

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales Rick Steves Greek Islands Santorini, Mykonos, and Rhodes</b> 11:00 Walking Program <b>2:30 Farkle (Dice Game)</b> 3:30 Room Visits	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Pool Noodle Hockey</b> 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer <b>10:00 Outdoor Stroll</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise <b>10:30 Word in a word game</b> <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 3:15 Walking Program <b>Resident Council MEETING</b>	9:30 Morning Exercise <b>10:15 Card Games</b> 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 11:30 Book Cart <b>2:30 Baking -Lemon Flower Tart</b> 3:30 Room Visits	
9:30 Morning Stretch <b>10:30 Word Games</b> 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> 3:00 Room Visits	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales- Wonders of the Philippines/ The Most amazing places</b> 11:00 Walking Program <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b> 3:30 Room Visits	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Bean Bag Toss</b> 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer <b>10:00 Outdoor Stroll</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	<b>8:30 Breakfast Club (By Invite)</b> 10:30 Morning Exercise 11:00 Walking Program 2:30 Movie and Popcorn 	9:30 Morning Exercise 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits <b>Philippines Bake Sale</b> 	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> <b>2:30 Active Game</b> 3:30 Room Visits	
9:30 Morning Stretch <b>10:30 Father's Day Word Search</b> 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> <b>3:00 Balloon Tennis</b> <small>Flag Day (U.S.)</small>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales -Rick Steves -Cruising the Mediterranean</b> 11:00 Walking Program <b>2:30 June Trivia</b> 3:30 Room Visits	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Father's Day Car Painting</b> 3:30 Walking Program	9:30 Morning Exercise 10:00 Sikh Prayer <b>10:00 Outdoor Stroll</b> 10:30 Walking Program <b>2:30 Father's Day Bingo</b> 3:30 Room Visits	9:30 Morning Exercise <b>10:30 Things my dad used to say Reminiscing</b> <b>2:30 Father's Day Show with John Parson (2<sup>nd</sup> Floor)</b> 3:45 Room Visits <b>HAPPY Father's Day</b>	9:30 Morning Exercise <b>10:15 Timeless Trivia</b> 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits <small>Juneteenth</small>	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Book Cart <b>2:45 Baking-Hamburger Cupcakes</b> 3:30 Room Visits	
9:30 Morning Stretch <b>10:30 Father's Day Car Race</b> 11:00 Walking Program <b>2:30 Catholic Service (2<sup>nd</sup> Floor)</b> <b>3:00 Father's Day Chicken Cart</b> 	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales Days of Summer/ Nature Documentary</b> 11:30 Walking Program <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b> 3:30 Room Visits	9:30 Morning Stretch 10:00 Table Games <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Movie and Popcorn</b> 	9:30 Morning Exercise 10:00 Sikh Prayer <b>10:00 Outdoor Stroll</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	9:30 Morning Exercise 11:00 Walking Program <b>2:30 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b> 	9:30 Morning Exercise <b>10:15 Giant Scrabble</b> 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> <b>12:00 South Asian Luncheon (By invite only)</b> 2:30 Book Cart 3:30 Room Visits 	
