

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>10:30 Sunday Service with Chaplain Ellen (FH) 3:30 Holy Cross Lutheran Church Choir (FH)</div> <div>Shavuot Begins</div>	<div>2</div> <div>9:30 Strength & Conditioning (CR) 10:30 Creative Painting (MPR) 1:30 Ladder Ball Toss (CR) 2:30 Outdoor Strolls (L) 2:30 Spirit Circle with Chaplain Ellen (CR)</div>	<div>3</div> <div>10:00 Fitness Support with Meagan (Gym) 1:30 Word Games (CR) 2:00 Resident Drop-In (DR) 2:30 Bean Bag Toss (CR)</div>	<div>4</div> <div>9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 2:00 Music with Brent Stainton (FH)</div>	<div>5</div> <div>9:30 Strength & Conditioning (CR) 10:30 Dominoes (MPR) 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)</div>	<div>6</div> <div>9:30 Flexibility Fitness (CR) 10:30 National Donut Day Social (MPR) 1:30 Current Events (MPR) 2:30 Sit & Sway Fitness (CR)</div>	<div>7</div>
<div>8</div> <div>10:30 Sunday Service with Laura Carr-Pries (FH) 2:00 Flute & Clarinet Duet with Rebecca & Pauline (FH)</div>	<div>9</div> <div>9:30 Lower Body Strength (CR) 10:30 National Strawberry Rhubarb Pie Day Social (MPR) 2:00 Music with Waterloo Chamber Players (FH) 2:30 Spirit Circle with Chaplain Ellen (CR)</div>	<div>10</div> <div>10:00 Fitness Support with Meagan (Gym) 1:30 Poetry Group (CR) 2:30 Arts & Crafts: Finger-painting (MPR) 3:30 Ring Toss (CR)</div>	<div>11</div> <div>9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) 11:30 Outing: Runways Café *Sign-up required 3:00 Outdoor Strolls (L)</div>	<div>12</div> <div>9:30 Lower Body Strength (CR) 10:30 UNO (MPR) 1:15 Hot Wax Treatment (Gym) 2:30 Music with Bob Maclean (FH)</div>	<div>13</div> <div>9:30 Flexibility Fitness (CR) 10:30 Relax & Colour (MPR) 12:00 Father's Day BBQ Lunch (FH) *Sign up required 2:00 Outdoor Strolls (L) 3:00 Dominoes (MPR)</div>	<div>14</div> <div>Flag Day (U.S.)</div>
<div>Father's Day</div> <div>15</div> <div>10:30 Sunday Service with Chaplain Lisa (FH)</div> <div>Father's Day</div>	<div>16</div> <div>9:30 Lower Body Strength (CR) 10:30 Paint by Numbers (MPR) 1:30 Bean Bag Toss (CR) 2:30 Waterloo Public Library Tech Support Sessions *sign-up required* 2:30 Spirit Circle with Chaplain Ellen (CR)</div>	<div>17</div> <div>10:00 Fitness Support with Meagan (Gym) 1:30 Yahtzee (MPR) 2:30 Bocce Ball (CR Hallway) 3:30 Outdoor Strolls (L)</div>	<div>18</div> <div>9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 1:30 Group Discussion: <i>What Would You Do?</i> (CR) 2:30 June Birthday Celebration (MPR)</div>	<div>19</div> <div>9:30 Lower Body Strength (CR) 10:30 Worship with Knox Presbyterian Church (FH) 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)</div> <div>Juneteenth</div>	<div>20</div> <div>9:30 Flexibility Fitness (CR) 10:30 Word Games (CR) 1:30 Ladder Ball Toss (CR) 2:30 UNO (MPR)</div> <div>Summer Begins</div>	<div>21</div> <div>2:00 Nature Presentation: Snakes (FH)</div>
<div>22</div> <div>10:30 Sunday Service with Chaplain Lisa (FH) 2:00 Piano Drop-In with Doug & Wilf (FH)</div>	<div>23</div> <div>9:30 Upper Body Strength (CR) 10:30 Arts & Crafts: Collage Coasters (MPR) 1:30 Dominoes (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)</div>	<div>24</div> <div>10:00 Fitness Support with Meagan (Gym) 10:30 BINGO (MPR) 1:30 Ring Toss (CR) 2:30 Brain Teasers (CR) 5:00 Suites 6th Floor Dinner (MPR)</div>	<div>25</div> <div>9:30 Balloon Badminton CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 11:45 Outing: Lancaster Smokehouse *Sign-up required 3:00 Outdoor Strolls (L)</div>	<div>26</div> <div>9:30 Upper Body Strength (CR) 10:30 Craft: Paper Gnomes (CR) 1:15 Hot Wax Treatment (Gym) 2:00 Music with Conn Smythe (FH)</div>	<div>27</div> <div>9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Bocce Ball (CR Hallway) 2:30 Sit & Sway Fitness (CR) 3:45 Piano Music with Angela (FH)</div>	<div>28</div> <div>2:00 Crochet Club (FH)</div>
<div>29</div> <div>10:30 Sunday Service with Chaplain Lisa (FH)</div>	<div>30</div> <div>9:30 Upper Body Strength (CR) 10:30 UNO (MPR) 1:30 Outing: Dollarama *Sign-up required 2:30 Spirit Circle with Chaplain Ellen (CR) 3:30 Outdoor Strolls (L)</div>	<div> <div>June 2025</div> <div>Parkwood Suites, Garden Homes, and DLMA</div> <div>  </div> </div>				

ACTIVITY CALENDAR

JUNE 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 6:30 Open Swim		2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	
8	9	10	11	12	13	14
2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 6:30 Open Swim		2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	
15	16	17	18	19	20	21
2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 6:30 Open Swim		2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim	
22	23	24	25	26	27	28
2:30 Aquafit 3:00 Open Swim	3:30 Aquafit		2:30 Aquafit 3:00 Open Swim	2:30 Aquafit 3:00 Open Swim		
29	30	<div>June 2025</div> <div>Pool Schedule</div>				

Pool programs will be 30 minutes each