meet up

1:00 (cl) Racket Balloon

Private Party in the Cottage 1-5

7:15 (C) Movie: "A Star is Born" (roku)



2:00 (C) Murdoch Mysteries Season 8 Ep 1 & 2

2

Shuttle Today  
Hairdresser Today

3

11:00 (cl) Name 3

1:00 (cl) Racket Balloon

1:30 (sign up) Burlington Mall

2:00 (C) Java Music Club

3:00 (cl) Colouring Mandalas

4:00 (fl) SJT Dog Visit (Lily & Scott)

6:15 (C) Wine Social

4



11:00 (C) Music Appreciation: The Beatles

1:15 (C) Funny Animals



2:00 (C)

3:00 (cl) By Request Music Hour

7:00 (C) Toastmasters

5

Shuttle Today  
Esthetician Today

11:00 (cl) Finishing Lines



1:30 (sign up) Ancaster Ice cream Parlour (Hewitts)

1:30 (cl) Fit Minds

2:30 (C) Book Club Meet Up

2:30 (cl) Euchre

3:00 (cl) Racket Balloon

3:30 (C) Movie: "Patrick"

6

Hairdresser Today  
Vendor: Travelling Diva

10:30 (C) Bible Study W/ Homer

11:00 (cl) Humour time



2:00 (cl) Sing Along With Kent

3:15 (C) Journaling Challenge

6:30 (C) Classical Music

Hairdresser Today

10:30 (C) Java Music Club

1:30 (C) Seated Pilates



3:00 (cl) With Cameron Caton

**New programs**

10:00 (cl) Balloon Rackets

11:00 (cl) Fit Minds

1:30 (C) Hymn Sing

2:00 (C) Afternoon Movie: "What They Had"

**NEW** 3:00 (cl) Tea/Coffee Social

7:15 (C) Movie: "Like Arrows"



2:00 (C) Murdoch Mysteries Season 8 Ep 3 & 4

9

Shuttle Today  
Hairdresser Today

10

10:00 (sign up) Grandads Donuts & Pier 8

1:00 (cl) Walker Repair with C&DC

1:30 (cl) Hawaiian Dancing Demo!

2:00 (C) Java Music Club

3:00 (C) Movie: "Her Only Choice"

4:00 (fl) SJT Dog Visit (Lily & Scott)

6:15 (C) Wine Social



11:00 (C) Music Appreciation: The Monkees

1:15 (C) Funny Animals



2:00 (C)

3:00 (C) Laughter Yoga

7:00 (C) Toastmasters

11

Shuttle Today  
Esthetician Today

12:40 (sign up) "Early August"

Lighthouse theatre

11:00 (cl) Name 3

1:30 (C) Play Jeopardy

2:30 (cl) Euchre

3:00 (cl) Racket Balloon

3:00 (MAC) Tablet Class

3:30 (C) Documentary: "Our planet Ep 1 & 2"

12

Hairdresser Today

10:30 (C) Bible Study W/ Homer

11:00 (cl) Fit minds



2:00 (C) (dvd) Wine, Cheese and Classics! "Send Me No Flowers"

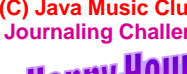
6:30 (C) Classical Music

13

Shuttle Today  
Hairdresser Today

10:30 (C) Java Music Club

1:30 (C) Journaling Challenge



3:00 (cl) With John Pebble

6:30 (C) Jeopardy

Saturday Brain Games available at the Front Desk

10:00 (fl) Visit with St. Johns Therapy Dog Hank

11:00 (cl)

1:00 (cl) Racket Balloon

2:00 (C) Afternoon Movie: "The Wizard of Oz" (dvd)

7:15 (C) Movie: "A Date with Judy" (Roku)



2:00 Musical Performance By Perry Furlotte As Johnny Cash

16

Shuttle Today  
Hairdresser Today

17

Vendor: (C) Mobile Seniors Store

11:00 Finishing lines

1:00 (cl) Racket Balloon

1:30 (sign up) Dutch Mill and Country Market

2:00 (MAC) Java Music Club

3:30 (cl) Colouring Mandalas

4:00 (fl) SJT Dog Visit (Lily & Scott)

6:15 (C) Wine Social



11:00 (C) Music Appreciation: The Rat Pack

1:15 (C) Funny Animals



2:00 (C)

3:00 (cl) By Request Music Hour

7:00 (C) Toastmasters

18

Shuttle Today  
Esthetician Today

11:00 (cl) Giant Crosswords

1:30 (sign up) Laking Garden

1:30 (cl) Fit minds

2:30 (C) Journaling Challenge

2:30 (cl) Euchre

3:00 (cl) Racket Balloon

3:00 (MAC) Tablet Class

3:30 (C) Documentary: "Street Food Ep 1 & 2"

19

Hairdresser Today

10:30 (C) Bible Study with Chaplain Homer



2:00 Caroline Place Carnival!

