

SPOTLIGHT

S'mores Nights

With summer here, we will have campfires back on the calendar. Come outside to the Courtyard to enjoy the warm, crackling fire and good company - and of course s'mores. You won't be able to resist the ooey-goey marshmallows and melting chocolate sandwiched between graham crackers!

LIVING WELL PERKS & PLUSES - JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-4:00 Reflections Salon 2:00 Store to Door Orders Due FD 11:00 Dry Cleaning Drop Off FD	4 9:00-4:00 Reflections Salon	5 9:00-4:00 Reflections Salon	6 9:00-4:00 Reflections Salon	7 9:00-4:00 Reflections Salon 9:00-3:00 Manicure & Pedicure RS Dry Cleaning Returned
10 9:00-4:00 Reflections Salon 2:00 Store to Door Orders Due FD 11:00 Dry Cleaning Drop Off FD	11 9:00-4:00 Reflections Salon	12 9:00-4:00 Reflections Salon 10:00-1:00 In Home Hearing—Audiology	13 9:00-4:00 Reflections Salon	14 9:00-4:00 Reflections Salon 9:00-3:00 Manicure & Pedicure RS Dry Cleaning Returned
17 2:00 Store to Door Orders Due FD 11:00 Dry Cleaning Drop Off FD	18	19 1:00-4:00 Blood Pressure & Weight Clinic WC	20	21 9:00-4:00 Reflections Salon 9:00-3:00 Manicure & Pedicure RS Dry Cleaning Returned
24 9:00-4:00 Reflections Salon 2:00 Store to Door Orders Due FD 11:00 Dry Cleaning Drop Off FD	25 9:00-4:00 Reflections Salon	26 9:00-4:00 Reflections Salon	27 9:00-4:00 Reflections Salon	27 9:00-4:00 Reflections Salon 9:00-3:00 Manicure & Pedicure RS Dry Cleaning Returned
31 9:00-4:00 Reflections Salon 2:00 Store to Door Orders Due FD 11:00 Dry Cleaning Drop Off FD				In need of FOOT CARE or PHYSIO? Contact our Wellness Team to make an appointment with Vitalis!

FC: Fitness Centre RS: Reflections Salon WC: Wellness Centre
FD: Front Desk TBA: To Be Announced PDR: Private Dining Room

There will be no **VON Exercise** July 3rd to July 7th
Reflection Salon will be CLOSED July 17th to July 20th

EVENTS CALENDAR | JULY



Sunday Summer Socials

Starting in July, every another week will be hosting a Sunday Social! These socials will include something new each time – one day might focus on food and beverages, and another could be all about activities and games. This is a new and exciting venture that we hope you will join us in! We will also take suggestions for new themes.

Springbank Summer Concert

Back by popular demand, it's the Sunday Summer Concerts. Join us on the Richmond Woods bus for music, music, music! Look forward to performances by The Young Ones Trio, Oliver Whitehead Trio, and many more. Located at the Springbank Gardens Pavilion, these concerts are free to the public, and not to be missed!

Mystery Tour

Everyone enjoys a great Mystery! A sense of adventure....the unknown! This is a full day of events, with a scenic drive, numerous stops and lunch! Join us for a great day out.

HIGHLIGHTS

Celebrating Canada Day

Saturday, July 1st

Frauds & Scrams Presentation

Tuesday, July 4th

Take Out: KFC Kentucky Fired Chicken

Thursday, July 6th

Springbank Summer Concert : Sunfest Performance

Sunday, July 9th

Day Trip: Lunch & Beach Ipperwash

Tuesday, July 11th

Summer Tea: Eldon House

Wednesday, July 12th

Shaw's Ice Cream (St. Thomas)

