

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2023

<p>10:30 (C) Hymn Sing⁴</p> <p>2:00 (C)(N) "Izzy's Koala World Ep 1 ,2,3 & 4"</p>	<p>Shuttle Today⁵</p> <p>10:00 (sign up) Walmart 11:00 (C)(yt) Armchair Travel: Alaska 8 Day Road Trip 1:00 (cl) Racket Balloon</p>  <p>2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p>	<p>Esthetician Today⁶</p> <p>9:00 (fl) Dog visit with Hank and Linnea 11:00 (C) Train Your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) 3:15 (C) Meditation</p>	<p>Shuttle Today⁷</p> <p>10:15 (sg) Garden Care</p>  <p>1:00 (sign up) Burlington Waterfront Sculpture Trail 1:00 (cl) Racket Balloon 2:00 (C) Jeopardy Style Trivia 3:00 (C)(yt) Documentary "Happy People" 3:00 Dog visit with Scott & Lily</p>	<p>10:00 (L) Exploring Scripture¹ 1:00 (cl) Ball Toss</p> <p>2:00 (C)(yt) Comedy Time: Mr. Bean Attends a Pet Show And other classic skits.</p>	<p>Shuttle Today²</p> <p>10:30 (C) (yt) Documentary: "The Flood" National Geographic 2:00 (cl) Musical Entertainment with Brad Boland</p>	<p>2:00 (C) (N) Movie: "50 to 1" 7:00 (C) (N) Movie: "Finding You"³</p>
<p>10:30 (C) Hymn Sing¹¹</p> <p>2:00 (C)(N) "Izzy's Koala World Ep 5,6,7 & 8"</p>	<p>Shuttle Today¹²</p> <p>10:00 (sign Up) Shoppers Drug Mart 11:00 (C)(yt) Armchair Travel: Exploring Norway 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p>	<p>Esthetician Today¹³</p> <p>9:00 (fl) Dog visit with Hank and Linnea 11:00 (C) Train Your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) 3:15 (C) Meditation</p>	<p>Shuttle Today¹⁴</p> <p>10:15 (sg) Garden Care</p>  <p>10:45 (sign up) Easterbrooks Footlong Hotdogs 1:00 (cl) Racket Balloon 2:00 (C) Jeopardy Style Trivia 3:00 (C) Sing Along With Nathalia 3:00 Dog visit with Scott & Lily</p>	<p>11:00 (C) Seated Dance Class⁸ 1:00 (cl) Ball Toss</p>  <p>2:00 (SG) Donut Grow Up Party</p>	<p>10:30 (C) Java Music Club⁹ 2:00 (cl) Happy Hour with Musical Entertainer Dave Burden</p> 	<p>2:00 (C) (N) Movie: "Land" 7:00 (C) (N) Movie: "Mamma Mia"¹⁰</p>
<p>10:30 (C) Hymn Sing¹⁸</p> <p>2:00 (C)(N) "Like Father" Father's Day</p> 	<p>Shuttle Today¹⁹</p> <p>11:00 (C)(yt) Armchair Travel: The Grand Canyon</p>  <p>1:00 Trip (Sign Up): Laking Garden (peonies, Irises) \$10 1:00 (cl) Racket Balloon 2:00 (C) DRUM BALL 3:00 (C) Colouring with The Classics</p>	<p>Esthetician Today²⁰</p> <p>9:00 (fl) Dog visit with Hank and Linnea 11:00 (C) Train Your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) 3:15 (C) Meditation</p>	<p>Shuttle Today²¹</p> <p>10:15 (sg) Garden Care 1:00 (cl) Racket Balloon 1:00 (sign up) Lindley's farm & Market 2:00 (C) Jeopardy Style Trivia 3:00 (C)(N) Documentary "The Light We Carry" 3:00 Dog visit with Scott & Lily</p> <p>Summer Begins</p>	<p>10:00 (L) Exploring Scripture¹⁵ 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss 2:00 (C)(N) Documentary "Call Me Kate"</p> 	<p>National Wear Blue Day!