9:30 Morning Stretch <b>10:30 Card Bingo</b> 11:00 Walking Program <b>2:30 Church Service (2<sup>nd</sup> Floor)</b> <b>3:00 Horse Racing</b>	9:30 Morning Exercise 10:00 Nail Spa <b>10:30 Travel-Tales – Wild Borneo- A spectacular Journey into The Oldest Tropical Rainforest/ Free documentary Nature</b> 11:00 Walking Program <b>2:30 Active Game</b> 3:30 Room Visits	<b>9:30 Music with Jeff</b> 10:30 Morning Stretch <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b> <b>2:30 Bowling Game</b>	<h1>June 2026</h1> <p>Primrose</p>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	9:30 Ball Toss <b>1</b> 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	<b>8:50 Music with Jeff 2</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch <b>3</b> 10:00 Sensory Program 10:30 Walking Program 2:30 Helping Hands 3:00 Outdoor Stroll 4:00 Calls with Family	9:30 Morning Stretch <b>4</b> 10:00 Bean Bag Toss 10:30 Walking Program <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Therapy Pet 	9:30 Active Game <b>5</b> <b>10:00 Baking: Lemon Flower Tarts</b> 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour 	9:30 Morning Stretch <b>6</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy		
9:30 Morning Stretch <b>7</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	9:30 Ball Toss <b>8</b> 10:00 Bingo <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Karaoke Sing-a-long	<b>8:50 Music with Jeff 9</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch <b>10</b> 10:00 Sing a long 10:30 Walking Program 2:30 Helping Hands 3:00 Outdoor Stroll 4:00 Calls with Family	<b>8:30 Breakfast Club (By Invite) 11</b> 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet 	9:30 Active Game <b>12</b> 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour <b>Philippines Bake Sale</b> 	9:30 Morning Stretch <b>13</b> 10:00 Walking Program <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy		
9:30 Morning Stretch <b>14</b> 10:00 Hymn Sing 10:30 Walking Program <b>10:30 Sikh Prayer (Meeting Room)</b> 2:30 Ring Toss 3:30 Hand Spa <small>Flag Day (U.S.)</small>	9:30 Ball Toss <b>15</b> <b>10:00 Father's Day Bingo</b> 2:30 Helping Hands 3:00 Pet & Doll Therapy	<b>8:50 Music with Jeff 16</b> 9:45 Morning Stretch <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy <i>Father's Day Portraits</i>	9:30 Morning Stretch <b>17</b> 10:00 Sensory Program 10:30 Walking Program 2:30 Helping Hands 3:00 Outdoor Stroll 4:00 Calls with Family	9:30 Morning Stretch <b>18</b> 10:00 Bean Bag Toss 10:30 Walking Program <b>2:30 Father's Day Show with John Parsons (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Therapy Pet 	9:30 Active Game <b>19</b> <b>10:00 Baking: Hamburger Cupcakes</b> 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour 	9:30 Morning Stretch <b>20</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy		
9:30 Morning Stretch <b>21</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa <small>Father's Day Summer Begins</small>	9:30 Ball Toss <b>22</b> 10:00 Bingo <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Karaoke Sing-a-long	8:50 Morning Stretch <b>23</b> <b>10:30 Hymn Sing</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch <b>24</b> 10:00 Sing a long 10:30 Walking Program 2:30 Helping Hands 3:00 Outdoor Stroll 4:00 Calls with Family	9:30 Morning Stretch <b>25</b> 10:00 Ball Toss 10:30 Walking Program <b>2:30 Birthday Party with Greg Alcock (2<sup>nd</sup> Floor)</b> 2:30 Helping Hands 3:00 Therapy Pet 	9:30 Active Game <b>26</b> 10:00 Good News 10:30 Walking Program 2:30 Helping Hands 3:00 Friday Social Hour	9:30 Morning Stretch <b>27</b> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b> 10:00 Walking Program 10:30 Tea Cart <b>12:00 South Asian Luncheon (by invite only)</b> 2:30 Helping Hands 3:00 Snoezelen Therapy 		
9:30 Morning Stretch <b>28</b> 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	9:30 Ball Toss <b>29</b> 10:00 Bingo <b>11:30 Picnic at Unwin Park (By Invite)</b> 2:30 Helping Hands 3:00 Pet & Doll Therapy 	<b>8:50 Music with Jeff 30</b> 9:45 Morning Stretch <b>10:30 Hymn Sing &amp; Communion</b> 2:30 Helping Hands 3:00 Snoezelen Therapy	<h1>June 2026</h1> <h2>Camellia</h2>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:30 Morning Exercise <b>1</b> 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel Tales- Wonders of the Philippines/ The Most amazing places</b> 3:00 Walking Program	9:30 Morning Stretch <b>2</b> <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Tea and Talk Visits <b>2:30 Just Laugh Gags</b>	9:30 Morning Exercise <b>3</b> 10:30 Sikh Prayer 10:30 Bingo <b>2:30 Outdoor Stroll</b> 3:00 Walking Program	9:30 Morning Stretch <b>4</b> <b>10:00 Riddle me this game</b> 11:00 Karaoke Sing-a-long <b>2:00 Resident &amp; Family Council</b> 3:15 Walking Program 	9:30 Chair Dance Exercise <b>5</b> <b>10:15 Baking Lemon Flower Tart</b> 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits 	9:30 Morning Stretch <b>6</b> <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	
