# SPOTLIGHT

#### **EVENTS CALENDAR** | June 2022

#### The Ultimutts Stunt Dog Show

The Ultimutts is a one-of-a-kind stunt dog and cat entertainment act. It features the ultimate underdog to wonder dog stories where the animals coming from shelters, rescues, and strays end up as performers and A-list actors! The show will be live at Longworth on Wednesday, June 15th at 2:30pm.

### LIVING WELL PERKS & PLUSES - June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Hairdressing HS Appts start at 9:00am	In Home Hearing 2 SB Appts start at 10:00am Store to Door 1:00-4:00pm	Hairdressing HS Appts start at 9:00am	4
5	6	7	8 Hairdressing <b>HS</b> Appts start at <b>9:00am</b>	9 Store to Door 1:00-4:00pm	10 Hairdressing <b>HS</b> Appts start at <b>9:00am</b>	11
12	13	14	15 Hairdressing <b>HS</b> Appts start at <b>9:00am</b>	16 Store to Door 1:00-4:00pm	17 Hairdressing <b>HS</b> Appts start at <b>9:00am</b>	18
19	20	21	22 Hairdressing HS Appts start at 9:00am	23 Store to Door 1:00-4:00pm	24 Hairdressing HS Appts start at 9:00am	25
26	27	28	29 Hairdressing HS Appts start at 9:00am	30 Store to Door <b>1:00-4:00pm</b>		

**B:** Bar **SB:** Small Boardroom **SFT:** Second Floor Therapy Room **SFP:** Second Floor Physio Room **M:** Multi Purpose Room **W:** Wellness Office **TR:** Treatment Room HS: Hair Salon

#### **HAPPY BIRTHDAY!**

**Marilyn Dutton** — June 4 | **Marguerite Sherman** — June 5 | **Sandra Sinker** — June 15 Shirley Campbell — June 19 Barbara Miller — June 20 | Jean Cullis — June 21 Anneliese Eppel — June 22 | Lyla Best — June 25 | Carl Lapp — June 29



#### **HAPPY FATHER'S DAY**

We will be celebrating Fathers and the men we look up to as father figures on Sunday, June 19th. We will be raising a glass and sharing some sweet treats in honour of these wise, wonderful and supportive men.

> "The quiding light of my father has proven, to be the brightest star in the sky." -unknown



## Sifton Retirement Living

## HIGHLIGHTS



**Ontario Election Day** 

The Queen's Platinum Jubilee Birthday Parade

Father-Themed Movie Series

Father Knows Best TV Show Every Sunday in June

Wheel of Fortune

Seniors' Month Social Friday, June 10th

Outdoor Barbeque Lunch Tuesdays, June 14th & 28th

Ultimutts Dog Stunt Show

**Evergreen Band** 

Father's Day Social Sunday, June 19th

New Horizons Band

Sophisticated Ladies Trio Friday, June 24th

Margaritas on the Patio Thursday, June 30th



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600 Longworth Road | London, ON | N6K 4X9

