

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday


Self-Guided activities will be available in the Dining Room 9:30am – 3:00pm Monday-Thursday.

1
11:00am Meditative Colouring (104)
1:30pm 1-1 Visits
2:30pm **Bingo (DR)**
B I N G O

2
11:00am Bible Reading (104)
1:30pm Singalong (DR)
2:30pm Yahtzee (301)

3
10:00am Virtual Catholic Church (DR)
11:00am Fun & Fitness (201)
1:30pm Music Appreciation (DR)
3:00pm Library Program (DR)


4
11:00am Outdoor Walk (O)
1:15pm Karaoke (DR)
2:00pm **Strawberry Tea (DR)**

6:30pm **Bingo (DR)**
B I N G O
8:00pm Madlibs (DR)


5
1:30pm Uno (301)
2:30pm Painting (301)


6
SENIORS' WEEK!




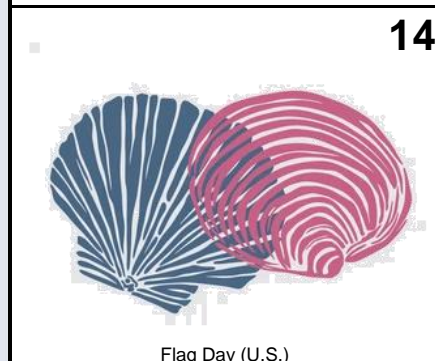

7
11:00am Meditative Colouring (104)
1:30pm Singalong (DR)
2:30pm **Bingo (DR)**
B I N G O

8
10:00am Fun & Fitness (201)
11:00am Trivia (DR)


9
10:00am Non-Denominational Church (DR)
11:00am Manicures (301)
1:30pm Music Appreciation (DR)
2:30pm **Your Voice Home Quality Resident Council Meeting (DR)**


10
10:00am Devotions (104)
11:00am Water Colour Painting (104)
6:30pm **Bingo (DR)**
B I N G O
8:00pm Mind Joggers (DR)

11
11:00am Outdoor Walk (O)
1:15pm Karaoke (DR)
2:00pm **Milestones (DR)**




14
11:00am Outdoor Walk (O)
1:30pm 1-1 visit
2:30pm **Bingo (DR)**
B I N G O

Flag Day (U.S.)

15
10:00am Spiritual Reflections (301)
11:30am **BBQ Lunch Group (104)**

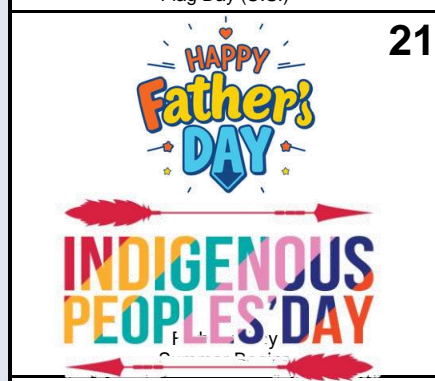
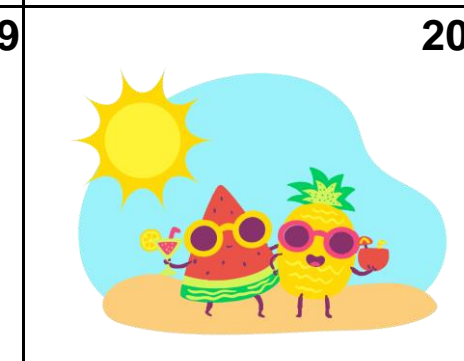
1:30pm Music Appreciation (DR)
2:30pm Board Game (301)

16
10:00am Virtual Catholic Church (DR)
1:30pm Singalong (DR)
2:30pm Yahtzee (301)

17
11:00am Fun & Fitness (201)
6:30pm **Bingo (DR)**
B I N G O
8:00pm Dice Games (DR)

18
1:15pm Karaoke (DR)
2:30pm Metis Dot Painting (301)

Juneteenth



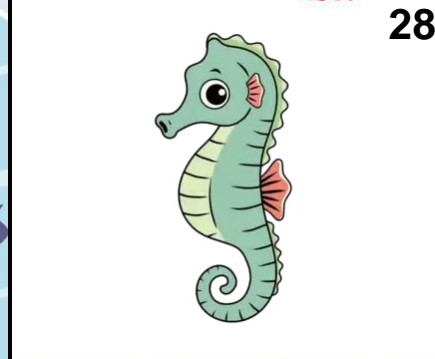
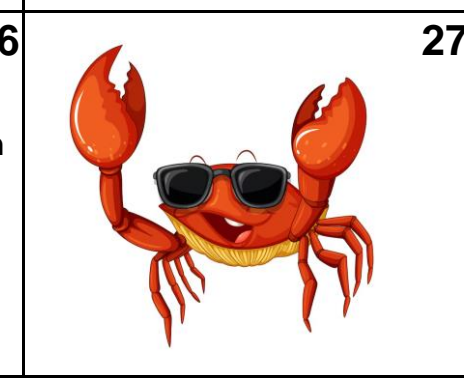
21
11:00am Seated Yoga (201)
1:15pm Karaoke (DR)
2:00pm **Father's Day Social (DR)**

22
11:00am Fun & Fitness (201)
1:30pm 1-1 Visits
2:30pm **Bingo (DR)**
B I N G O

23
10:00am Non-Denominational Church (DR)
11:00am Canadian Trivia (301)
2:30pm Singalong (DR)

24
10:00am Bible Readings (104)
11:00am Outdoor Walk (O)
6:30pm **Bingo (DR)**
B I N G O
8:00pm Humour Group (DR)

25
11:00am Manicures (301)
1:15pm Music Appreciation (DR)
2:30pm Canada Day Craft (301)



28
11:00am Fun & Fitness (201)
1:30pm 1-1 Visits
2:30pm **Bingo (DR)**
B I N G O

29
10:00am Devotions (301)
11:00am Water Colour Painting (104)
1:30pm Tuck Shop (DR)
2:00pm **Canada Day Ice Cream Social (DR)**


Legend
L – Lobby
DR – Dining Room
O – Outside
104, 201, 301 - Rooms

June 2026

SPRUCEWOOD PLACE

Mealtimes
First Seating
Breakfast: 8:15-8:55
Lunch: 11:45-12:25
Supper: 4:45-5:25
Second Seating
Breakfast: 9:05-9:45
Lunch: 12:35-1:15
Dinner: 5:35-6:15

Programs are subject to change, please see whiteboards for daily activities