

# PERKS & PLUSES THIS MONTH

- MONDAYS:** Exercise with the LHIN - Store to Door Orders Due
- 9:00am - Seated Tai Chi

• 10:00am - Falls Prevention

• 11:00am - Movement Matters
- WEDNESDAYS:** Exercise with the LHIN
- 9:00am - Movement Matters

• 10:00am - Falls Prevention

• 11:00am - Seated Tai Chi
- THURSDAYS:** Store to Door Delivery
- FRIDAYS:** Hair & Nail Salon - by appointment only. Schedule at front desk.
- Foot Care: July 19<sup>th</sup>

## UPCOMING

**Shopping Outing to Port Credit Farmers Market:** Stroll through the vibrant open-air market filled with fresh produce, handmade treats, local crafts, flowers, and more. Enjoy the lively atmosphere, chat with friendly vendors, and take in the sights and sounds of this charming lakeside community. Whether you're shopping for something special or just soaking in the sunshine, this outing promises a refreshing start to your weekend.  
**Saturday, July 19<sup>th</sup> at 9:30 am**

## JOIN A CLUB

Congratulations to the newest members of the Erinview Retirement Living! It's great to see more residents joining clubs.

Remember - there are numerous clubs looking for new members!

1. Euchre Club
2. Card Making Club
3. Book Club: Speak to Alejandro to learn more!



## EVENTS CALENDAR | JULY



## HELLO JULY

**Outdoor Programs:** Start your week with sunshine, smiles, and a little friendly competition! Join us every Monday for a rotating lineup of classic outdoor games that are fun, easy to play, and perfect for all ability levels. Whether it's the challenge of Ring Toss, the precision of Golf Putting, the fun of Bean Bag Toss, or the excitement of Ladder Ball, there's something for everyone to enjoy!  
**Every Monday in July at 2:00 pm**

**Art Gallery of Mississauga & Ice Cream @ Celebration Square:** Whether you're an art lover or simply curious, this gallery offers something to inspire everyone. Afterward, we'll stroll over to Celebration Square to enjoy a refreshing scoop (or two!) of delicious ice cream in the sunshine. This outing is the perfect blend of culture and treat – a relaxing way to enjoy summer together!  
**Wednesday, July 16th at 2:00 pm**

**Lunch & Learn- All About Hearing:** Join us for an engaging and informative Lunch & Learn session all about hearing health! Enjoy a delicious lunch while you learn from a guest expert in the field. Bring your questions, your appetite, and a friend!  
**Wednesday, July 23rd at 1:00 pm**