¹⁶ 10:30 (C) Java Music Club 2:00 (cl) Happy Hour with Musical Entertainer Kent Macmillan</p> 	<p>2:00 (C) (N) Movie: "42" 7:00 (C) (N) Movie: "Horizon Line"¹⁷</p> 
<p>10:30 (C) Hymn Sing²⁵</p> <p>2:00 (C)(N) "Benji"</p>	<p>Shuttle Today²⁶ Hairdresser Today</p> <p>10:00 Trip (Sign Up): Giant Tiger 11:00 (C)(yt) Documentary: Beak & Brain: Genius Birds from Down Under 1:00 (cl) Racket Balloon 2:00 (C) Town Hall Meeting 3:00 (C) DRUM BALL</p>	<p>Esthetician Today²⁷</p> <p>9:00 (fl) Dog visit with Hank and Linnea 11:00 (C) Train Your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) 3:15 (C) Meditation</p>	<p>Shuttle Today²⁸ Hairdresser Today</p> <p>10:15 (sg) Garden Care 1:00 (cl) Racket Balloon 1:00 (sign up) Ice Cream In Ancaster 2:00 (C) Jeopardy Style Trivia 3:00 (C) Sing Along With Nathalia 3:00 Dog visit with Scott & Lily</p>	<p>10:00 (L) Exploring Scripture²² 11:00 (C) Seated Dance Class 1:00 (cl) Ball Toss</p>  <p>2:00 (SG) Strawberry Lemonade Social</p>	<p>10:30 (C) Java Music Club²³ 2:00 (cl) Happy Hour with Musical Entertainer Bob Maclean</p> 	<p>2:00 (C) (N) Movie: "Stowaway" 7:00 (C) (P) Movie: "One More Time"²⁴</p> 
<p>10:30 (C) Hymn Sing²⁵</p> <p>2:00 (C)(N) "Benji"</p>	<p>Shuttle Today²⁶ Hairdresser Today</p> <p>10:00 Trip (Sign Up): Giant Tiger 11:00 (C)(yt) Documentary: Beak & Brain: Genius Birds from Down Under 1:00 (cl) Racket Balloon 2:00 (C) Town Hall Meeting 3:00 (C) DRUM BALL</p>	<p>Esthetician Today²⁷</p> <p>9:00 (fl) Dog visit with Hank and Linnea 11:00 (C) Train Your Brain 1:20 (C) Funny Animal Videos</p>  <p>2:00 (C) 3:15 (C) Meditation</p>	<p>Shuttle Today²⁸ Hairdresser Today</p> <p>10:15 (sg) Garden Care 1:00 (cl) Racket Balloon 1:00 (sign up) Ice Cream In Ancaster 2:00 (C) Jeopardy Style Trivia 3:00 (C) Sing Along With Nathalia 3:00 Dog visit with Scott & Lily</p>	<p>11:00 (C) Seated Dance Class²⁹ 1:00 (cl) Ball Toss 2:00 (SG) Seniors Month Celebration 3:30 (C)(N) Documentary "Marian Margolyes: Almost Australia"</p>	<p>Shuttle Today³⁰ Hairdresser Today</p> <p>10:30 (C) Java Music Club 2:00 (cl) Caribbean Happy Hour with Musical Entertainer John Pebble *Wear your</p>	<p>Legend: (cl)- Café/Lounge (C)- The Cottage (L)- The Library (fl)- Front Lobby (sg)- Secret Garden</p>

