

JUNE

EVENTS CALENDAR | JUNE 2022

HIGHLIGHTS

Welcome June 2022

We are so excited for this new fun filled month. With the weather warming up, we celebrate the beauty of nature and local tastes. Some programs to highlight are: Speaker Series, Zumba: w/ Jessie, Kitchen Traditions, Happy Hour, Book Club, Bus Excursions, Excursions in Nature and more!

Resident Volunteer Opportunities: This month we celebrate all the wonderful volunteers in our community. We love sharing your skills and wisdom with the Westhill Community. Please speak with Recreation if you are interested in volunteering.

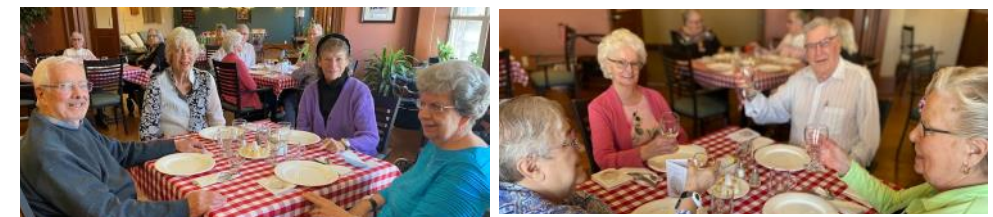
Men's Club Projects, Plant Keeper in the Demo Kitchen, Program Assistants, Community Support Club, Friendly Helper, Recreation Planning Committee, Theme Day decor/decorate, Card Club, Shuffleboard League, Bingo Club, Fit Club, Social Club, ETC.

June Calendar Highlights: The Queens Platinum Jubilee Celebration Thursday June 2nd, 3rd and 4th

Monday June 6th Speaker Series:
Gillian and Susan from Lisaard & Innisfree Hospice (CH)


Kitchen Traditions: Thursday's in the Demo Kitchen
Join us as we celebrate this time of year and the bounty of fresh produce. Jams, beets, jellies and more. Join in the fun and bring your favourite recipe! Our first gathering will be to plan out what we would like to make! All are welcome.

Indigenous Peoples Day: June 21st
Canada's National Indigenous Peoples Day gives us a chance to recognize the many achievements of the country's Indigenous peoples. The day also celebrates the distinct cultures and unique traditions of these native communities. **Join us the week of the 20th as we continue our learning journey.**



- Vendor: Suzanne M Designer Clothing
Wednesday, June 1
- Queen's Platinum Celebration Kick Off
Thursday, June 2
- British Jubilee Street Party
Friday, June 3
- The History of Pimm's:
Saturday, June 4
- Speaker Series: Lisaard/Innisfree Hospice
Monday, June 6
- Bird Watch Social Gazebo
Tuesday, June 7
- Kitchen Traditions
Thursday, June 9
- Newsletter Committee
Friday, June 10
- Pickwick's Pub with Kevin Coates
Friday, June 10
- Pickwick's Pub: Specialty Happy Hour
Monday, June 13
- Celebrating Seniors BBQ Lunch
Wednesday, June 15
- Taste of the Countryside: Strawberry Social
Thursday, June 16
- Book Club
Friday, June 17
- National Indigenous Peoples Day
Tuesday, June 21
- Excursion in Nature: Crawford Lake Picnic
Wednesday, June 22
- Speaker Series: A Grand Fabrication
Thursday, June 23
- Canadian Multicultural Day
Monday, June 27
- Pressed Flower Collage Workshop
Thursday, June 30
- Brain Connect: Tech Education Sessions
Wednesdays at 1:30 in the Demo Kitchen

LIVING WELL PERKS & PLUSES JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Physio (PT) By Appointment	2 Textures Hair Salon (T)	3 Foot Care (Appointment) Blood Work (Appointment) \$
6 Textures Hair Salon (T) Physio (PT) By Appointment	7 Store to Door Order Due	8 Physio (PT) By Appointment	9 Textures Hair Salon (T)	10 Blood Work (Appointment) \$
13 Textures Hair Salon (T) Physio (PT) By Appointment	14 Store to Door Order Due	15 Physio (PT) By Appointment	16 Textures Hair Salon (T)	17 Foot Care (Appointment) Blood Work (Appointment) \$
20 Textures Hair Salon (T) Physio (PT) By Appointment	21 Store to Door Order Due	22 Physio (PT) By Appointment	23 Textures Hair Salon (T)	24 Blood Work (Appointment) \$
27 Textures Hair Salon (T) Physio (PT) By Appointment	28 Store to Door Order Due Audiology (Appointment)	29 Physio (PT) By Appointment	30 Textures Hair Salon (T)	