## HIGHLIGHTS

**Outdoor Ring Toss**  
Monday, July 7<sup>th</sup>

**Raspberry Social**  
Tuesday, July 8<sup>th</sup>

**Toronto Blue Jays vs. Chicago White Sox**  
Wednesday, July 9<sup>th</sup>

**Yoga with Sheila**  
Thursday, July 10<sup>th</sup>

**Shopping Outing to South Common Mall**  
Friday, July 11<sup>th</sup>

**Make Your Own Sundae Social**  
Friday, July 11<sup>th</sup>

**Art Gallery of Mississauga & Ice Cream @ Celebration Square**  
Wednesday, July 16<sup>th</sup>

**Shopping Outing to Port Credit Farmers Market**  
Saturday, July 19<sup>th</sup>

**Lunch & Learn: All About Hearing**  
Wednesday, July 23<sup>rd</sup>

**Yoga with Sheila**  
Thursday, July 24<sup>th</sup>

**Town Hall Meeting**  
Tuesday, July 29<sup>th</sup>





SOCIAL & RECREATIONAL ACTIVITIES

JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div><div>CANADA DAY</div><div>10:00 HASFIT Exercise (IPAD)(ML)</div><div>2:00 Walking Club (residents only) (ML)</div><div>2:00 Bridge Club (SL)</div><div>3:00 Bingo (ML)</div><div>3:30 Colour Carnival (JW)</div><div>6:30 Movie Night: The Starling (2021) (ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Riddle Me This! (ML)</div><div>3:00 Manicures &amp; Music (ML)</div><div>3:00 Euchre Club (SL)</div></div>	<div><div>10:00 FIT Strength (ML)</div><div>11:00 Group Crossword (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Walking Club</div><div>3:00 Bingo (ML)</div><div>3:30 Phrase Craze (JW)</div></div>	<div><div>10:00-11:00 Felix The Therapy Dog Visit</div><div>10:30 Relaxing Yoga (IPAD) (ML)</div><div>2:00 Wordscapes (ML)</div><div>3:00 Wheel of Fortune (ML)</div></div>	<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 HASFIT Exercise (IPAD)(ML)</div><div>1:30 Wordle with Noor (IPAD)(ML)</div><div>2:00 Bingo with Noor (ML)</div><div>6:00 July Movie Special: Inside the Mind of a Dog (2024) (ML)</div></div>
<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 Catholic Church Service (ML)</div><div>2:00 Wordbrain (IPAD)(ML)</div><div>2:30 Euchre Club (ML)</div><div>4:15 4 Pics 1 Word (IPAD)(ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Outdoor Ring Toss</div><div>2:00 Euchre Club (ML)</div><div>3:00 Paper Craft Hour (Part 2) (ML)</div></div>	<div><div>NATIONAL RASPBERRY DAY</div><div>10:00 FIT Balance (ML)</div><div>11:00 Crazy Cards (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Raspberry Social (ML)</div><div>3:30 Bingo (ML)</div><div>3:30 Tabletop Hockey (JW)</div><div>6:30 Movie Night: The Miracle Club (2023) (ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:10 Toronto Blue Jays vs. Chicago White Sox (ML)</div><div>3:00 Euchre Club (SL)</div><div>3:30 Hand Spa &amp; Current Events (ML)</div></div>	<div><div>10:30 Yoga with Sheila (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Card Making Club (ML)</div><div>3:30 Bingo (ML)</div><div>3:30 Guess The Animal (JW)</div></div>	<div><div>10:00-11:00 Felix The Therapy Dog Visit</div><div>9:30-11:30 Shopping Outing to South Common Mall</div><div>10:00 HASFIT Exercise (ML)</div><div>2:00 Make Your Own Sundae Social (P)</div><div>3:30 Happy Hour &amp; Music (ML)</div></div>	<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 Relaxing Yoga (IPAD) (ML)</div><div>1:30 Wordle with Noor (IPAD)(ML)</div><div>2:00 Bingo with Noor (ML)</div><div>6:00 July Movie Special: Miracles from Heaven (2016) (ML)</div></div>