Thursday, July 13th

Breakfast Club

Tuesday, July 18th

Dark Horse: Wine Tasting Grand Bend

Tuesday, July 18th

Grand Bend Theatre: Kinky Boots

Thursday, July 20th

Springbank Summer Concert : Blown Ashore

Sunday, July 23rd

Mystery Tour

Wednesday, July 26

Day Trip—Bayfield

Thursday, June 29th

"All Things Seniors" Summer Party

Friday, June 30th

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SOCIAL & RECREATIONAL ACTIVITIES - JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check out the monthly Perks and Pluses calendar on the back cover.						GH BOOKED 12-5PM HAPPY BIRTHDAY CANADA! 2:00 Quarter Poker GR 3:00 25cent Bingo GH 7:00 Celebrating Canada Day with the Dixie 5 and Friends Band CY WEAR YOUR RED AND WHITE!
10:15 Coffee Cart CC 2 10:30 Hymns with Norma June CC 1:30 Baseball Benchwarmers—Blue Jays vs Boston GH 2:00 Billiards CP 3:00 Sunday Summer Social CY	9:45 Exercise GH 3 10:30 Balloon Ball CC 1:30 Cribbage GR 2:00 Tiki Bar: Sangria CY 3:00 25cent Bingo GH	10:00 Trivia GH 4 10:45 Wii Sports GH 1:30 Bridge GR 2:00 Board Games CC 2:30 Paint Class with Donna AC 3:00 Frauds and Scams Presentation presented by London Police Det Jeff Johnston—Financial Crimes Unit GH	9:30 Visit with Vixie CC 5 9:45 Exercise GH 10:00 LCBO, Bank, Library & Stobie's SU 10:30 Monthly Gazette GH 11:00 Aquafit F 1:30 Euchre GR 2:00 Billiards CP 2:00 Colour Your World L 2:30 Book Club PDR 3:00 All About Canada GH	National Fried Chicken Day 10:30 St. Michael's Catholic Mass GH 6 10:30 Culinary Committee Meeting PDR 12:15 Take Out: KFC Kentucky Fried Chicken SU/CY 1:30 Cribbage GR 2:30 Shuffleboard GR 2:00 Recreation Calendar Planning Meeting GH 3:00 Lasso Golf GH 7:00 Crokinole GR	National Strawberry Sundae 7 9:00 Aquafit F 9:45 Exercise GH 10:00 Garden Club CY 1:30 Bridge GR 2:30 Billiards CP 3:00 Strawberry Social CY 7:00 Martin Wall GH (Entertainment—Keyboard)	10:30 Zumba GH 8 1:30 Walking Club CC 2:00 Quarter Poker GR 3:00 25cent Bingo GH 7:00 Movie Night & Popcorn GH
10:15 Coffee Cart CC 9 10:30 Hymns with Norma June CC 1:00 Springbank Summer Concert: Sunfest Performance (International) SU 1:40 Baseball Benchwarmers—Blue Jays vs Detroit GH 2:00 Billiards CP	9:45 Exercise GH 10 10:00 Cherryhill Mall SU 10:30 Balloon Ball CC 1:30 Cribbage GR 2:00 Tiki Bar: Pina Colada CY 3:00 25cent Bingo GH	10:00 Day Trip Lunch & Beach Ipperwash SU 11 10:00 Trivia GH 10:00-11:00 All Things Sewing & Alterations PDR 10:45 VON Exercise GH 1:30 Bridge GR 2:00 Giant Jenga CC 2:30 Paint Class with Donna AC 3:00 Sing—A—Long Choir GH 7:00 Campfire S'mores CY	9:45 Exercise GH 12 11:00 Aquafit F 1:30 Euchre GR 1:30 Shaw's Ice Cream (St. Thomas) SU 2:00 Billiards CP 2:00 Colour Your World L 3:00 You Be The Judge GH	10:00 Current Events GH 13 10:00 Unger's Market & Shoppers SU 10:45 VON Exercise GH 1:30 Cribbage GR 2:00 Summer Tea at Eldon House SU 2:00 St. Aiden's Anglican Church Service GH 2:30 Shuffleboard GR 3:00 Bean Bag Toss GH 7:00 Crokinole GR	9:00 Aquafit F 14 9:45 Exercise GH 10:45 iPad Training GH 12:00 BBQ Lunch SU/CY 1:30 Bridge GR 2:30 Billiards CP 2:45 Kitchen Tour SU	10:30 Wii Sports GH 15 1:30 Walking Club CC 2:00 Quarter Poker GR 3:00 25cent Bingo GH 7:00 Movie Night & Popcorn GH
