

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	Hair by Annette 5	♥ Happy Pride ♥ 6
	9:00 Chair Yoga w/ Christie 1 (G) 9:30 Chair Yoga w/ Christie 2 (G) 9:30 Gardening w/Shelby (Pa) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch & Balance (G) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:00 Trivia w/ Shelby (L)	9:30 Healthy Heart Walk (C) 10:30 Current Events (L) 1:00 Wii Bowling (P) 2:00 Performance by the Suede Dogs - <i>Fiesta Latin Spice</i> (P) 2:30 Digital Literacy w/ Daryl 3:30 National Ice Cream Sandwich Day	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Word in a Word 1 (B) 3:30 Art Series: Water Colour (B) 7:30 Movie Night: <i>Gifted Hands: The Ben Carson Story</i> (2009) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:30 Movie Night: <i>The Deepest Breathe</i> (2023) (T)	10:00 Zumba w/ Eric 10:15 Self-Led Scrabble (B) 3:00 Fitness w/ Prabh (G) 7:30 Documentary: <i>Found</i> (2021) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Terrace's Pride Parade 1:30 Self-Led Cribbage (B) 3:00 Cocktail Hour Pride Celebration 7:30 Movie Night: <i>All My Life</i> (2020) (T)
7	8	9	Foot Care by Evelyn 10	Hair by Inky 11	Hair by Annette 12	13
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: <i>Atypical</i> (T)	10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques w/Shelby(G) 11:15 Stretch & Balance (G) 1:00 Liquor Store/Dollarama 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:00 Trivia w/ Shelby (L)	9:30 Outing to Iona Beach 9:30 Healthy Heart Walk (C) 10:30 Public Library Rentals (P) 1:00 Wii Bowling (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/ Daryl	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Word in a Word 1 (B) 3:15 Porridge Tasting (B) 7:30 Movie Night: <i>Blue Miracle</i> (2021) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Susan Borax (P) 3:00 Wine and Cheese (C) 7:30 Movie Night: <i>The Lake House</i> (2006) (T)	NO Zumba w/ Eric 10:15 Self-Led Scrabble (B) 3:00 Fitness w/ Prabh (G) 7:30 Documentary: <i>Inside The Mind of a Cat</i> (2022) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: <i>Unknown Cave of Bones</i> (2023) (T)
14	15	16	17	Hair by Inky 18	Hair by Annette 19	20
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: <i>Atypical</i> (T)	9:30 Gardening w/Shelby (Pa) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch & Balance (G) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Pearly Shells Performance(P) 2:00 Self-led Bridge Group (B) 3:00 Trivia w/ Shelby (L)	9:30 Healthy Heart Walk (C) 10:30 Discuss the Book You're Reading (L) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl(SU) 2:00 Lauren Tam Performance (P) 3:00 Birthday Party (C)	9:30 Chinese Museum Outing 10:00 Fitness w/ Prabh (G) NO Creative Corner 2:00 Word in a Word 1 (B) 3:15 Silver Spoon 7:30 Movie Night: <i>Wedding Season</i> (2022) (T)	10:00 Chair Yoga w/ Christie (G) 1:00 Stretch and Balance (G) 2:00 Performance by Bob York(P) 3:00 Wine and Cheese (C) 7:30 Movie Night: <i>Land</i> (2021) (T)	NO Zumba w/ Eric 10:15 Self-Led Scrabble (B) 3:00 Fitness w/ Prabh (G) 7:30 Movie Night: <i>All Together Now</i> (2020) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: <i>Finding YOU</i> (2021) (T)
21	22	23	24	Hair by Inky 25	Hair by Annette 26	27
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: <i>Atypical</i> (T)	10:00 PERK Activities w/Gabby (B) 10:00 Fitness Techniques w Shelby(G) 11:15 Stretch & Balance (G) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 3:15 Town Hall Meeting (P)	9:30 Healthy Heart Walk (C) 10:30 Current Events (L) 1:00 Wii Bowling (P) 2:00 BEACH BASH 2:30 Digital Literacy w/Daryl (SU)	10:00 Fitness w/ Prabh (G) 10:00 Creative Corner (B) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:30 Movie Night: <i>The Shack</i> (2017) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Lester Soo Performance (P) 3:00 Wine and Cheese (C) 7:30 Movie Night: <i>Walk. Ride. Rodeo</i> (2019) (T)	NO Zumba w/ Eric 10:15 Self-Led Scrabble (B) 3:00 Fitness w/ Prabh (G) 7:30 Movie Night: <i>Feel The Beat</i> (2020) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 7:30 Movie Night: <i>Dog Gone</i> (2023) (T)
28	29	30	31		Room Legend	Room Legend
9:30 Outing to Walmart 10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:30 TV Night: <i>Atypical</i> (T)	10:00 PERK Activities w/Shelby (B) 11:15 Stretch and Balance (G) 1:30 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-led Bridge Group (B) 2:30 Q & A with Lara (P) 3:00 Welcoming High Tea (C)	9:30 Healthy Heart Walk (C) 10:30 Current Events (L) 11:15 SUMMER BBQ 1 <sup>st</sup> seating 12:45 SUMMER BBQ 2 <sup>nd</sup> seating	10:00 Fitness w/ Prabh (G) 10:30 Creative Corner (B) 2:00 Performance by the Dimes (P) 3:15 Word in a Word 1 (B) 7:30 Movie Night: <i>The Phantom of the Open</i> (2022) (T)		(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign up at Front Desk (Pa) 5th Floor Patio

