

















| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|--|
| <p>Dining Room Hours</p> <p>Breakfast 7:30am-9:00am</p> <p>Lunch 11:30am (First Seating) 12:30am (Second Seating)</p> <p>Dinner 5:00pm (First Seating) 6:00pm (Second Seating)</p> | <p>Activity Room (AR) Main Lounge (ML) Library (L) Theatre (T) Tuck Shop (TS) Patio (P) Reception (R) 3rd Floor Main Lounge (3fl) Dining Room (DR) Workshop (W)</p> | | | | | <p>10am- Coffee & Tea Social 10am- Saturday Painters (AR) 1pm- Afternoon Walk on the Patio! 2pm- Broadway Matinee- "Memphis on Broadway" (T)  3pm- Ice Cream Social (ML) 3:30pm- Word games (ML) 7pm- Night on Broadway "Memphis" (T)</p> |
| <p>2</p> <p>10am- Coffee & Tea Social (ML) 11am- Catholic Mass- Virtual (T) 1pm- Afternoon Walk 2pm- Movie Matinee (T) 3pm- Coffee & Tea Social (ML) 3pm- Word Games with Patrizia (ML) 7pm- Sunday Classic Movies (T)</p>  | <p>3</p> <p>Mediterranean Cruise Spain </p> <p>9:00am- Tai Chi (T) 9am- Scenic Drive! (BUS) 10am-Coffee & Tea Social (ML) 10am- Armchair Travel to Madrid (ML) 1pm- Carp Creamery for Ice Cream- Bring \$5 (BUS) 3pm- Coffee & Tea Social (ML) 3:30pm- Spain Trivia (ML) 7pm- Evening in Spain: Sangria and Barbara Diaz Flamenco Dancer (Patio)</p> | <p>4</p> <p>Mediterranean Cruise France </p> <p>9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am-Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 1pm- Tuck Shop Open 1:30pm- Armchair Travel to France- Trivia, Music, Treats, Videos and More! (ML) 3:30pm- GG's Knitting/ Colouring Club (L) 7pm- Evening in Paris! French Wine and Parisian Accordion by Fred Schmidt (Patio)</p> | <p>5</p> <p>Mediterranean Cruise Italy </p> <p>9am- Scenic Drive! (BUS) 9:30am- Balance Class (L) 10am-Coffee & Tea Social (ML) 11:30am- Make your Own Pizzas! (AR) Sign up at Reception 1pm- Carp Creamery for Ice Cream- Bring \$5 (BUS) 2pm- Armchair Travel to Madrid (ML) 5pm & 6pm- Italian Dinner and Gelato Dessert (DR) 7pm- 2CELLOS Concert - LIVE at Arena di Verona 2016 (ML)</p> | <p>6</p> <p>Mediterranean Cruise Greece </p> <p>9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am- Make your Own Olympic Crown (AR) 10:30am- Tuck Shop Open 11:30am- Greekfest Lunch! On Patio and in the Dining Room! First Come First Serve! All Residents Welcome! 3pm- Greek Travel Guide, "How to Zorba Dance" and Enjoy a glass of Ouzo! (ML) 7pm- Thursday Series "Carol Burnette Show" (T)</p> | <p>7</p> <p>Mediterranean Cruise Lebanon </p> <p>9:30am- Stretch&Meditation (T) 10am- Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 11:30am- Lebanese Themed Lunch (DR) 12:30pm- Tuck Shop Open 2pm- BINGO BONANZA! (ML) (Bring your Quarters!) 3pm- Wine and Cheese Social and Tasty Lebanese Treats by Suzanne! (ML) 7pm- Friday Night Movie Night "Hotel Rwanda" (T)</p> | <p>8</p> <p>10am- Coffee & Tea Social 10am- Saturday Painters (AR) 1pm- Afternoon Walk on the Patio! 2pm- Broadway Matinee- "Love Never Dies" (T)  3pm- Ice Cream Social (ML) 3:30pm- Word Games (ML) 7pm- Night on Broadway "Love Never Dies" Set 10 years after the Phantom of the Opera (T)</p> |