6:30 (C) Classical Music

20

Hairdresser Today

10:30 (C) Java Music Club

1:30 (C) Seated Pilates



3:00 (cl) With Joe Tucker

6:30 (C) Jeopardy

**NEW Programs**

10:00 (cl) Balloon Rackets

11:00 (cl) Fit Minds

1:30 (C) Hymn Sing

2:00 (C) Afternoon Movie: "On Chesil Beach"

3:00 \*NEW\* (cl) Tea/Coffee Social

7:15 (C) Movie: "The Choice"



2:00 (C) Murdoch Mysteries Season 8 Ep 5 & 6

23

Shuttle Today  
Hairdresser Today

24

10:00 (sign up) Walmart

1:00 (cl) Racket Balloon

2:00 (C) Resident Council Meeting

3:00 (C) Java Music Club

4:00 (fl) SJT Dog Visit (Lily & Scott)

6:15 (C) Wine Social



11:00 (C) Music Appreciation: The Drifters

1:15 (C) Funny Animals



2:00 (C)

3:00 (cl) By Request Music Hour

7:00 (C) Toastmasters

25

Shuttle Today  
Esthetician Today

10:45 (sign up) Lunch Trip to Easterbrooks

2:30 (cl) Euchre

3:00 (C) Documentary: "Royal House of Windsor Ep 1 & 2"

3:00 (cl) Racket Balloon

26

Hairdresser Today

10:30 (C) Bible Study W/ Homer

11:00 (cl) Name 3

2:00 (C) Musical Performance & Karaoke With Anne

3:00 (C) Story Time- Come share your funny, interesting or entertaining stories! Each time we will have a different topic

6:30 (C) Classical Music

27

Shuttle Today  
Hairdresser Today

10:30 (C) Java Music Club

1:30 (C) Journaling Challenge



3:00 (cl) With Wyatt Ladd

6:30 (C) Jeopardy

Saturday Brain Games available at the Front Desk

10:00 (fl) Visit with St. Johns Therapy Dog Hank

11:00 (cl) playing cards meet up

1:00 (cl) Racket Balloon

2:00 (C) Afternoon Movie: "Wildlife"

7:15 (C) Movie: "In Family I Trust"



2:00 (C) Murdoch Mysteries Season 8 Ep 7 & 8

30



### Legend:

(cl)- Café/ Lounge

(C)- The Cottage

(MAC)- Market Activity Room Room 216

(fl)- Front Lobby

(cy) Courtyard



# WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		

Classes Are In The Café Unless Posted Otherwise

## June is Seniors Month!



Join us for our  
Caroline Place Carnival  
On Thursday  
June 20<sup>th</sup>  
Starting at 2:00PM  
(there may even be the  
chance to dunk the staff!)

**Do you have a story to share?**

**Try joining us for  
Story Time  
Thursday June 27<sup>th</sup>  
At 3:00 In the Cottage**

**Each session will have  
a different topic to  
discuss. Come share  
your funny, interesting  
or entertaining stories!.**



## Inspiring Seniors from Around The World!



**Georgina Harwood: The Centenarian Skydiver and Shark Diver**

Don't even try to outshine this South African great-grandmother's birthday party. In March 2015, Georgina Harwood celebrated [her 100th birthday](#) by jumping out of a plane with 15 friends and family members, and followed it up by swimming with sharks. The thrill-seeking granny completed her first tandem jump (skydiving while strapped to a professional) when she turned 92, in 2007. Being alive for a century is more than enough reason to have a wild birthday party, but Harwood also used her jump to [raise money for South Africa's National Sea Rescue Institute](#). She enjoyed some champagne and cake once she touched down in Cape Town, but her celebration didn't stop there. Two days after the jump, she went cage-diving with great white sharks off the coast of Gansbaai, South Africa, to bring awareness to overfishing practices.

[Harwood's motto](#) is as inspiring as her enduring vitality: "Do it now! Whether it's comfortable or uncomfortable, good or bad, relaxing or challenging – don't delay."



**Harriette Thompson: The Matriarch of Marathons**

Harriette Thompson was 76 years old when she ran her first [marathon](#) — and she hasn't stopped running since. On May 31, 2015, she crossed the Suja Rock 'n' Roll San Diego Marathon finish line to become the [oldest woman ever to complete a 26-mile race](#). At 92 years and 65 days old, Thompson finished the marathon in 7 hours, 24 minutes, and 36 seconds. Impressive, yes, but long-distance running isn't her only extraordinary hobby: Thompson was a classically trained pianist who played three times at Carnegie Hall, and she says she plays old piano pieces in her head to get through marathons. Because she has had many friends and family members affected by blood cancer, she has raised over \$90,000 for the [Leukemia & Lymphoma Society](#) since she started running.

The previous record holder, Gladys "the Gladysator" Burrill, was 92 years and 19 days old when she finished the 2010 Honolulu Marathon.