





INSPIRED SENIOR LIVING

July 2025 Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Canada Day</p>	 <p>Culinary Arts Month</p>	<p>Canada Day! 1</p> <p>10:00 Morning Exercises (GAR)</p> <p>11:00 Televised 'Canada Day Celebrations' (GAR)</p> <p>2:00 Canada Day Party with Live music by Peter Williams (CTY)</p> <p>6:45 Evening Movie (GAR)</p>	<p>2</p> <p>10:00 Excercises (GAR)</p> <p>11:00 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Cold drinks social, Discussion: Kindness Matters" (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>3</p> <p>10:00 Morning Exercises (GAR)</p> <p>11:00 Giant Crosswords (GAR)</p> <p>2:00 Balloon Games (GAR)</p> <p>3:00 1950's News Headlines (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>4</p> <p>10:00 Morning Exercises (GAR)</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Java Music Club (GAR)</p> <p>2:00 1:1 Visits with Life Enrichment Staff (RES)</p> <p>3:00 5 card Bingo (GAR)</p> <p>3:30 Comedy Hour - Short Jokes and One Liners (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>5</p> <p>10:00 Piano Music with Mabon (GAR)</p> <p>2:30 Afternoon Active Games (GAR)</p> <p>3:30 Artfull Enrichment - Indigenous Australian Dot Paintings (GAR)</p>
<p>9:00 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) 6</p> <p>10:00 Rise & Shine Exercises (GAR)</p> <p>11:00 Catholic Communion- Virtual (GAR)</p> <p>2:00 Sunday Funday Bingo! (GAR)</p> <p>3:30 Summer Popsicles In The Gardens (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Armchair Yoga (Virtual Event) (GAR) 7</p> <p>11:00 Fit Mind- Fun Trivia (GAR)</p> <p>2:00 Music Sing- a-Long- Lemonade Served! (GAR)</p> <p>3:30 Summer Garden Strolls (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Bowling Fun! (GAR) 8</p> <p>11:00 Summer Memories- Discussion (GAR)</p> <p>2:00 Obie Games (GAR)</p> <p>3:00 Neighbourhood -Tri Bike Rides with Wendy J (OUT)</p> <p>3:30 Helping Hands (GAR)</p> <p>6:30 Evening Manicures (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Exercises (GAR) 9</p> <p>11:00 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Let's Create Roses (Theraputic Coloring) (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Let's Play Petanque! (GAR) 10</p> <p>11:00 Morning Word Games (GAR)</p> <p>2:00 Life Enrichment Forum - Talking about programs/events you want to see at Courtyard! (GAR)</p> <p>3:00 Life Stories Board Game (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Music Therapy Session 1 with Lorri (GAR) 11</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>10:30 Visit from the students at bowling green preschool. (DR)</p> <p>11:00 Music Therapy Session 2 with Lorri (GAR)</p> <p>2:00 Live Music by Mike Kinal (FL)</p> <p>2:30 Scenic Drive (MEE)</p> <p>4:00 Garden Bocce Game (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) 12</p> <p>11:30 Ring Toss Game (GAR)</p> <p>2:30 Artfull Enrichment (GAR)</p> <p>4:00 Fun Farkle Games (GAR)</p> <p>6:45 Evening Movie (GAR)</p>
<p>10:30 Morning Exercises (GAR) 13</p> <p>11:00 Catholic Communion- Virtual (GAR)</p> <p>2:00 Sunday Funday Bingo! (GAR)</p> <p>3:30 Summer Splash Drinks and discussions In The Gardens (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:30 Rise & Shine Exercises (GAR) 14</p> <p>11:15 Giant Crosswords (GAR)</p> <p>2:00 Balloon Badminton (GAR)</p> <p>3:15 Travel to Iceland with Rick Steeves - Travelogue (GAR)</p>	<p>10:00 Rise & Shine Exercises (GAR) 15</p> <p>11:00 Meet Me at the MoMA - Virtual visit to the Museum of Modern Art History (GAR)</p> <p>3:00 Finish the Line (GAR)</p> <p>3:30 1 on 1 Visits (RES)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:30 Exercises (GAR) 16</p> <p>11:15 