| <p>9</p> <p>10am- Coffee & Tea Social (ML) 11am- Catholic Mass- Virtual (T) 1pm- Afternoon Walk 2pm- Movie Matinee (T) 3pm- Coffee & Tea Social (ML) 3pm- Word Games (ML) 7pm- Sunday Classic Movies (T)</p>  | <p>10</p> <p>9am- Yoga Class (L) 9am- Scenic Drive! (BUS) 10am-Coffee&Tea Social (ML) 1pm- Afternoon Walk (P) 3:30pm- Word Games (ML) 5pm- DIY Dinner "Shish Kabobs" on the Patio RSVP at Reception 7pm- Evening Entertainment by Alex Lopez (Patio)</p> | <p>11</p> <p>Tuck Shop Open 1pm 9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am-Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 3pm- Peach Social (ML) Peach Cobbler and Peach Schnapp's Cocktail! (P)</p>  <p>3:30pm- GG's Knitting/ Colouring Club (L) 7pm- Movie Night-</p> | <p>12</p> <p>9am- Scenic Drive! (BUS) 9:30am- balance Class (AR) 10am- Coffee and Tea Social 1pm- Scenic Drive! (BUS) 2pm- Name That Tune! (ML) 3pm- Coffee and Tea Social (ML) 7pm- Trip to Prince Edward County in our Backyard! Wine Tasting Night" (Patio) RSVP at Reception</p> | <p>13</p> <p>Tuck Shop Open 10:30am 9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am- Sons of Scotland Pipe Band (P)  3pm- Entertainment by Andre Gareau (Patio)  7pm- Thursday Series "Carol Burnette Show" (T)</p> | <p>14</p> <p>Tuck Shop Open 12:30pm 9:30am- Stretch&Meditation (T) 10am- Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 2pm- BINGO BONANZA! (ML) (Bring your Quarters!) 3pm- Wine and Cheese Social (ML, T, and L) 7pm- Friday Night Movie Night "Field of Dreams" (T)</p>  | <p>15</p> <p>10am- Coffee & Tea Social 10am- Saturday Painters (AR) 1:30pm- Classic Car Parade (out front)</p>  <p>3pm- Ice Cream Social (ML) 3:30pm- Word Games (ML) 7pm- Night on Broadway (T)</p> |



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|---|---|--|---|---|---|--|--|
| <p>16</p> <p>10am- Coffee & Tea Social (ML) 11am- Catholic Mass- Virtual (T) 1pm- Afternoon Walk 2pm- Movie Matinee (T) 3pm- Coffee & Tea Social (ML) 3pm- Word Games (ML)</p> <p>8pm- Camping Night! Campfire Stories, Roasted Marshmallows and S'mores!</p>  | <p>17</p> <p>9am- Tai Chi (T) 10am- Tour the Westend Cuisine! Stop at different places for taste tests of some of the best food places in the Ottawa Valley (BUS) 10am-Coffee&Tea Social (ML) 1pm- Afternoon Walk (P) 3:30pm- Giant Crossword (ML) 7pm- Monday Series "Modern Family" (T)</p> | <p>18</p> <p>Tuck Shop Open 1pm 9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am-Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 3pm- Afternoon at the Stirling Park Bakery – Tarts, fresh bread and MORE! (ML) 3:30pm- GG's Knitting/Colouring Club (L) 7pm- Entertainment by Polished Brass Quintet (Patio)</p>  | <p>19</p> <p>9am- Balance Class (L) 10am- Tour the Westend Cuisine! Stop at different places for taste tests of some of the best food places in the Ottawa Valley (BUS) 10am-Coffee & Tea Social (ML) 3-4pm- Ice Cream Sandwich Social! (ML) 7pm- Trivia Night Online with Family (T)</p> | <p>20</p> <p>Tuck Shop Open 10:30am 7:30am-9am: "Nissa's Num Num's" Breakfast Club-Omelette Bar Fundraiser (AR) 9:30am- Morning Exercise (AR) 10am- Smoothie Bar (ML) 1:30pm- Resident Meeting (2nd "Dinner" Seating Group) 2:15pm- Resident Meeting (1st "Dinner" Seating Group) 3pm- Nissa's Ice Cream Truck on the Patio (P) 3pm-Coffee & Tea Social (ML) 7pm- Thursday Series "Carol Burnette Show" (T)</p>  | <p>21</p> <p>Tuck Shop Open 12:30pm 9:30am- Stretch&Meditation (T) 10am- Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 2pm- BINGO BONANZA! (ML) (Bring your Quarters!) 