SOCIAL & RECREATIONAL ACTIVITIES - JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
“A Taste of the Countryside”			9:30 SMART Exercises (FC) 1 9:30 Day Trip: Port Dover (SU) 10:30 Cranium Crunches (DK) 11:00-3:00 Vendor: Suzanne M Designer Clothing (PP) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Active Game in the Garden: Mini Putt Golf (GB) 3:15 News & Views (CH) 6:30 Shuffleboard League Schedule Posted (PP)	Queen’s Platinum Jubilee High Tea Wear your Royal Best 2 9:00-12:00 Boardwalk Loop (SU) 9:00-11:30 Mobile Polling Station (DK) 11:45-2:00 Queen’s Jubilee High Tea Luncheon w/ Waterloo Chamber Players (TE) 1:45 Queen Cinema Feature: <i>The Queen</i> (CH) 2:00 Solo Card Club (UB) 3:30 Wii Bowling (CH) 6:30 Toonie Bingo (DK)	9:30 SMART Exercises (FC) 3 10:00 Outdoor Walking Group (GB) 10:00 Catholic Mass (CH) 10:30 Handy Man Corner (BL) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 British Jubilee Street Party: Fit for a Queen: Royal Fun and Games on the Back Patio (PP) 6:45 Euchre Club (UB)	9:30 Seated Yoga w/ Audra (FC) 4 10:00 Cribbage (UB) 10:30 Shuffleboard —Drop In (PP) 10:30 Morning Manicures (Sign Up at Reception to put your name on the Wait List—Space is limited. Recreation will confirm your time) (DK) 2:00 Solo Card Club (UB) 2:30 The History of Pimm’s: Almost as British as a Cup of Tea (GB) 6:45 Card Night Drop In (All are Welcome) (DK)
10:00 Brain Game Pick-up at Reception 5 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB,)	9:30 Westhill FIT Aerobics (FC) 6 10:15 Speaker Series: Gillian and Susan from Lisaard/Innisfree Hospice (CH) 10:30 Brain Games PU (Reception) 2:00 Horse Races (PP) 3:30 Mixer Monday Happy Hour (PP) 6:45 Euchre Club (DK)	9:30 Excursion: Stanley Park Mall—TD Bank and LCBO (SU) 9:30 Westhill FIT Strength Training (FC) 10:30 Workshop Drop In (MS) TBD Excursion: Movie Matinee: Landmark Cinema: <i>Downton Abbey: A New Era</i> (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:00 Bird Watch Social (GB) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 8 10:30 Cranium Crunches (DK) 11:45 Lunch Club: Anna Mae’s (SU) 1:30 Brain Connect: Technology Education Sessions (CH) 2:00 Active Game in the Garden: Ladder Ball (GB) 2:30 Anglican Church Service (CH) 3:30 Pickwick’s Pub (PP) 6:30 Shuffleboard League Schedule Posted (PP)	9:00-12:00 Boardwalk Loop (SU) 9 9:30 Westhill FIT Barre (FC) 10:15 Kitchen Traditions w/ Sierra (DK) 10:30 Recreation Planning Time 1:00 Drayton Entertainment Theatre: <i>Fiddler on the Loose</i> (Pre-booked) 2:00 Solo Card Club (UB) 3:30 Wii Bowling (CH) 6:45 Horse Races (PP)	Purple Day 10 9:30 SMART Exercises (FC) 10:00 Outdoor Walking Group (GB) 10:30 Handy Man Corner (DK) 10:30 Presbyterian Church Service (CH) 11:00 Newsletter Committee (DK) 11:45 Birthday Luncheon (Invite) (DK) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick’s Pub with Kevin Coates (PP) 6:45 Euchre Club (UB)	9:30 Movement to Music w/Jessie (FC) 11 10:00 Cribbage (UB) 10:30 Shuffleboard —Drop In (PP) 2:00 Solo Card Club (UB) 2:30 Horse Races (PP) 6:45 Card Night Drop In (All are Welcome) (DK) 6:45 Ladies Club (UB) (FL)
10:00 Brain Game Pick-up at Reception 12 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:30 Snooker Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC,UB)	WPL Visiting Library Service Book Bag Pick Up 13 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:30 Recreation Planning Mtg (CH) 2:00 Horse Races (PP) 3:30 Mixer Monday Happy Hour (PP) 6:45 Euchre Club (DK)	Strawberry Day—Wear your Red 14 9:30 Excursion: Rise & Shine Country Drive and Herlee’s Country Market (SU) 9:30 Westhill FIT Strength Training (FC) 10:30 Workshop Drop In (MS) 1:15 Waterloo Public Library (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:00 Bird Watch Social (GB) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 15 10:30 Cranium Crunches (DK) 11:45 Celebrating Seniors BBQ Lunch 1:30 Brain Connect: Technology Education Sessions (CH) 2:00 Active Game in the Garden: Bean Bag Toss (GB) 3:15 News & Views (CH) 6:30 Shuffleboard League Schedule Posted (PP)	9:00-12:00 Boardwalk Loop (SU) 16 9:30 Westhill FIT Balance (FC) 10:15 Kitchen Traditions w/ Sierra (DK) 1:30 Excursion: Taste of the Countryside Drive and Tour: Fresh local Produce stops (SU) 2:00 Solo Card Club (UB) 2:30 Taste of the Countryside: Strawberry Social (GB) 3:30 Wii Bowling (CH) 6:30 Toonie Bingo (DK)	WPL Visiting Library Service Delivery Day 17 8:00 Men’s Breakfast (Westcourt Bistro) 9:30 SMART Exercises (FC) 10:00 Outdoor Walking Group (GB) 10:30 Book Club (BL) 10:30 Handy Man Corner (DK) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick’s Pub (PP) 6:45 Euchre Club (UB)	9:30 Seated Yoga (FC) 18 10:00 Cribbage (UB) 10:30 Shuffleboard —Drop In (PP) 10:30 Morning Manicures (Sign Up at Reception to put your name on the Wait List—Space is limited. Recreation will confirm your time) (DK) 2:00 Solo Card Club (UB) 2:00 Cinema Experience: <i>The Best Exotic Marigold Hotel</i> (CH) 2:30 Root Beer Float Fiesta! (PP) 6:45 Card Night Drop In (All are Welcome) (DK)
Father’s Day 19 10:00 Brain Game Pick-up at Reception 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL,WC, UB)	Indigenous Learning Journey Week 20 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:30 Culinary Meeting (CH) 2:00 Horse Races (PP) 3:30 Mixer Monday Happy Hour (PP) 6:45 Euchre Club (DK)	National Indigenous Peoples Day 21 9:15 Market Morning: St. Jacobs Market (SU) 9:30 Westhill FIT Strength Training (FC) 10:30 Workshop Drop In (MS) 1:30 Excursion: Huron Park Indigenous Visit (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:00 Bird Watch Social (GB) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 22 9:30 Excursion in Nature: Crawford Lake Picnic Lunch and Park Visit (SU) 10:00 -3:00 KmW Clothing (PP) 10:30 Cranium Crunches (DK) 1:30 Brain Connect: Technology Education Sessions (CH) 2:00 Active Game in the Garden: Mini Putt Golf (GB) 3:15 News & Views (CH) 6:30 Shuffleboard League Schedule Posted (PP)	9:00-12:00 Boardwalk Loop (SU) 23 9:30 Westhill FIT Barre (FC) 10:15 Kitchen Traditions (DK) 2:00 Solo Card Club (UB) 2:00 Speaker Series: A Grand Fabrication: Truth, Tales and Art of a Heritage River (CH) 2:45 Excursion: Zehrs (SU) 3:30 Wii Bowling (CH) 6:45 Horse Races (PP)	9:30 SMART Exercises (FC) 24 10:00 Outdoor Walking Group (GB) 10:30 Ladies Social Club: Taste of the Countryside: Strawberry Social (GB) (BL) 10:30 Handy Man Corner (DK) 11:45 Newcomers Luncheon (Invite) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick’s Pub w/ Martin Wall (PP) 6:45 Euchre Club (UB)	Purple Day 25 9:30 Movement to Music w/Jessie (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard —Drop In (PP) 2:00 Solo Card Club (UB) 2:30 Frozen Treats on the Patio (WC) 6:45 Card Night Drop In (All are Welcome) (DK)
10:00 Brain Game Pick-up at Reception 26 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC,UB,)	Canadian Multiculturalism Day 27 9:30 Excursion: Elora Casino 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:30 Town Hall Meeting (CH) 2:00 Horse Races (PP) 3:30 Mixer Monday Happy Hour (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 28 10:30 Workshop Drop In (MS) 1:30 Excursion: MCC New Hamburg Thrift Store (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:00 Bird Watch Social (GB) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 29 10:30 Cranium Crunches (DK) 1:30 Brain Connect: Technology Education Sessions (CH) 1:30 Food Basics (SU) 2:00 Active Game in the Garden: Ladder Ball (GB) 4:30 Dinner Club: Taste of the Countryside: Crowsfoot Smokehaus (SU) 3:15 News & Views (CH) 6:30 Shuffleboard League Schedule Posted (PP)	9:00-12:00 Boardwalk Loop (SU) 30 9:30 Westhill FIT Balance (FC) 10:15 Kitchen Traditions (DK) 1:30 Excursion: Ice Cream Trip (SU) 2:00 Solo Card Club (UB) 2:00 Pressed Flower Collage Workshop (DK) 3:30 Wii Bowling (CH) 6:30 Toonie Bingo (DK)		

1st Floor:	FL: Fireplace Lounge	GB: Gazebo	UB: Upper Balcony	WC: Westhill Cafe	SU: Sign-up at Reception	
Ground Level:	BL: Breakers Lounge	CH: Century Hall	DK: Demo Kitchen	FC: The Fit Club Fitness Centre	MS: Men’s Shed Workshop	PP: Pickwick’s Pub
	PT: Physiotherapy Room		RC: Rosecourt	TE: The Empress Dining Room	Events in Purple: By Sign Up	Special Events in Red