

- MONDAYS:** Textures Hair Salon (in the Hair Salon)
- TUESDAYS:** Store to Door Orders Due
- WEDNESDAYS:** Blood Pressure Clinic on June 19th (in the Wellness Centre)
- THURSDAYS:** Textures Hair Salon (in the Hair Salon)
- FRIDAYS:** Blood work appointments (in the Wellness Centre)

AUDIOLOGY CLINIC: Monday June 2nd (in Physiotherapy Room)—Please make an appointment with Wellness

UPCOMING —

Westhill Balls and Bands Exercise Join Chelsea for Balls and Bands exercise class every other Thursday in the Fit Club!

Brain Health Workshop Staying mentally active is just as important for our brain as staying physically active. Join us in this weekly program as we work together at some fun, interactive brain exercises. Wednesday mornings at 10:30am in the Demo Kitchen.

Active Games Keep active with some new active games. Join us outside for an active game on June 4th and 18th to try a new game.

Mindfulness: Take some time for yourself and join Kathryn in the Century Hall every Friday afternoon at 2:00pm for Mindful Meditation.

The Art of Card Making: Join us at the Art of Card Making on June 26th at 2:30pm in Breaker’s Lounge to make Birthday cards for your fellow residents! Many hands make light work!



SAVE THE DATE:

Red and White Sangria Tasting

Join us for a spirited toast to summer and Canada! We're kicking off June with a festive **Red & White Sangria Tasting on Thursday June 12th**, featuring refreshing blends that celebrate the colours of our flag—and the flavours of the season.

Mystery Tour Excursion

Join us on Wednesday June 18th, for a special outing filled with surprise, scenery, and smiles. We're hitting the road on a **mystery bus trip**—the destination is a secret, but the journey is guaranteed to be fun! Spots are limited, so sign up soon at Reception.

Discover Tuscany in a Glass– Join Our Wine Tasting Experience

Ready to escape to the rolling hills of Tuscany without leaving town? Sign up now for our exclusive **Tuscan Wine Tasting** event and savor the rich flavors of Italy's most iconic wine region. From bold Chiantis to elegant Brunello's, our curated selection will transport your senses straight to the vineyards.

Limited spots available – reserve yours today and raise a glass to *la dolce vita*!

Canada Day Party

Let's celebrate Canada's birthday on June 30th in true red-and-white style! Join us for a fun-filled **Canada Day Party** featuring Jimmy's Old Time Radio Show, festive treats, and all the patriotic spirit you can handle. Wear your red and white!

- Excursion: Brantford Casino**
Monday June 2nd
- Excursion: Stratford and Lunch at Dimitri's**
Wednesday June 4th
- Vendor: EZFit Shoes**
Wednesday June 4th
- DROM Fitness Class**
Thursday June 5th
- Outdoor Walking Club**
Monday June 9th
- Vendor: Tisket Tasket Baskets**
Tuesday June 10th
- Red and White Sangria Tasting**
Thursday June 12th
- Men's Breakfast**
Friday June 13th
- Coffee Chat with Kathryn**
Monday June 16th
- Excursion: Mystery Tour**
Wednesday June 18th
- Under the Tuscan Sun Wine Tasting and Dinner**
Thursday June 19th
- Lunch Club: Pizza Picnic**
Friday June 20th
- Pickwick's Pub: Traveler's Joy Band**
Friday June 20th
- Car Wash Fundraiser**
Wednesday June 25th
- Pickwick's Pub: Martin Wall**
Friday June 27th
- Canada Day Party w/ Jimmy's Old Time Radio Show**
Monday June 30th

