

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2022

<p>5</p> <p>11:00 (C) Hymn Sing</p> <p>2:00 (C) "The Great" Ep 3 &amp; 4</p>	<p>6</p> <p>Shuttle Today Hairdresser Today 10:00 (sign Up) Giant Tiger 10:15 (cl) Group Exercises 11:00 (C) Sing Along 1:00 (cl) Racket Balloon 1:30 (Sign Up) Trip: Scenic Drive 2:00 (C) DRUM BALL 2:30 (C) DRUM BALL</p>	<p>7</p> <p>Esthetician Today 10:15 (cl) Group Exercises</p>  <p>11:00 (C) Giant Crosswords 1:00 (cl) Falls Prevention 1:20 (C) Funny Animal Videos 2:00 (C) BINGO</p>	<p>8</p> <p>Shuttle Today Hairdresser Today 10:15 (cl) Group Exercises 11:00 (C) Armchair Travel: Spain 1:00 (cl) Racket Balloon 10:45 (sign up) Lunch Trip: My Thai Ancaster 2:00 (C) Jeopardy Trivia 3:00 (C) Documentary: "Animal: Big Cats &amp; Dogs Ep 1 &amp; 2" 3:00 Dog visit with Scott &amp; Lily</p>	<p>9</p> <p>VOTING IN THE LOBBY 10:15 (cl) Group Exercises</p>  <p>11:00 (C) Tech Assist 1:00 (cl) Ball Toss 2:00 (C) Garden Crafts: Rock painting, bird houses. etc</p>	<p>10</p> <p>Hairdresser Today 8:30 (cl) Falls Prevention 10:15 (cl) Group Exercises 10:30 (C) Java Music Club</p>  <p>2:00 (cl) Musical Entertainer Kim Atkins</p>	<p>11</p> <p>10:00 (C) LETS TALK SCIENCE: Water Quality 2:00(C) Movie: "The Express" 7:00 (C) Movie: "The Accidental Husband" <small>Shavuot Begins</small></p>
<p>12</p> <p>11:00 (C) Hymn Sing</p> <p>2:00 (C) "The Great" Ep 5 &amp; 6</p>	<p>13</p> <p>Shuttle Today Hairdresser Today 10:00 (Sign Up) Trip: Laking Garden-Iris,peonies (\$10) 10:15 (cl) Group Exercises 11:00 (C) Sing Along 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 2:30 (C) DRUM BALL</p>	<p>14</p> <p>Esthetician Today 10:15 (cl) Group Exercises</p>  <p>11:00 (C) TV TRIVIA! 1:00 (cl) Falls Prevention 1:20 (C) Funny Animal Videos 2:00 (C) BINGO</p> <p>Flag Day (US)</p>	<p>15</p> <p>Shuttle Today Hairdresser Today 10:15 (cl) Group Exercises 11:00 (C) Armchair Travel: Antarctica 1:00 (cl) Racket Balloon 1:30 (sign up) Ancaster Ice Cream Parlor 2:00 (C) Jeopardy Trivia 3:00 (C)(P) Documentary: "McCartney: Now and Then" 3:00 Dog visit with Scott &amp; Lily</p>	<p>16</p> <p>10:15 (cl) Group Exercises 11:00 (C) Tech Assist 1:00 (cl) Ball Toss</p>  <p>2:00 (sg) Wine, Cheese &amp; Lemonade Social in the Courtyard</p>	<p>17</p> <p>Shuttle Today Hairdresser Today 8:30 (cl) Falls Prevention 10:15 (cl) Group Exercises 10:30 (C) Java Music Club</p>  <p>2:00 (cl) Musical Entertainer Paula French</p>	<p>18</p> <p>2:00(C) (N) Movie: "Like Father" 7:00 (C) (N) Movie: "Tyler Perry and The Single Moms Club"</p>
<p>19</p>  <p>2:00 (cl) ICE CREAM CELEBRATION</p> <p>Father's Day Juneteenth</p>	<p>20</p> <p>Shuttle Today Hairdresser Today 10:00 (Sign Up) Trip: Sobey's Grocery Store 10:15 (cl) Group Exercises 11:00 (C) Sing Along 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 2:30 (C) DRUM BALL</p>	<p>21</p> <p>Esthetician Today 10:15 (cl) Group Exercises</p>  <p>11:00 (C) 5 Second Rule 1:00 (cl) Falls Prevention 1:20 (C) Funny Animal Videos 2:00 (C) BINGO</p> <p>Summer Begins</p>	<p>22</p> <p>Shuttle Today Hairdresser Today 10:00 (sign up) Trip: Elements Casino Brantford + Lunch 10:15 (cl) Group Exercises 11:00 (C) National Park: Redwood state parks 1:00 (cl) Racket Balloon 2:00 (C) Jeopardy Trivia 3:00 (C) Documentary: "ABBA: Super Troupe" 3:00 Dog visit with Scott &amp; Lily</p>	<p>23</p> <p>10:15 (cl) Group Exercises 11:00 (C) Tech Assist 1:00 (cl) Ball Toss</p>  <p>1:30 (sg) Photo Day- Come get your portrait taken in the garden (sign up)</p>	<p>24</p> <p>Hairdresser Today 8:30 (cl) Falls Prevention 10:15 (cl) Group Exercises</p>  <p>10:30 (C) Java Music Club 2:00 (cl) Musical Entertainer Kent MacMillan</p>	<p>25</p> <p>2:00(C) (N) Movie: "Military Wives" 7:00 (C) (N) Movie: "Fisherman's Friend"</p>
<p>26</p> <p>11:00 (C) Hymn Sing</p> <p>2:00 (C) "The Great" Ep 7 &amp; 8</p>	<p>27</p> <p>Shuttle Today Hairdresser Today 10:00 (Sign Up) Trip: Grandads Donuts 10:15 (cl) Group Exercises 11:00 (C) Sing Along 1:00 (cl) Racket Balloon 2:00 (C) Town Hall Meeting 3:00 (C) DRUM BALL 3:30 (C) DRUM BALL</p>	<p>28</p> <p>Esthetician Today 10:15 (cl) Group Exercises</p>  <p>11:00 (C) Fit Minds 1:00 (cl) Falls Prevention 1:20 (C) Funny Animal Videos 2:00 (C) BINGO</p>	<p>29</p> <p>Shuttle Today Hairdresser Today 10:15 (cl) Group Exercises 11:00 (C) National Parks: Banff, Lake Louise, Jasper 1:00 (cl) Racket Balloon 1:00 (sign up): Dairee Delite Ice Cream in Brantford 2:00 (C) Jeopardy Trivia 3:00 (C) Documentary: "The Dawn Wall" 3:00 Dog visit with Scott &amp; Lily</p>	<p>30</p> <p>10:15 (cl) Group Exercises</p>  <p>11:00 (C) Tech Assist 1:00 (cl) Ball Toss 2:00 (C)(sg) Seniors Month Garden Party and Sharebook</p>	<p>Legend: (cl)- Café/Lounge (C)- The Cottage (sg)- Secret Garden</p>	