<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 Catholic Church Service (ML)</div><div>2:00 Wordbrain (IPAD)(ML)</div><div>2:30 Euchre Club (ML)</div><div>4:15 4 Pics 1 Word (IPAD)(ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Outdoor Golf</div><div>2:00 Euchre Club (ML)</div><div>3:00 Scattergories (ML)</div><div>3:45 Brain Teasers (ML)</div></div>	<div><div>10:00 FIT Balance (ML)</div><div>11:00 Crazy Cards (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Mississauga Symphony Youth Orchestra: Movies At The Symphony (ML)</div><div>3:00 Bingo (ML)</div><div>3:30 Colour Carnival (JW)</div><div>6:30 Movie Night: Eat, Pray, Love (2010) (ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Art Gallery of Mississauga &amp; Ice Cream @ Celebration Square</div><div>3:00 Euchre Club (SL)</div><div>3:00 Book Club (ML)</div><div>3:45 Words in Words (ML)</div></div>	<div><div>10:00 FIT Strength (ML)</div><div>11:00 Group Crossword (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:30 Church Service w/ Father Damian (ML)</div><div>3:30 Bingo (ML)</div><div>3:30 Phrase Craze (JW)</div></div>	<div><div>10:00-11:00 Felix The Therapy Dog Visit</div><div>10:00 Drum Fitness (ML)</div><div>11:00 Words in Words (ML)</div><div>2:00 Coffee Filter Flower (Part 1) (ML)</div><div>3:30 Family Feud (ML)</div></div>	<div><div>9:30– 11:30 Shopping Outing to Port Credit Farmers Market</div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 HASFIT Exercise (IPAD)(ML)</div><div>1:30 Wordle with Noor (IPAD)(ML)</div><div>2:00 Bingo with Noor (ML)</div><div>6:00 July Movie Special: Life (1999) (ML)</div></div>
<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 Catholic Church Service (ML)</div><div>2:00 Wordbrain (IPAD)(ML)</div><div>2:30 Euchre Club (ML)</div><div>4:15 4 Pics 1 Word (IPAD)(ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Outdoor Bean Bag Toss</div><div>2:00 Euchre Club (ML)</div><div>3:00 Walking Club (ML)</div><div>3:45 Scrabble (ML)</div></div>	<div><div>10:00 FIT Balance (ML)</div><div>11:00 Crazy Cards (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Coffee Filter Flower (Part 2) (ML)</div><div>3:00 Bingo (ML)</div><div>3:30 Tabletop Hockey (JW)</div><div>6:30 Movie Night: Stand By Me (1986) (ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>1:00 Lunch &amp; Learn (ML)</div><div>3:00 Hand Spa &amp; Current Events (ML)</div><div>3:00 Euchre Club (SL)</div></div>	<div><div>10:30 Yoga with Sheila (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Wordle, Drinks &amp; Snacks! (ML)</div><div>3:00 Bingo (ML)</div><div>3:30 Guess The Animal (JW)</div></div>	<div><div>10:00-11:00 Felix The Therapy Dog Visit</div><div>10:00 Friday Fitness (ML)</div><div>11:00 Wordscapes (ML)</div><div>2:00 Wheel of Fortune (ML)</div><div>3:30 Happy Hour &amp; Music with Frank Baggetta (ML)</div></div>	<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 HASFIT Exercise (IPAD)(ML)</div><div>1:30 Wordle with Noor (IPAD)(ML)</div><div>2:00 Bingo with Noor (ML)</div><div>6:00 July Movie Special: Whiplash (2014) (ML)</div></div>
<div><div>Brain Game Puzzle Package Pick-up at Reception</div><div>10:30 Catholic Church Service (ML)</div><div>2:00 Wordbrain (IPAD)(ML)</div><div>2:30 Euchre Club (ML)</div><div>4:15 4 Pics 1 Word (IPAD)(ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Outdoor Ladder Ball</div><div>2:00 Euchre Club (ML)</div><div>3:00 Scattergories (ML)</div><div>3:45 Checkers Tournament (ML)</div></div>	<div><div>10:00 FIT Balance (ML)</div><div>11:00 Crazy Cards (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Town Hall (ML)</div><div>3:00 Bingo (ML)</div><div>3:30 Colour Carnival (JW)</div><div>6:30 Movie Night: King Kong (2005) (ML)</div></div>	<div><div>9:00-11:00 Exercise with the LHIN (ML) See Perks &amp; Pluses</div><div>2:00 Culinary Meeting (ML)</div><div>3:00 Men’s Club Outing</div><div>3:00 Euchre Club (SL)</div></div>	<div><div>10:00 FIT Strength (ML)</div><div>11:00 Group Crossword (ML)</div><div>2:00 Bridge Club (SL)</div><div>2:00 Walking Club</div><div>3:00 Bingo (ML)</div><div>3:30 Phrase Craze (JW)</div></div>		
			<div><div>ML: Main Lounge</div><div>P: Patio</div><div>DR: Dining Room</div><div>JW: Jokers Wild</div></div>	<div><div>SL: Skyview Lounge</div><div>TFH: Third Floor Hallway</div><div>GC: Garden Corner</div></div>	<div>Events in Purple: Sign Up</div>	<div>Check out the monthly Perks and Pluses calendar on the backcover.</div>