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SOCIAL & RECREATIONAL ACTIVITIES - JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: “Uptown Girls” 2:00 Dominos (PP) 2:00 Bridge Club (PP) 2-4:00 Euchre Club (UB/DK/PP) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	2 9:30 Westhill FIT Exercise (FC) 9:30 Brantford Casino (SU) 10:30 Recreation Planning and Welcoming Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Grapefruit Punch (PP) 6:45 Euchre Club (DK)	3 9:30 Westhill FIT Strength Training (FC) 9:30 Excursion: MCC New Hamburg (SU) 10:30 Paint & Create 1:30 Toonie Bingo (DK) 2:00 Excursion: New Hamburg Walking Club and Ice Cream (SU) 3:00 Arts and Crafts Social: (BL) Fruit Painted Coasters 3:30 Wii Bowling (CH) 5:30 Pet Therapy with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	4 9:30 SMART Exercises (FC) 10:00 Stratford and Lunch at Dimitri's (SU) 10:30 Fruit Smoothies (WC) 10:30 Brain Health Workshop (DK) 11:00-3:00 Vendor: Ezfit Shoes (PP) 2:00 Solo Card Game (DK) 2:00 Outdoor Active Game: Croquet (GB) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	5 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Kitchen Traditions: Apple Crisp (DK) 1:00 Parkinson's Caregiver Support Group (CH) 1:30 Excursion: Hawkesville Bakery and Herries Farm (SU) 2:00 Billiards League (SU) 2:00 DROM Fitness (SU) (FC) 3:30 Wii Bowling (CH) 4:00 Pet Therapy with Ember (PP) 6:45 Toonie Bingo (DK)	6 9:30 SMART Exercise (FC) 10:00 Catholic Communion (CH) 10:30 Word Games (PP) 1:30 Technology Education Session (DK) 2:00 Mindful Meditation (CH) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Trivia Night 6:45 Euchre Club (UB)	7 9:30 Westhill Exercise (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “The Princess Bride” (CH) 2:00 - 4:00 Drop in Euchre (DK/PP/UB) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Welcome) (DK/PP/UB)
8 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: “Hairspray” Musical (CH) 2:00 Dominos (PP) 2:00 Bridge Club (PP) 2-4:00 Euchre Club (UB/DK/PP) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	9 9:30 Westhill FIT Exercise (FC) 10:30 Outdoor Walking Club (Meet in Lobby) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Cranberry Sea Breeze (PP) 6:45 Euchre Club (DK) Waterloo Public Library Book Pick Up	10 9:30 Westhill FIT Strength Training (FC) 10:30-2:30 Vendor: Tisket Tasket Baskets (PP) 10:30 Paint & Create (BL) 10:30 Outdoor Walking Club (Meet in Lobby) 1:30 Toonie Bingo (DK) 3:00 Arts and Crafts Social: Gnome Door Decor (BL) 3:30 Wii Bowling (CH) 5:30 Pet Therapy with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	11 9:30 SMART Exercises (FC) 10:30 Fruit Smoothies (WC) 10:30 Brain Health Workshop (DK) 2:00 Board Game Social: UNO (PP) 2:00 Solo Card Game (DK) 2:30 Anglican Church Service (CH) 3:00 Pickwick's Pub (PP) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	12 9:30 Westhill FIT Exercise (FC) 10:30 Kitchen Traditions : Rhubarb Squares (DK) 10:30 Outdoor Walking Club (Meet in Lobby) 2:00 Billiards League (SU) 2:00 Zumba with Jessie (FC) 2:30 Red and White Sangria Tasting (SU) (GB) 3:30 Wii Bowling (CH) 4:00 Pet Therapy with Ember (PP) 6:45 Toonie Bingo (DK)	13 7:45 Men's Breakfast (SU) (Bistro) 9:30 SMART Exercise (FC) 10:30 Presbyterian Church Service (CH) 10:30 Word Games (PP) 10:30 Outdoor Walking Club (Meet in Lobby) 1:30 Technology Education (DK) 2:00 Bocce Ball (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: Lemonade Bar 6:45 Euchre Club (UB) Waterloo Public Library Book Drop Off	14 9:30 Westhill Exercise (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “Rain Man” Starring Tom Cruise 2-4:00 Drop in Euchre (DK/PP/UB) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Welcome) (DK/PP/UB)
