

PERKS & PLUSES THIS MONTH

MONDAYS: VON Exercise Program (sign up with Emily)

TUESDAYS: 9am—1pm Mirror’s Hair Salon (in the Hair Salon)

WEDNESDAYS: 9am-1pm Mirror’s Hair Salon (in the Hair Salon)

THURSDAYS: 9am-1pm Mirror’s Hair Salon (in the Hair salon)

FRIDAYS: VON Exercise Program (sign up with Emily)

Blood Pressure Clinic: Thursday, July 17th at 1:30pm

In Home Hearing : Please see someone in Reception to book an appointment .

In need of physio or footcare? Contact reception to make an appointment with Vitalis.

UPCOMING!

Canada Day: Join us for a heart warming Canada Day celebration on Tuesday, July 1st at 2:00pm in our patio area. We’re bringing the spirit of Canada to life with live entertainment and a s’mores station; complete with graham crackers, marshmallows and chocolate. We can not wait to see you there, wearing your Canada best—red and white!

Book Club

The Dorchester Library supplies our monthly book bag and a monthly discussion is also arranged at the end of the month! (sign a book out at reception)

NEW The Tiny Strings Club

Dust off your skills from past years and join us each month starting Thursday, July 3rd at 2:00pm in the Healthy Habits for some ukulele fun and practice!

NEW The Batter Up Club

Join us Thursday, July 3rd & Monday, July 21st to watch the Toronto Blue Jays VS New York Yankees while enjoying all the classic baseball foods! Whether you’re a die-hard fan or just enjoy the excitement of the game, grab your favourite caps and settle in for a night of classic Baseball fun!

Catch Us If You Can Walking Club

Summer is here and there’s no better time to lace up your sneakers and enjoy some fresh air with friends! Join us starting Thursday, July 10th at 2:30pm in the lobby. We will count how many steps we take each time we meet.



Above: Margaret R, Darlene W, Emma E, Bill V, Billie L, Barb C and Barb C at our Book Club Discussion: Looking For Jane.

EVENTS CALENDAR | July



Above: Paul M, Floyd R, Pat A, Agnes G, Willy D, Margaret R, Doris E, Blondie M, Billie L, Jackie C, Barb C, Ruby D, Anna Marie T, and Russel F. at Port Stanley Theatre for Lisa Way’s Opry Gold!

Elgin County Museum—Tour of the 2025 Jumbomania Exhibit: Join us on Wednesday, July 23rd to commemorate the 140th anniversary of the tragic death of Jumbo, Elgin County has prepared an exciting, new retrospective curated for this occasion.

Santa’s Summer Bash—Christmas In July : Get ready to jingle all the way...in flip-flops to Santa’s Bash on Friday, July 25th! A sunny spin on the holiday spirit, enjoy tropical treats, and festive games. We can not wait to see you there in your Santa hats and sunglasses. Let’s make spirits bright—even in July!

Board Game Night: Was it Colonel Mustard in the lounge with the candlestick? Join us for a suspenseful evening of classic fun on Friday, July 4th at 6:30pm in the HUB. Enjoy some refreshments while you put your detective skills to the test as we solve a “whodunit” full of twists, turns, and laughs. Bring your best poker face and prepare for a night of mystery, strategy, and friendly competition!

Birdie Flip Game: Get ready to test your aim and have a blast with our Birdie Flip Game on Wednesday, July 30th at 2:30pm in the healthy habits room. Using mini birdies and pool noodles players will try to flip their “birdies” into a bucket, birdies that land in their target will win points and prizes. We can not wait to see you there for some feathered fun—you just might be the top bird.

HIGHLIGHTS

Monday, July 7th
1:00 Country Drive

Wednesday, July 9th
Tour & Shopping at Sparta Lavendar Farm

Monday, July 14th
Shopping at Walmart: Argyle

Wednesday, July 16th
Pizza Lunch & Pool Swim at Berkshire Club with Longworth, Riverstone & Richmond woods

Friday, July 18th
Country Drive & Ice Cream at Frozen Cow

Monday, July 21st
Shopping in Ingersoll: Giant Tiger, Independent or Salvation Army

Wednesday, July 23rd
Elgin County Museum: Tour of the 2025 Jumbomania Exhibit

Monday, July 28th
Dorchester Shopping: LCBO, TD Bank, No Frills, Shoppers, Foodland and Dollarama