Spring Into Wellness Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30					Better Balance
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:00-11:45	Seated Boxing	Advanced Exercises	Tai Chi	Hand Therapy	Advanced Exercises
1:00-2:00	Racket Balloon	Better Balance	Racket Balloon	Ball Toss	
2:00-3:00			Walking Group (fl)		

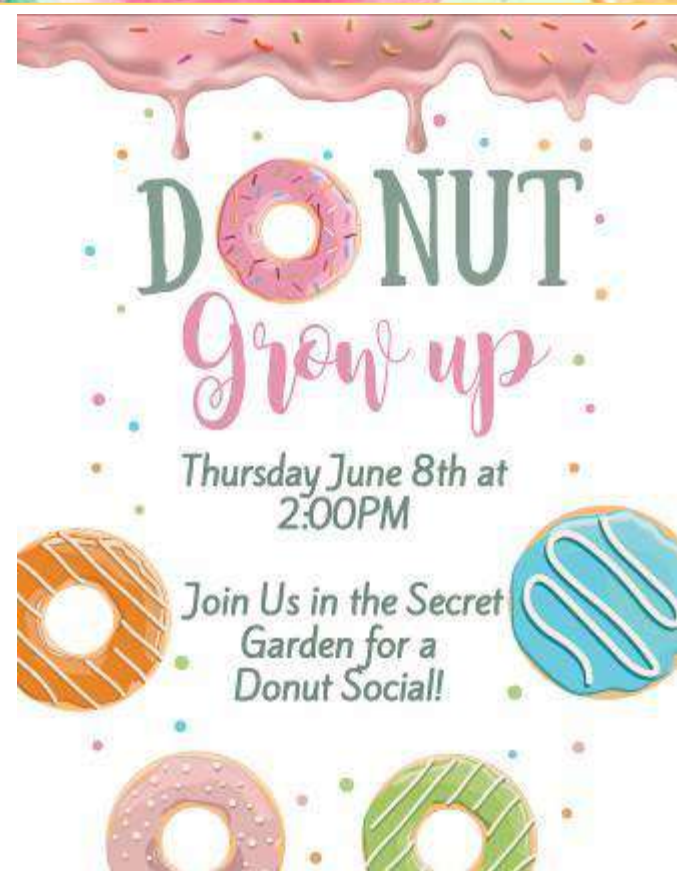
New Walking Group

Meet at 2:00 on Wednesday afternoons with Our Physiotherapist David for a walk outside!
Enjoy different length walks depending on what you need.

SENIORS MONTH

**Thursday June 29th
2:00PM**

Come enjoy the secret garden at our Seniors Month Celebration!
There will be Giveaways, Treats, Music, Drinks and More!



A Holey History



Each year, 10 billion doughnuts are made in the United States. That's 30 doughnuts (and a few extra pounds) for every single person in America. With 13,000 doughnut shops lining America's streets, it should be easy to find one of your favorites on June 2, National Donut Day. Doughnuts have been a beloved treat in America since the 17th century. It was the Dutch, settling in New Amsterdam (present-day New York), who first fried dough in oil. These first doughnuts were called *olykoeks*, or "oily cakes." Of course, these original *olykoeks* were more fried dough than doughnut and did not yet have their signature hole in the middle. We have to fast-forward almost 200 years until Elizabeth Gregory, the mother of a ship captain, created what we might recognize as the first true doughnut. Gregory fried her dough with nutmeg, cinnamon, and lemon rind, ingredients undoubtedly borrowed from her son's cargo hold.

She also added hazelnuts and walnuts to the doughy center, the spot that might be undercooked. Gregory thoughtfully called her new recipe a *doughnut*. It was her son, Captain Gregory, who made the doughnut round with a hole in its center. Some claim that the hole allowed the doughnut to be placed on the spoke of the ship's wheel, allowing the captain to steer with both hands. In an interview with the *Boston Post* newspaper, Captain Gregory recollected how he cut the first hole in a doughnut with the top of a round, tin pepper box.

Doughnuts did not become the beloved treat they are today until World War I, when Salvation Army volunteers brought doughnuts to American soldiers in the trenches. And it wasn't until the first Dunkin' Donuts opened in Quincy, Massachusetts, in 1950 that the spelling changed from doughnut to donut. *Join us For our "Donut Grow Old" Party In the Secret Garden On Thurs July 8th*