15 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Dominos (PP) 2:00 Bridge Club (PP) 2-4:00 Euchre Club (UB/DK/PP) 3:00 New Apostolic Church Service (CH) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	16 9:30 Westhill FIT Exercise (FC) 10:30 Coffee Chat with Kathryn (WC) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Summertime Slushies (PP) 6:45 Euchre Club (DK)	17 9:30 Westhill FIT Strength Training (FC) 10:30 Paint and Create (BL) 1:30 Toonie Bingo (DK) 3:00 Arts and Crafts Social: Painted Tote Bags (BL) 3:30 Wii Bowling (CH) 5:30 Pet Therapy with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	18 9:30 SMART Exercises (FC) 9:30 Excursion: Mystery Tour (SU) 10:30 Fruit Smoothies (WC) 10:30 Brain Health Workshop (DK) 11:45 June Birthday Lunch (TE) 2:00 Solo Card Game (DK) 2:00 Outdoor Active Game: Ladder Ball (GB) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	19 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Kitchen Traditions: Chocolate Eclair Cake (DK) 12:15 Lunch at The Boathouse (SU) 1:30 Parkinson's Support Group & Information Session (CH) 2:00 Billiards League (SU) 2:00 Westhill Balls and Bands Exercise (FC) 2:30 Under the Tuscan Sun Wine Tasting (SU) (GB) 3:30 Wii Bowling (CH) 4:00 Pet Therapy with Ember (PP) 5:00 Under the Tuscan Sun Dinner (TE) 6:45 Toonie Bingo (DK)	20 9:30 SMART Exercises (FC) 10:00 Catholic Communion (CH) 10:30 Book Club w Jessica (BL) 10:30 Word Games (PP) 12:00 Lunch Club: Pizza Picnic (SU) 1:30 Technology Education Session (DK) 2:00 Bocce Ball (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: Traveler's Joy Band (PP) 6:45 Euchre Club (UB)	21 9:30 Westhill Exercises (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “Under the Tuscan Sun” (CH) 2-4:00 Drop in Euchre (DK/PP/UB) 3:00 Billiards Drop In (BL) 3:00 Garden Trivia 6:45 Card Night Drop In (All Welcome) (DK/PP/UB)
22 10:15 Brain Game: Pick-up at Rec 10:30 Snooker Club (BL) 2:00 Dominos (PP) 2:00 Entertainment: Kitchener Musical Society Band (Outside Weather Permitting) 2:00 Bridge Club (PP) 2-4:00 Euchre Club (UB/DK/PP) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	23 9:30 Westhill FIT Exercise (FC) 10:30 Culinary Meeting (CH) 1:30 Sobey's and LCBO (SU) 2:00 Horse Races (PP) 3:00 Mocktail Monday: Pina Coladas (PP) 4:30 Dinner Club: Crowsfoot Smokehouse (SU) 6:45 Euchre Club (DK)	24 9:30 Westhill FIT Strength Training (FC) 10:30 Paint & Create (BL) 10:30 Excursion: Conestoga Mall and M&M Meats (SU) 1:30 Toonie Bingo (DK) 2:30 Excursion: Vincenzo's (SU) 3:00 Arts and Crafts Social: Watermelon Tea Towels (CH) 3:30 Wii Bowling (CH) 5:30 Pet Therapy with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	25 9:30 SMART Exercises (FC) 10:00-3:00 Car Wash 10:30 Porch Popsicle Party (GB) 10:30 Brain Game: Pick up at Reception 2:00 Board Game Social: Yahtzee (PP) 2:00 Solo Card Game (DK) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	26 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Kitchen Traditions: Zucchini Oatmeal Chocolate Chip Cookies 1:30 Excursion: Elmira Deli and Donuts and Picards (SU) 2:00 Billiards League (SU) 2:00 Zumba with Jessie (FC) 2:30 The Art of Card Making (BL) 3:30 Wii Bowling (CH) 4:00 Pet Therapy with Ember (PP) 6:45 Toonie Bingo (DK)	27 9:30 SMART Exercises (FC) 10:30 Word Games (PP) 1:30 Technology Education Session (DK) 2:00 Mindful Meditation (CH) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Martin Wall (PP) 6:45 Euchre Club (UB)	28 9:30 Westhill Exercises (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “Uncle Buck” (CH) 2-4:00 Drop in Euchre (DK/PP/DK) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK/PP/UB)
29 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matine: James Bond Diamonds are Forever (CH) 2:00 Dominos (PP) 2:00 Bridge Club (PP) 2-4:00 Euchre Club (UB/DK/PP) 2-4:00 Meet a Friend Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	30 9:30 Westhill FIT Exercise (FC) 10:30 Townhall (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Canada Day Party with Jimmy's Old Time Radio Show (PP) 6:45 Euchre Club (DK)					

<u>1st Floor:</u>	FL: Fireplace Lounge	GB: Gazebo	UB: Upper Balcony	WC: Westhill Cafe	SU: Sign-up at Reception	Events in Purple: Sign Up
<u>Garden Level:</u>	BL: Breakers Lounge	CH: Century Hall	DK: Demo Kitchen	EP: Empress Dining Patio	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