


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Pet Visits With Alan and Josie Mon, Wed And Friday's!! 1:30pm</p>	<p>10:15 Review Newsletter and Monthly Calendar—FR 1 10:30 Exercises with Jack - LL 10:45 Exercise Group with Physio FR 1:30 Pet Therapy with Allan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 Sweetshop with Word Spaghetti LL</p>	<p>10:15 Stretch and Relax with Rosie FR 2 11:00 Coffee and Tea Break 2:30 Happy Hour with Piano Man FR</p>	<p>9:30 Coffee Break with Lisa LL 3 10:15 Dance Program with Rosie FR 10:30 VON Exercise Program - LL 10:45 Exercise Group with Physio FR 11:30 Laughter Healing Circle - GR 1:30 Pet Therapy with Alan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 1:30 Outing to Pick Up Vegetables for Gardens 7:00 Pub Night with Chris Murphy LL</p>	<p>10:15 Planting Vegetable Gardens outside Fireside Room and Lodge Courtyard with Lemonade 4 2:30 Bingo Game – LL with Jack Pot</p>	<p>9:30 Travelling Tuck Shop—LL 5 10:15 Newspaper Club and Current Events Review – FR 10:30 Von Exercise Program – LL 10:45 Exercises with Physio - FR 2:30 Happy Hour with Scott Carson --LL</p>	<p>10:30 Bingo Game with Jackpot-FR 6 2:30 Crafting Butterflies with Tissue Paper with Iced Tea – FR 3:30 Nature Walk - Courtyard</p>
<p>10:15 Virtual Ecumenical Church Service with Coffee and Tea 7 11:00 Virtual Catholic Mass 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social – Fireside Room</p>	<p>10:15 Volleyball Game – FR 8 10:30 Exercises with Jack – LL 10:45 Exercise Group with Physio FR 1:30 Pet Therapy with Allan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 Sweetshop featuring Ice cream Sundaes – make your own - LL 6:30 Bingo Game – LL with Jack Pot</p>	<p>10:15 Men's program – Building Things - FR 9 12:00 noon Outdoor BBQ on the Patio BBQ'd Chicken 2:30 Happy Hour with Piano Man – Music through the Decades - FR Library Program</p>	<p>9:30 Coffee Break with Lisa LL 10 10:30 VON Exercise Program - LL 10:45 Exercise Group with Physio FR 11:30 Laughter Healing Circle - GR 1:30 Pet Therapy with Alan and Josie 1:30 Shopping Trip to Giant Tiger 1:00-3:00 Physio Walking Program (Nursing Home) FR</p>	<p>10:15 Stretch and Relax with Rosie FR 11 10:30 Resident Council Meeting - LL 2:30 Resident Spotlight Program featuring Rosemary Spafford - FR With Crackers and Cheese</p>	<p>9:30 Travelling Tuck Shop 12 LL 10:15 Sun Catcher Craft - FR 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 2:30 Happy Hour with Wayne Scott -- LL</p>	<p>10:30 Bingo Game with Jackpot-FR 13 2:30 Create your Own Sundaes – Lodge Lounge 3:30 Garden Club Watering Program</p>
<p>10:15 Virtual Ecumenical Church Service with Coffee and Tea 14 11:00 Virtual Catholic Mass 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social – Fireside Room <small>Flag Day (U.S.)</small></p>	<p>10:15 Seated Yoga Class - FR 15 10:30 Exercises with Jack - LL 10:45 Exercise Group with Physio FR 1:30 Pet Therapy with Allan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 High Tea with Piano Man Ron LL 6:30 Bingo Game – LL with Jack Pot - LL</p>	<p>10:15 Stretch and Relax with Rosie FR 16 2:30 Taste of Culture Happy Hour with Piano Man FR travelling to Greece with music and dance – FR Decorate for Father's Day Library Program</p>	<p>9:30 Coffee Break with Lisa LL 17 10:00 Exercise Group with Physio FR 10:30 VON Exercise Program - LL 11:00 Catholic Mass—Chapel 11:30 Laughter Healing Circle - GR 1:30 Pet Therapy with Alan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 Birthday Party with Steve and Penny --LL</p>	<p>10:15 Drum Fit with Rosie 18 Courtyard (weather permitting) 12:00 Resident Choice Luncheon – McDonald's 2:30 Resident Council Meeting – FR 5:00 Steak and Wine Night LL</p>	<p>9:30 Travelling Tuck Shop – LL 19 10:15 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 1:30 Men's Outing to McKinnon Brothers Brewery 2:30 Happy Hour with Larry Hachey -- LL</p>	<p>10:30 Bingo Game with Jackpot-FR 20 2:00 Men's Fun Games Afternoon – Bocce Ball and the Axe Game with Cold Beer – FR Win a Prize!!</p>
<p>10:15 Virtual Ecumenical Church Service with Coffee and Tea 21 11:00 Virtual Catholic Mass 1:30 St. Peter Ecumenical Church Service 2:30 Root beer Floats honoring our men - FR 5:00 Rib Night for Father's Day LL/FR/JFT <small>Father's Day Summer Begins</small></p>	<p>10:00 EARLYON Grand/Friends program with Refreshments—FR 22 10:30 Exercises with Jack - LL 11:00 Exercise Group with Physio FR 1:30 Pet Therapy with Allan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 Sweet Shop with Tim Horton Donuts with Summer Trivia Game – LL 6:30 Bingo Game – LL with Jack Pot</p>	<p>10:15 Men's Program – Building Things - FR 23 12:00 noon Outdoor BBQ – Courtyard Hot Dogs and Hamburgers 2:30 Happy Hour with Piano Man FR Music through decades Library Program</p>	<p>9:30 Coffee Break with Lisa LL 24 10:30 VON Exercise Program - LL 10:45 Exercise Group with Physio FR 11:30 Laughter Healing Circle - GR 1:30 Pet Therapy with Alan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 1:30 Farm Visit with Rambo -- FR</p>	<p>10:15 Health and Wellness Education Program with Fresh Fruit – FR 25 2:00 Alzheimer's Caregiver Support Group – Gibson Room 2:30 Birthday Party with Manning Brothers - FR</p>	<p>9:30 Travelling Tuck Shop 26 LL 10:15 Beach Scene Painting Program - FR 10:30 Von Exercise Program - LL 10:45 Exercises with Physio - FR 2:30 Happy Hour Time for Two -- LL</p>	<p>10:30 Bingo Game with Jackpot- FR 27 2:30 Nature Video in the Fireside Room 3:30 Garden Club Watering Program</p>
<p>10:15 Virtual Ecumenical Church Service with Coffee and Tea 28 11:00 Virtual Catholic Mass 1:30 St. Peter Ecumenical Church Service 2:30 Afternoon Tea Social – Fireside Room</p>	<p>10:15 Outdoor Lemonade Social 29 10:30 Exercises with Jack - LL 10:45 Exercise Group with Physio FR 1:30 Pet Therapy with Allan and Josie 1:00-3:00 Physio Walking Program (Nursing Home) FR 2:30 Strawberry Social with Music – LL Wear Your Red and White Today!!</p>	<p>10:15 Celebrating Wimbledon Games- Outdoor Tennis Game 30 2:30 Happy Hour with Piano Man FR Specialty Drink Pina Colada's Library Program</p>	 <p>June 2026 Kingsley Terrace and Lodge Lounge Sunshine and Summer Fun Note: Pet Therapy Visits with Volunteer Connie will be every Wednesday</p>			

Helen Henderson Health Care Centre. If you have any suggestions for programs, please let the recreation department know!! Your input is very important to us!!