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Color me Happy - Therapeutic Coloring (CRM)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Rise & Shine Exercises (GAR) 17</p> <p>11:00 Living Loving Local- Razzling Raspberry (GAR)</p> <p>2:00 Art Project - Still Life in 3D (GDR)</p> <p>3:30 Java Music Club (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Music Therapy Session 1 with Lorri (GAR) 18</p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Music Therapy Session 2 with Lorri (GAR)</p> <p>11:15 Fun Farkle Games (GAR)</p> <p>2:00 Monthly Birthday Party with Live music by Roberto Risman - Teddy Bear Picnic Theme (GDR)</p> <p>3:30 Education Hour - Let's learn about Blue Zones (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) 19</p> <p>10:15 Morning Manicures (GAR)</p> <p>2:30 Armchair Travel: Mad about Madagascar! (GAR)</p> <p>4:00 Ice Cream Social in the Garden! (GSG)</p> <p>6:45 Evening Movie (GAR)</p>
<p>10:00 Rise & Shine Exercises (GAR) 20</p> <p>11:00 Catholic Communion- Virtual (GAR)</p> <p>2:00 Sunday Funday Bingo! (GAR)</p> <p>3:30 Word Games (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Armchair Yoga (Virtual Event) (GAR) 21</p> <p>11:00 Fit Minds- Summer Trivia (GAR)</p> <p>2:00 Ice Cream Cones Social in the Garden! (GSG)</p> <p>3:30 Penny Ante Game (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Excercise (GAR) 22</p> <p>11:00 Morning- Sing A Longs (GAR)</p> <p>2:00 Obie Games (GAR)</p> <p>2:00 Afternoon Manicures with Megan (GAR)</p> <p>3:30 Tri-Bike Rides (RES)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Exercises (GAR) 23</p> <p>11:00 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Cold Drinks Social, Random Trivia (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Manicures (GAR) 24</p> <p>10:00 Therapeutic Coloring - Christmas Edition (GAR)</p> <p>2:00 Ringo the Flamingo Ring Toss (GAR)</p> <p>3:30 Raspberry Sorbet Social (GSG)</p> <p>4:00 1 on 1 Visits (RES)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Exercises (GAR) 25</p> <p>11:00 Wordle Word Game (GAR)</p> <p>2:30 Scenic Drive (MEE)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) 26</p> <p>11:30 Corn Hole Game (GAR)</p> <p>2:30 Java Music Club (GAR)</p> <p>4:00 Who is Building it Now? Dexterity Game (CRM)</p> <p>6:45 Evening Movie (GAR)</p>
<p>10:30 Excercise (GAR) 27</p> <p>11:00 Catholic Communion- Virtual (GAR)</p> <p>2:00 Sunday Funday Bingo! (GAR)</p> <p>3:30 Drink Social and Trivia (GSG)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Rise & Shine Exercises (GAR) 28</p> <p>11:00 OBIE Games & Puzzles (GAR)</p> <p>12:00 Picnic in the Courtyard (CTY)</p> <p>2:30 Giant Crosswords (GAR)</p> <p>3:30 Tri-Bike Rides (RES)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Rise & Shine Exercises (GAR) 29</p> <p>10:30 Let's Play Uno (CRM)</p> <p>2:00 Balloon Games (GAR)</p> <p>3:00 Fresh Fruit Kabobs (RR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Exercises (GAR) 30</p> <p>11:00 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Sing- Along with Susie (Virtual) (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>10:00 Morning Manicures (GAR) 31</p> <p>10:00 Therapeutic Colouring (GAR)</p> <p>2:00 Penny Ante Game (GAR)</p> <p>3:30 Cool Down Drink Social - Watermelon Agua Fresca (GAR)</p> <p>6:45 Evening Movie (GAR)</p>	<p>Be Heard</p>	<p><u>Locations Legend</u></p> <p>Gardenside Lounge (GAR)</p> <p>Gardenside Backyard (GSG)</p> <p>Carnation Room (CRM)</p> <p>Residents Room (RES)</p> <p>Courtyard (CTY)</p> <p>Meet in Lobby (MEE)</p> <p>Gardenside Dining Room (GDR)</p> <p>Outside in the Round About (OUT)</p> <p>Dogwood Room (DR)</p> <p>Fireside Lounge (FL)</p> <p>Rose Room (RR)</p>