10:30 Hymns with Norma June CC 16 1:30 First St. Andrew's United Church Service GH 2:00 Billiards CP 3:00 Sunday Summer Social CY 7:00 James Skarinkat GH (Entertainment—Guitar)	9:45 Exercise GH 17 10:00 Masonville Mall SU 10:30 Balloon Ball CC 1:30 Cribbage GR 1:30 Piano with Nicky CC 2:00 Tiki Bar: Daiquiri CY 3:00 25cent Bingo GH	9:00 Breakfast Club SU 18 10:00 Trivia GH 10:45 VON Exercise GH 12:00 Dark Horse Grand Bend—Wine Tasting SU 1:30 Bridge GR 1:30 Ping-Pong GH 2:30 Paint Class with Donna AC 3:00 7:00 Beer, Wings and Swings	9:30 Visit with Vixie CC 19 9:45 Exercise GH 10:00 LCBO, Bank, Library & No Frills SU 10:30 Picture It GH 11:00 Aquafit F 1:30 Euchre GR 2:00 Billiards CP 2:00 Colour Your World L 2:15 Wellness & You with Karon GH 3:00 Town Hall Meeting GH 3:45 Cheese & Mocktails CC	10:00 Current Events GH 20 10:45 VON Exercise GH 12:15 Grand Bend Theatre : Kinky Boots SU 1:30 Cribbage GR 2:00 Siloam United Church Service GH 2:30 Shuffleboard GR 3:00 Lasso Golf GH 7:00 Crokinole GR 7:00 Uptown Dixieland Jazz Band CY (Entertainment)	9:00 Aquafit F 21 9:45 Exercise GH 10:00 Garden Club CY 10:30 Crazy for Crafts GH 1:30 Bridge GR 2:30 Billiards CP 3:00 Traci Kennedy GH (Entertainment)	10:30 Zumba GH 22 1:30 Walking Club CC 2:00 Quarter Poker GR 3:00 25cent Bingo GH 7:00 Movie Night & Popcorn GH
10:15 Coffee Cart CC 23 10:30 Hymns with Norma June CC 1:00 Springbank Summer Concert: Blown Ashore (East Coast Celebration) SU 2:00 Billiards CP 4:10 Baseball Benchwarmers—Blue Jays vs Seattle GH	9:45 Exercise GH 24 10:00 Wal-Mart SU 10:30 Balloon Ball CC 1:30 Cribbage GR 1:30 Piano with Nicky CC 2:00 Tiki Bar: Margarita CY 3:00 25cent Bingo GH	10:00 Trivia GH 25 10:00-11:00 All Things Sewing & Alterations PDR 10:45 VON Exercise GH 1:30 Bridge GR 1:30 Western Fair Casino SU 2:00 Connect 4 CC 2:30 Paint Class with Donna AC 3:00 Sing—A—Long Choir GH 7:00 Campfire S'mores CY	9:30 Mystery Tour SU 26 9:45 Exercise GH 10:30 Who, What, Where GH 11:00 Aquafit F 1:30 Euchre GR 2:00 Billiards CP 2:00 Colour Your World L 2:30 Culinary Adventures Armchair Travel—Poland SU/ GH	10:00 Current Events GH 27 10:45 VON Exercise GH 1:30 Cribbage GR 2:30 Shuffleboard GR 2:30 Card Making with Judy GH/SU 3:00 Gentleman's Club GR 7:00 Crokinole GR	9:00 Aquafit F 28 9:45 Exercise GH 10:00 Garden Club CY 10:30 Facebook Friday GH 1:30 Bridge GR 2:30 Billiards CP 3:00 Dan Mailer GH (Entertainment—Guitar)	10:30 Wii Sports GH 29 1:30 Walking Club CC 2:00 Quarter Poker GR 3:00 25cent Bingo GH 7:00 Movie Night & Popcorn GH
10:15 Coffee Cart CC 30 10:30 Hymns with Norma June CC Baseball Benchwarmers—Blue Jays vs Los Angeles GH 2:00 Billiards CP 3:00 July Birthday Party PDR (Invitation Only)	9:45 Exercise GH 31 10:00 Cherryhill Mall SU 10:30 Balloon Ball CC 1:30 Cribbage GR 1:30 Piano with Nicky CC 2:00 Tiki Bar: Mojito CY 3:00 25cent Bingo GH					

BF: Blackfriars

CP: Corner Pocket

GH: Great Hall

WC: Wellness Center

CC: Central Court Room

L: Oxford Street Library

AC: Arts & Crafts 3rd Floor

MF: Mayfair Dining Room

F: Exercise & Fitness Room

PDR: Private Dining Room

SU: Sign Up Activity

GR: Games Room

CY: Court Yard

BR: Boardroom

FB: Front of Building

Events in Purple: Sign Up