

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, June 19th 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!

Happy Father’s Day: Join us on Sunday, June 15th at 2:00pm for live music by George Fulop in the lobby; as well as a special gift for the father’s of Dorchester Terrace!

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, June 5th at 2:30pm in the Healthy Habits for some ukulele fun! We will practice as a group, with The Belmont Ukulele Society (BUMS)!

Catch Us If You Can Walking Club

Spring has sprung and there’s no better time to lace up your sneakers and enjoy some fresh air with friends! Join us Thursday June 12th, and 26th at 2:30pm in the lobby. We will count how many steps we take each time we meet.



Above: Pat A, Pat M, Darlene W, Barb C, Jackie C and Ruby D Learning how to play the ukulele at our new Tiny Strings Club program.

EVENTS CALENDAR | June



Above: Giselle B, Billie L, and Emma E enjoying the sun out in our courtyard!

Port Stanley Theatre: Lisa Ways Opry Gold: Join us on Saturday, June 14th at 12:45 for Opry Gold, it is a toe-tappin’, roof raisin’ salute to the greatest tunes in the history of Country music. The Opry has been called, “The Show That Made Country Music Famous”. To share the Opry’s history is to share the story of Country Music. Leisa Way and her phenomenally talented Wayward Wind Band have brought Canada many great shows, and this latest concert raises the roof with the hottest country songs from the last few decades. Opry Gold is a vibrant celebration featuring a rich mixture of classic Grand Ole Opry masters and the next generation of breakthrough country artists! This show highlights all the amazing artists that have played the Opry stage over the years and tells the stories about their connections.

There are limited tickets available so please sign up at reception!

Generations Gap Luncheon at Clarke Road Secondary School: Join us on Wednesday, June 11th at 10:15am for a wonderful luncheon at Clarke Road Secondary School. Lunch will be provided as well as games such as generation gap bingo. This is a great opportunity to connect with younger generations, you never know who you could so easily become friends with; age is just a number. Share your story, share your wisdom and be connected.

Please sign up at reception!

A Cup of Poetry: Join us on Friday, June 27th at 2:30pm. Dress in your best, bring your favorite poem and be ready to have a cup of poetry!

HIGHLIGHTS

- Monday, June 2nd**
Shopping at Cherryhill Mall
- Wednesday, June 4th**
Ice Cream at Dairy Queen
- Friday, June 6th**
Country Drive
- Wednesday, June 11th**
Generation Gap Luncheon at Clarke Road Secondary School
- Thursday, June 12th**
Picnic Lunch & Fountain Show at Whistling Gardens
- Saturday, June 14th**
Port Stanley Theatre: Lisa Ways Opry Gold
- Monday, June 16th**
Shuffleboard at the Dorchester Seniors Center
- Wednesday, June 18th**
Tour and Shopping Boutique at Sparta Lavendar Farm
- Monday, June 23rd**
Shopping at Tillsonburg
- Tuesday, June 24th**
BBQ Dinner & Lions Car Show at Dorchester Fairgrounds
- Friday, June 27th**
Shopping in Dorchester
- Monday, June 30th**
Country Drive