Tuesday, July 29th
BBQ Dinner & Lions Car Show at Dorchester Fairgrounds

Wednesday, July 30th
Walk & Exercise at The Dream Park with Sally

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SOCIAL & RECREATIONAL ACTIVITIES - JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Happy Canada Day! 1 9:30 Exercise with Elaine (HH) 10:30 Canada Day Trivia (DD) 2:00 Celebrate the True North with Larry Smith & a Smore’s Station (patio) 3:10 Euchre or Bridge (DD) 6:45 Movie Night: Indian Horse (MT)	9:30 Peaceful Pathways (MT) 2 10:30 Stretch & Smile with Emily (HH) 2:30 Minute to Win it: Ping Pong Cup Stack Game (HH) 3:30 Bingo (HH) 6:30 Karaoke Sing-A-Long (HH)	9:15 Catholic Communion (In Suite)3 9:30 Exercise with Elaine (HH) 10:30 Fitminds (CC) 2:00 The Tiny Strings- Ukulele Practice Session (HH) 3:30 On The Green: Mini Golf (CY) 7:07 Batter Up Club: Toronto Blue Jays VS New York Yankees (MT)	9:30 VON Exercise (HH) 4 10:30 Monthly Gazette: July (Reception) 2:30 Wii Games: Bowling (HH) 6:30 Board Game Night: CLUE (HUB) 7:00 Movie Night: Ocean’s 8 (MT)	9:30 Exercise Video (HH) 5 10:30 Self-led Meditation (MT) 2:30 Piece by Piece: Puzzles (BB) 3:07 Toronto Blue Jays VS Angels (MT) 6:45 Movie Night: The Vow (MT)
9:25 Exercise Video (HH) 6 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 1:37 Toronto Blue Jays VS Angels (MT) 6:45 TV Series: Downtown Abbey—Season 3 ep4 (MT)	9:30 VON Exercise (HH) 7 10:45 25 Cent Bingo (HH) 1:00 Country Drive (Lobby) 3:30 Book Club Discussion: The Wave Walker (PR) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 8 10:30 Minds in Motion: Blank Slate (DD) 2:00 Entertainment with Sheryl Walsh (Lobby) 3:10 Euchre or Bridge (DD) 6:30 Billiards Night (HUB)	9:30 Peaceful Pathways (MT) 9 10:30 Stretch & Smile with Emily (HH) 1:00 Tour & Shopping at Sparta Lavendar Farm (Lobby) \$ 2:30 Wii Games: Bowling (HH) 3:30 Bingo (HH) 6:30 Coffee & Conversations (Patio)	9:30 Exercise with Elaine (HH) 10 10:30 Fitminds (CC) 2:30 Catch Us If You Can Walking Group (Meet in Lobby) 3:30 Lawn Games & Ice Cream Sandwiches (CY) 6:30 Bowling (Lobby)	Pina Colada Day! 11 Wear Yellow 9:30 VON Exercise (HH) 10:30 Current Events Caffeine (PR) 2:30 The Tiki Twist: Pina Colada’s & Hola Hoop Contest (Lobby) 3:30 Pineapple Ring Toss (Lobby) 6:45 Movie Night: Ticket to Paradise (MT)	9:30 Exercise Video (HH) 12 10:30 Self-led Meditation (MT) 1:45 On The Green: Mini Golf (CY) 3:15 Sing-A-Long with Mya (Lobby) 6:45 Movie Night: Titian the Ocean-Gate Submersible Disaster (MT)
9:25 Exercise Video (HH) 13 10:00 Church Service (MT) 10:30 Sunday Morning Crosswords (Reception) 2:00 Entertainment with Brent Meidinger (Lobby) 3:15 Bingo (HH) 6:45 TV Series: Downtown Abbey—Season 3 ep5 (MT)	9:30 VON Exercise (HH) 14 10:45 25 Cent Bingo (HH) 1:00 Shopping at Walmart: Argyle (Lobby) \$ 3:45 Hymn Sing with Betty (HH) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 15 10:30 Minds in Motion: Canuckle (MT) 2:00 Tropical Soiree featuring Pachenga—Latin band (Patio) 3:10 Euchre or Bridge (DD) 7:00 Movie Night: Now You See Me (MT)	9:15 Peaceful Pathways (MT) 16 10:15 Exercise Video (HH) 11:00 Pizza Lunch & Pool Swim at Berkshire Club with Longworth, Riverstone & Richmond woods (Lobby) 3:45 Bingo (HH) 6:30 Karaoke Sing-A-Long (HH)	9:15 Catholic Communion (In Suite)17 9:30 