9:30 Morning Stretch <b>7</b> <b>10:30 Baking: Father's Day Hamburger Cupcakes</b> 11:00 Walking Program 11:00 Calls with Family <b>2:30 Church Service</b> 3:30 Book Cart 	9:30 Morning Exercise <b>8</b> 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Java Music Club (by Invite)</b> 3:00 Room Visits	9:30 Morning Stretch <b>9</b> <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Tea and Talk Visits <b>2:30 Balloon Hockey</b>	9:30 Morning Exercise <b>10</b> 10:30 Sikh Prayer 10:30 Bingo <b>2:30 Outdoor Stroll</b> 3:00 Walking Program	<b>8:30 Breakfast Club (By Invite)</b> <b>11</b> 10:30 Morning Exercise 11:00 Walking Program 2:30 Movie & Popcorn 	9:30 Chair Dance Exercise <b>12</b> 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits <b>Philippines Bake Sale</b> 	9:30 Morning Stretch <b>13</b> <b>10:00 Tzu Chi Group</b> 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	
9:30 Morning Stretch <b>14</b> <b>10:30 Sikh Prayer Service (Meeting Centre)</b> 11:00 Calls with Family <b>11:00 Flags around the world</b> <b>2:30 Church Service</b> 3:30 Book Cart <small>Flag Day (U.S.)</small>	9:30 Morning Exercise <b>15</b> 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Travel-Tales Rick Steves Greek Islands Santorini, Mykonos, and Rhodes</b> 3:00 Walking Program	9:30 Morning Stretch <b>16</b> <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing</b> 2:30 Tea and Talk Visits <b>2:30 Bowling</b> <i>Father's Day Portraits</i>	9:30 Morning Exercise <b>17</b> 10:30 Sikh Prayer 10:30 Bingo <b>2:30 Father's Day Car Painting Craft</b> 3:00 Walking Program	9:30 Morning Stretch <b>18</b> <b>10:30 Things my Dad used to say Reminiscing</b> 11:00 Sing a long <b>2:30 Father's Day Show with John Parson</b> 	9:30 Chair Dance Exercise <b>19</b> <b>10:15 Balloon Hockey</b> 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits <small>Juneteenth</small>	9:30 Morning Stretch <b>20</b> <b>10:00 Tzu Chi Group</b> 10:30 Walking Program <b>2:30 Father's Day Bingo</b> 3:30 Room Visits	
9:30 Morning Stretch <b>21</b> <b>10:30 Father's Day Car Race</b> 11:00 Walking Program 11:00 Calls with Family <b>2:30 Catholic Service</b> 	9:30 Morning Exercise <b>22</b> 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>2:30 Java Music Club (by Invite)</b> 3:00 Room Visits	9:30 Morning Stretch <b>23</b> <b>10:10 Word in a Word Game</b> <b>11:15 Hymn Sing</b> <b>2:30 Movie and Popcorn</b> 	9:30 Morning Exercise <b>24</b> 10:30 Sikh Prayer 10:30 Bingo <b>2:30 Outdoor Stroll</b> 3:00 Walking Program	9:30 Morning Stretch <b>25</b> <b>10:30 June Trivia</b> 11:00 Walking Program <b>2:30 Birthday Party with Greg Alcock</b> 	9:30 Chair Dance Exercise <b>26</b> <b>10:15 Ball Toss</b> 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch <b>27</b> <b>10:00 Tzu Chi Group</b> 10:30 Walking Program <b>12:00 South Asian Luncheon (by invite only)</b> 2:30 Bingo 3:30 Room Visits 	
9:30 Morning Stretch <b>28</b> <b>10:30 Word Games</b> 11:00 Walking Program 11:00 Calls with Family <b>2:30 Church Service</b> <b>3:15 Balloon Hockey</b> 3:30 Book Cart	9:30 Morning Exercise <b>29</b> 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program <b>11:30 Picnic at Unwin Park (By Invite)</b> <b>2:30 Travel-Tales -Rick Steves - Cruising the Mediterranean</b> 3:00 Walking Program 	9:30 Morning Stretch <b>30</b> <b>10:10 Music with Jeff</b> <b>11:15 Hymn Sing &amp; Communion</b> 2:30 Tea and Talk Visits <b>2:30 Ring Toss Game</b>	<h1>June 2026</h1> <p><b>Dogwood / Trillium</b></p>				