### **SOCIAL & RECREATIONAL ACTIVITIES - JUNE 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul> <li>9:30 VON Virtual Exercise 1 Class M</li> <li>10:00 Lawn Darts CY</li> <li>11:00 VON Virtual Exercise M</li> <li>3:00 Derby Horse Racing M</li> </ul>	Queen's Platinum Jubilee 2 9:30 A Move in the Right Direction M 10:00 Crokinole LH 10:00 Crochet for a Cause 11:00 Royal Trivia M 2:00 Queen's Birthday Parade 2:30 The Goldie's B/PL WEAR RED WHITE & BLUE	9:30 VON Virtual Exercise 3 Class M 10:00 Visit from Geordie 10:15 Bus to Cherryhill Mall SU 3:00 Jubilee High Tea M 7:00 Pepper Game M	Anytime Activity Booklet Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 10:15 Chair Yoga M 2:00 Movie: Dad M 7:00 Movie: Dad M
<ul> <li>D:00 Sing Your Way 5</li> <li>Ome PL</li> <li>D:00 Church Service</li> <li>hannel 12 – On TV</li> <li>00 Music with Ernie PL</li> <li>00 TV Show: Father Knows</li> <li>est (S1 Ep.1,2,3) M</li> <li>00 Andre Rieu in Concert M</li> </ul>	<ul> <li>10:00 A Move In The Right 6 Direction M</li> <li>11:00 VON Virtual Exercise Class M</li> <li>1:30 Cribbage AYJ</li> <li>3:00 Bingo M</li> </ul>	<ul> <li>10:00 Travelogue: Bahamas7 AJC</li> <li>10:00 Fun Fitness with Larry M</li> <li>2:00 Euchre M</li> <li>8:00 Blue Jays Fan Club M</li> <li>7:00 Scrabble AYJ</li> </ul>	9:30 VON Virtual Exercise 8 Class M 10:00 Bean Bag Toss CY 10:15 Bus to New Sarum Diner SU 11:00 VON Virtual Exercise M 3:00 Wheel Of Fortune M	9:30 A Move in the Right 9 Direction M 10:00 Crokinole LH 10:00 Crochet for a Cause AJC 11:00 Trivia M 3:00 Town Hall Meeting B/PL	<ul> <li>9:30 VON Virtual Exercise 10 Class M</li> <li>10:00 Visit from Geordie</li> <li>10:15 Bus to Cherryhill Mall</li> <li>SU</li> <li>3:00 Seniors' Month Social B</li> <li>7:00 Pepper Game M</li> </ul>	Anytime Activity Booklet 1 Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 10:15 Chair Yoga M 2:00 Movie: Father of the Bride M 7:00 Movie: Father of the Bride M
0:00 Sing Your Way 12 ome PL 0:00 Church Service hannel 12 – On TV :00 TV Show: Father Knows est (S1 Ep.4,5,6) M :00 Andre Rieu in Concert M	Direction M <b>11:00</b> VON Virtual Exercise Class M <b>1:30</b> Cribbage AYJ <b>3:00</b> Bingo M	10:00 Travelogue: Arizona 14 AJC 10:00 Fun Fitness with Larry M 12:00 BBQ Lunch CY SU 2:00 Bridge M 2:30 Creative Creations LH 7:00 Blue Jays Fan Club M	9:30 VON Virtual Exercise 15 Class M 11:00 VON Virtual Exercise M 2:30 Ultimutts Dog Show CY 5:00 Bus to Mackie's/Shaw's Ice cream SU	Right Direction <b>M</b>	<ul> <li>9:30 VON Virtual Exercise 17 Class M</li> <li>10:00 Visit from Geordie</li> <li>10:15 Bus to Cherryhill Mall</li> <li>SU</li> <li>2:30 Birthday Party PL/B</li> <li>2:30 Evergreen</li> <li>(Entertainment) PL/B</li> <li>7:00 Pepper Game M</li> </ul>	Anytime Activity Booklet 13 Get your copy at the First Floor Sign-up Binder or Second Floor Elevator 10:15 Chair Yoga M 2:00 Movie: Sleepless in Seattle M 7:00 Movie: Sleepless in Seattle M
0:00 Sing Your Way 19 lome PL 0:00 Church Service channel 12 – On TV 1:00 Book Club M :00 TV Show: Father Knows sest (S1 Ep.7,8,9) M :00 Father's Day Social B :00 Andre Rieu in ConcertM	Direction M 11:00 VON Virtual Exercise Class M 1:30 Cribbage AYJ 3:00 Bingo M	10:00 Travelogue: Jamaica 21 AJC 10:00 Fun Fitness with Larry M 2:00 Euchre M 8:00 Blue Jays Fan Club M 7:00 Scrabble AYJ Visiting Library Drop Off	9:30 VON Virtual Exercise 22 Class M 10:15 Bus to Walmart SU 11:00 VON Virtual Exercise M 2:00 Scoops B 3:00 Will Bowling M	Gay Pride2310:00 Crokinole LH10:00 Crochet for a CauseAJC2:30 Trivia M7:00 New Horizons Band(Entertainment) OWEAR RAINBOW COLOURS	<ul> <li>9:30 VON Virtual Exercise 24 Class M</li> <li>10:00 Visit from Geordie</li> <li>10:15 Bus to Cherryhill Mall</li> <li>2:30 Lyla Best's 103rd</li> <li>Birthday Party PL</li> <li>2:30 Sophisticated Ladies PL</li> <li>7:00 Pepper Game M</li> </ul>	Anytime Activity Booklet 2 Get your copy 10:15 Chair Yoga M 2:00 Movie: Fathers & Daughters M 7:00 Movie: Fathers & Daughters M
0:00 Sing Your Way 26 ome PL 0:00 Church Service hannel 12 – On TV :00 Music with Ernie PL :00 TV Show: Father Knows est (S1 Ep.10,11,12) M :00 Andre Rieu in Concert	<ul> <li>10:00 A Move In The Right27 Direction M</li> <li>11:00 VON Virtual Exercise Class M</li> <li>1:30 Cribbage AYJ</li> <li>3:00 Bingo M</li> </ul>	<ul> <li>10:00 Travelogue: Hawaii 28 AJC</li> <li>10:00 Fun Fitness with Larry M</li> <li>12:00 BBQ Lunch CY SU</li> <li>2:00 Bridge M</li> <li>7:00 Blue Jays Fan Club M</li> <li>7:00 Scrabble AYJ</li> </ul>	9:30 VON Virtual Exercise 29 Class M 10:15 Bus to Cherryhill Mall SU 11:00 VON Virtual Exercise M 2:00 Scoops B 3:00 Golf M	9:30 A Move in the Right 30 Direction M 10:00 Crokinole LH 10:00 Crochet for a Cause AJC 11:00 Trivia M 2:30 Margaritas on the Patio O		