Exercise with Elaine (HH) 10:30 Fitminds (CC) 2:30 Catch Us If You Can Walking Group (Meet in Lobby) 3:45 On The Green: Mini Golf (CY) 6:30 Bowling (Lobby)	9:30 VON Exercise (HH) 18 10:30 Current Events & Caffeine (PR) 1:00 Country Drive & Ice Cream at Frozen Cow (Lobby) \$ 3:30 Outdoor Games (CY) 6:30 Board Game Night: Scrabble (HUB) 7:00 Movie Night: About My Father (MT)	9:30 Exercise Video (HH) 19 10:30 Self-led Meditation (MT) 2:30 Piece by Piece: Puzzles (BB) 3:07 Toronto Blue Jays VS Giants (MT) 6:45 Movie Night: Jesus Revolution (MT)
9:25 Exercise Video (HH) 20 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 6:45 TV Series: Downtown Abbey—Season 3 ep6 (MT)	9:30 VON Exercise (HH) 21 10:45 25 Cent Bingo (HH) 1:00 Shopping in Ingersoll: Giant Tiger, independent or Salvation Army (lobby) \$ 3:45 Laughter is the Best Medicine (PR) 7:07 Batter Up Club: Toronto Blue Jays VS New York Yankees (MT)	9:30 Exercise with Elaine (HH) 22 10:30 Minds in Motion: Scattergories (DD) 2:00 Entertainment with Georgina Rae (Lobby) 3:10 Euchre or Bridge (DD) 6:30 Billard's Night (HUB)	9:30 Peaceful Pathways (MT) 23 10:30 Town Hall Meeting (HH) 1:00 Elgin County Museum: Tour of the 2025 Jumbomania Exhibit (Lobby) 2:30 Wii Games: Bowling (HH) 3:30 Bingo (HH) 6:30 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 24 10:30 Fitminds (CC) 2:30 Catch Us If You Can Walking Group (Meet in Lobby) 3:00 Catholic Mass (GT) 3:30 Lawn Games & Lemonade (CY) 6:30 Bowling (Lobby)	National Christmas in July Day! 25 Wear Red, Green or White 9:30 VON Exercise (HH) 10:30 Current Events & Caffeine (PR) 2:30 Santa’s Summer Bash (Patio) 3:30 Christmas Trivia (DD) 6:45 Movie Night: Meet Me Next Christmas (MT)	9:30 Exercise Video (HH) 26 10:30 Self-led Meditation (MT) 1:30 Ping-Pong (HUB) 3:00 Guess that Tune with Mya (Lobby) 6:45 Movie Night: Misson Impossible—Dead Reckoning (MT)
9:25 Exercise Video (HH) 27 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 1:30 Crafty Creations (CC) 3:15 Bingo (HH) 6:45 TV Series: Downtown Abbey—Season 3 ep7 (MT)	9:30 VON Exercise (HH) 28 10:45 25 Cent Bingo (HH) 1:00 Dorchester Shopping (Lobby) \$ 1:30 Painting with Christie (CC) 3:30 Book Club Discussion: The Institute (PR) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 29 10:30 Minds in Motion: Crossword’s (MT) 2:00 July Birthday Party and Entertainment with Mya Steller (Lobby) 3:10 Euchre or Bridge (DD) 4:30 BBQ Dinner & Lions Car Show at Dorchester Fairgrounds (Lobby) \$	9:30 Peaceful Pathways (MT) 30 10:30 Walk & Exercise at The Dream Park with Sally (Lobby) 2:30 Birdie Flip Game (HH) 3:30 Bingo (HH) 6:30 S’mores & Campfire Songs (CY)	9:30 Exercise with Elaine (HH) 31 10:30 Fitminds (CC) 2:30 Catch Us If You Can Walking Group (Meet in Lobby) 3:45 On The Green: Mini Golf (CY) 6:30 Bowling (Lobby)	"You are never too old to set another goal or to dream a new dream." — C.S. Lewis	If you are interested in being a resident ambassador please contact Chrissy!

(1) BB: Busy Bean Bistro

(1) PUB: Twisted Lemon Pub

(2) DD: Dealer’s Den Card Room

(1) HH: Healthy Habit Fitness Centre

TBA: To Be Announced

(3) CC: Creative Corner

GT: Garden Terrace Dining Room

Events in Purple: Sign Up

(2) HUB: The Hub Games Room

(3) MT: Century Hall Movie Theatre

(4) PR: Rendezvous Party Room

CY: Courtyard