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SOCIAL & RECREATIONAL ACTIVITIES - JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:25 Exercise Video (HH) 1 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 1:37 Blue Jays VS Athletics (MT) 6:45 Movie Night: 42 (MT)	9:30 VON Exercise (HH) 2 10:30 25 Cent Bingo (HH) 1:00 Shopping at Cherryhill Mall (Lobby) \$ 3:30 Connect 4 (Lobby) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 3 10:30 Blank Slate (DD) 2:00 Music & Popsicles with John Moorhouse (Patio) 3:10 Euchre or Bridge (DD) 6:30 Billiards Night (HUB)	9:30 Peaceful Pathways (MT) 4 10:30 Stretch & Smile with Emily (HH) 1:00 Ice Cream at Dairy Queen (Lobby) \$ 3:30 Bingo (HH) 7:00 Crokinole (HUB)	9:15 Catholic Communion (In Suite)5 9:30 Exercise with Elaine (HH) 10:30 Fitminds (CC) 2:00 The Tiny Strings Club with the BUMS (HH) 3:30 Lawn Games & Lemonade (CY) 6:30 Bowling (Lobby)	Happy National Donut Day! 6 9:30 VON Exercise (HH) 10:30 Monthly Gazette: June (DD) 1:00 Country Drive (Lobby) 2:30 Donut Grow UP Party (Lobby) 6:45 Movie Night: 1965 The Sound of Music (MT)	9:30 Exercise Video (HH) 7 10:30 Self-led Meditation (MT) 1:30 Milk Bag Making (CC) 2:10 Blue Jays VS Twins (MT) 6:45 Movie Night: Rush Hour (MT)
9:25 Exercise Video (HH) 8 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 2:10 Blue Jays VS Twins (MT) 6:45 Movie Night Rush Hour 2 (MT)	9:30 VON Exercise (HH) 9 10:30 25 Cent Bingo (HH) 2:30 Crafty Creations: Shrinky Dink Key Chains (PR) 3:30 Wii Games: Bowling (HH) 7:00 Crokinole (HUB)	Happy National Iced Tea Day! 10 9:30 Exercise with Elaine (HH) 10:30 Fun Facts About Iced Tea (Reception) 2:00 Lawn Games & Long Island Iced Tea (Patio) 3:10 Euchre or Bridge (DD) 7:00 Jazz Night with Dixie Sand Friends (CY)	9:15 Peaceful Pathways (MT) 11 10:15 Generation Gap Luncheon at Clarke Road Secondary School (Lobby) 3:30 Bingo (HH) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 12 9:30 Picnic Lunch & Fountain Show at Whistling Gardens (Lobby) \$ 3:15 Catch Us If You Can Walking Group (Lobby) 6:30 Bowling (Lobby)	Happy Alice in Wonderland Day! 13 9:30 VON Exercise (HH) 10:30 Current Events & Sip (PR) 2:30 Ladies Mad Hatter’s Tea Party (PR) 6:45 Movie Night: Gran Turismo (MT)	9:30 Exercise Video (HH) 14 10:30 Self-led Meditation (MT) 12:45 Port Stanley Theatre: Lisa Ways Opry Gold (Lobby) \$ 1:30 Milk Bag Making (CC) 4:05 Blue Jays VS Phillies (MT) 7:00 Movie Night: Are You There God? It’s Me Margaret (MT)
Happy Father’s Day! 15 9:25 Exercise Video (HH) 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 2:00 Entertainment with George Fulop (Lobby) 6:45 Movie Night: Father of the Bride (MT)	9:30 VON Exercise (HH) 16 10:30 25 Cent Bingo (HH) 1:00 Shuffleboard at the Dorchester Lion's Senior Centre (Lobby) 3:30 Hymn Sing with Betty (HH) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 17 10:30 Wordle (MT) 1:30 Putt for a Prize (CY) 3:10 Euchre or Bridge (DD) 7:00 Hymn Sing (HH)	9:30 Peaceful Pathways (MT) 18 10:30 Stretch & Smile with Emily (HH) 1:00 Tour and Shopping Boutique at Sparta Lavendar Farm (Lobby) 3:30 Bingo (HH) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 19 10:30 Fitminds (CC) 2:30 Stitch & Chat with Kim (Patio) 3:30 Lawn Games & Ice Cream (CY) 6:30 Bowling (Lobby)	Happy Summer Solstice! 20 9:30 VON Exercise (HH) 10:30 Cornhole Tournament (Patio) 2:30 Summer Solstice & June Birthday Party with Mike Martineau (Patio) 6:45 Movie Night: 1954 There’s No Business Like Show Business (MT)	9:30 Exercise Video (HH) 21 10:30 Self-led Meditation (MT) 1:30 Milk Bag Making (CC) 3:07 Blue Jays VS White Sox (MT) 6:45 Documentary: Air Force Elite: Thunderbirds (MT)
9:25 Exercise Video (HH) 22 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 1:37 Blue Jays VS White Sox (MT) 6:45 Movie Night: Barbie (MT)	9:30 VON Exercise (HH) 23 10:30 25 Cent Bingo (HH) 1:00 Shopping at Tillsonburg (Lobby) \$ 2:30 Wii Games: Bowling (HH) 3:30 Laughter is the Best Medicine (PR) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 24 10:30 Scattergories (DD) 2:00 Strawberries & Cream Party with Jude Coyle (Patio) 3:10 Euchre or Bridge (DD) 4:30 BBQ Dinner & Lions Car Show at Dorchester Fairgrounds (Lobby) \$	9:30 Peaceful Pathways (MT) 25 10:30 Stretch & Smile with Emily (HH) 1:30 What am I Game (DD) 3:30 Bingo (HH) 7:00 Crokinole (HUB)	9:30 Exercise with Elaine (HH) 26 10:30 Fitminds (CC) 2:00 Catch Us If You Can Walk-ing Group (Lobby) 3:00 Catholic Mass (GT) 3:30 Lawn Games & Lemonade (CY) 6:30 Bowling (Lobby)	9:30 VON Exercise (HH) 27 10:30 Current Events & Sip (PR) 1:00 Shopping in Dorchester (Lobby) \$ 2:30 A Cup of Poetry (PR) 6:45 Movie Night: Nonna's (MT)	9:30 Exercise Video (HH) 28 10:30 Self-led Meditation (MT) 1:30 Milk Bag Making (CC) 6:45 Movie Night: The Starling (MT)
9:25 Exercise Video (HH) 29 10:00 Church Service (MT) 10:30 Sunday Morning Cross-words (Reception) 6:45 Movie Night: Misson Im-possible—Dead Reckoning (MT)	9:30 VON Exercise (HH) 30 10:30 25 Cent Bingo (HH) 1:00 Country Drive (Lobby) 1:30 Painting with Christie (CC) 3:15 Book Club Discussion: Wavewalk-er (PR) 7:00 Crokinole (HUB)	"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

(2) DD: Dealer’s Den Card Room

(3) CC: Creative Corner

(2) HUB: The Hub Games Room

(4) PR: Rendezvous Party Room

(1) PUB: Twisted Lemon Pub

(1) HH: Healthy Habit Fitness Centre

GT: Garden Terrace Dining Room

(3) MT: Century Hall Movie Theatre

CY: Courtyard

TBA: To Be Announced

Events in Purple: Sign Up