3pm- Wine and Cheese Social (ML, T, and L) 7pm- Friday Night Movie Night</p>  <p>3pm- Afternoon Entertainment by Bob and Don Duo (Patio) And Ice Cream on the Patio! 7pm- Night on Broadway "Ruthless- The Musical"</p> | | |
| <p>23</p> <p>10am- Coffee & Tea Social (ML) 11am- Catholic Mass- Virtual (T) 1pm- Afternoon Walk 2pm- Movie Matinee (T) 3pm- Coffee & Tea Social (ML) 3pm- Word Games (ML) 7pm- Sunday Classic Movies (T)</p>  | <p>24</p> <p>9:00am- Yoga Class (L) 9:30am- Park Omega and Picnic (BUS) Cost \$18 10am-Coffee&Tea Social (ML) 1pm- Afternoon Walk (P) 3pm- Coffee and Tea Social (ML) 3:30pm- Word Games (ML) 7pm- Monday Series "Modern Family" (T)</p> | <p>25</p> <p>Tuck Shop Open 1pm 9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am-Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 2:30pm- August Birthday Celebration with Entertainment by Johnny Vegas (Patio)</p>  <p>3:30pm- GG's Knitting/Colouring Club (L) 7pm- Movie Night</p> | <p>26</p> <p>9:30am- Balance Class (AR) 9:30am- Park Omega and Picnic (BUS) Cost \$18</p>  <p>10am-Coffee & Tea Social (ML) 3:30pm- Word Games (ML) 8pm- Cinema Under the Stars! Patio Movie Night- Bring your favourite Blanket (T)</p> | <p>27</p> <p>Tuck Shop Open 10:30am 9:00am- Morning Exercise (AR) 9:30am- Morning Exercise (AR) 10am- Smoothie Bar (ML) 1pm- Food Committee Meeting (L) 2pm- Sing Along with Nissa (ML) 3pm-Coffee & Tea Social (ML) 7pm- Thursday Series "Carol Burnette Show" (T)</p>  | <p>28</p> <p>Tuck Shop Open 12:30pm 9:30am- Stretch&Meditation (T) 10am- Coffee & Tea Social (ML) 10:15am- Java Music Club (AR) 2pm- BINGO BONANZA! (ML) (Bring your Quarters!) 3pm- Wine and Cheese Social (ML, T, and L) 7pm- Friday Night Movie Night</p>  <p>2pm- Broadway Matinee 3pm- Ice Cream Social (ML) 3:30pm- Word Games (ML) 7pm- Night on Broadway</p> | | |
| <p>30</p> <p>10am- Coffee & Tea Social (ML) 11am- Catholic Mass- Virtual (T) 1pm- Afternoon Walk 2pm- Movie Matinee (T) 3pm- Coffee & Tea Social (ML) 3pm- Word Games (ML) 7pm- Sunday Classic Movies (T)</p>  | <p>31</p> <p>9:00am- Tai Chi (T) 9am- Spencerville Sticky Bus! (BUS) 10am-Coffee&Tea Social (ML) 1pm- Afternoon Walk (P) 2pm- Games on the Patio! 3:30pm- Hang Man! (ML) 7pm- Monday Series "Modern Family" (T)</p> | <div data-bbox="932 1401 1445 1884" data-label="Text"> <p>Need a Haircut? Jenna is BACK!! Tuesdays and Fridays from 9am-4pm Please make an appointment at Reception</p> </div> | | | <div data-bbox="1460 1401 2377 1884" data-label="Text"> <p>OUTINGS One Sign up PER WEEK/PER RESIDENT Scenic Drive, sometimes we will stop for ice cream, sometimes we will bring a snack! Come out for a nice drive around town and get some fresh air!</p> </div> | | <div data-bbox="2393 1401 3030 1884" data-label="Text"> <p>Ice Cream Social Due to Scenic Drives, The Ice Cream Social is moved to Saturdays at 3pm, with Word games following it!</p> </div> |