## SPRING INTO WELLNESS EXERCISE PROGRAMS

All Residents Are Welcome To Join!

All Programs Are In The Cafe

TIME	MON	TUES	WED	THURS	FRI
8:30AM-9:30					Falls Prevention
10:15AM-11:00	General Exercise	General Exercise	General Exercise	General Exercise	General Exercise
11:05AM-12:00	Body Balance	Seated Yoga	Simple Stretch	Seated Yoga	Body Balance
1:00PM-2:00	Racket Balloon	Falls Prevention	Racket Balloon	Ball Toss	
2:00PM-3:00			Dancercise		



(Sealing the Time Capsule 5 years ago)

### TIME CAPSULE

This June at our Class Of 2022 Garden Party we will get to open a time capsule that we sealed here 5 years ago! Residents put letters to themselves, art, photos and more!

### LET'S TALK SCIENCE: Water Quality



**SATURDAY JUNE 4<sup>th</sup>**  
10:00AM

Join us in the cottage to learn about Water Quality through Science.

This is run by McMaster University Volunteers in the Technology, Engineering and Math Programs.

### Provincial Election:

Vote Here in Our Front Lobby

On Thursday

June 2<sup>nd</sup> From 9:00AM-2:00PM  
Please bring a piece of photo I.D  
(They have your Voter Card)



## Happy Seniors Month!

This month we are going to be working towards our  
"Class of 2022 Garden Party"  
The party will be:  
**Thursday June 30<sup>th</sup>**  
**Starting at 2:00PM.**



The Party will start in the Cottage where our Share wall will be displayed with Resident photos and their Share book info.

There will also be a slideshow of photos from years gone by.

Then out to the garden for some strolling musical performances and tasty treats off the BBQ.

There will be two opportunities to get your portrait taken for the share wall (or you can bring us your favourite portrait for us to copy)

**Photo Days:**  
**Thursday June 9<sup>th</sup>**  
**Thursday June 23<sup>rd</sup>**

Sign up at the front desk to reserve your time to shine.

This month we are also going to be collecting items to put in a Time capsule!

This capsule will stay sealed for 5 Years!

We will seal the capsule on Thursday June 30<sup>th</sup>

Ideas of things to add to a time capsule:  
Newspapers  
Coins  
Pictures  
Stories  
Pins

Bring your items down to Heather before the 28<sup>th</sup>!