

JULY 2019 TENANT ACTIVITIES

SENIORS ACTIVE LIVING CENTRE: TENANTS

Check out the “Events Calendar” on our website at www.saintlukesplace.ca for updates, special events, and other Saint Luke’s Place community activities! <u>Program times and locations may change at times.</u> Please refer to the bulletin boards for any cancellations or changes. Thank you ☺	1. MONDAY  To all staff, residents, tenants, family and friends! Resident’s Council is offering FREE CANADA DAY TREATS from 1-3pm in the Coffee shop!	4. TUESDAY 9:00 Coffee, Tea and Muffins (Coffee Shop) \$1.00 10:30 Fun and Fitness (WC) 1:30 Bingo (C1 Lounge)	3. WEDNESDAY 10:00 Grocery Trip to ZEHRS Sign up at the main office Cost: \$2.00 10:30 Ever Wellness Program with Daryl(Wellness Centre- For those signed up) 1:00-2:00 Wellness Workout Drop In With Alison (Wellness Centre) 7:00 Wii Bowling (D2 Lounge) 8:00 Rogers TV Bingo (Coffee Shop-cards available at the office)	4. THURSDAY 9:00 Coffee, Tea and Muffins (D1 Lounge) \$1.00 10:30 Fun and Fitness (WC) 1:30-2:30 New Hope Hearing Drop in! (C1 Lounge)	5. FRIDAY 9:30-10:15 TD Bank (C1 Lounge) 9:45- Hymn Sing (AUD) 10:30-Worship Service (AUD) 12:00-1:00 BBQ DAY! Hamburger, Hot Dog or Sausage, chips & pop \$6.00 (Coffee Shop)	6. SATURDAY
7. SUNDAY 10:30- Roman Catholic Communion in your rooms. St. Mary’s Church 519-658-4443	8. MONDAY 10:30 Fun & Fitness (WC) 1:30 Knit Pickers (D1 Lounge) 1:30 Bingo! (C1 Lounge) 7:00- Scrabble (C1 Lounge)	9. TUESDAY 9:00 Coffee, Tea and Muffins (Coffee Shop) \$1.00 10:30 Fun and Fitness (WC) 1:00-2:00 Wellness Workout Drop In With Alison (Wellness Centre) 7:00 Games Night(Coffee Shop \$1.00) 	10. WEDNESDAY National Pina Colada Day! 10:00 Grocery Trip to FOOD BASICS Sign up at the main office Cost: \$2.00 10:30 Ever Wellness Program with Daryl(Wellness Centre- For those signed up) 7:00 Wii Bowling (D2 Lounge) 8:00 Rogers TV Bingo (Coffee Shop-cards available at the office)	11. THURSDAY 9:00 Coffee, Tea and Muffins (D1 Lounge) \$1.00 10:30 Fun and Fitness (WC) Saint Luke’s Place Golf Tournament @ Cambridge Golf Club!	12. FRIDAY 9:45- Hymn Sing (AUD) 10:30-Worship Service (AUD) 12:00-1:00 BBQ DAY! Hamburger, Hot Dog or Sausage, chips & pop \$6.00 (Coffee Shop) 	13. SATURDAY
14. SUNDAY 10:30- Roman Catholic Communion in your rooms. St. Mary’s Church 519-658-4443	15. MONDAY 10:30 Fun and Fitness (WC) 1:30 Knit Pickers (D1 Lounge) 7:00- Scrabble (C1 Lounge) 	16. TUESDAY 9:00- Coffee, Tea and Muffins (Coffee Shop) \$1.00 10:30- Fun and Fitness (WC) 10:30 Anglican Comm (Chapel) No Catholic mass today	17. WEDNESDAY National Hot Dog Day! 10:00 Grocery Trip to ZEHRS Sign up at the main office Cost: \$2.00 10:30 Ever Wellness Program with Daryl(Wellness Centre- For those signed up) 7:00 Wii Bowling (D2 Lounge) 8:00- Rogers TV Bingo (Coffee Shop)	18. THURSDAY 9:00- Coffee, Tea and Muffins (D1 Lounge) \$1.00 10:30- Fun and Fitness (WC)	19. FRIDAY 9:45- Hymn Sing (AUD) 10:30-Worship Service (AUD) 12:00-1:00 BBQ DAY! Hamburger, Hot Dog or Sausage, chips & pop \$6.00 (Coffee Shop) 1:30 Progressive Euchre \$2.00 (Stenhouse)	20. SATURDAY 

JULY 2019, TENANT ACTIVITIES **SENIORS ACTIVE LIVING CENTRE: TENANTS**

21. SUNDAY	22. MONDAY	23. TUESDAY	24. WEDNESDAY	25. THURSDAY	26. FRIDAY	27. SATURDAY
10:30- Roman Catholic Communion in your rooms. St. Mary's Church 519-658-4443	10:30 Fun & Fitness (WC) 1:30 Knit Pickers (D1 Lounge) 1:30 Bingo! (C1 Lounge) 7:00- Scrabble (C1 Lounge)	9:00- Coffee, Tea and Muffins (Coffee Shop) \$1.00 10:30- Fun and Fitness (WC) 7:00 Games Night (Coffee Shop \$1.00) 	10:00 Grocery Trip to FOOD BASICS Sign up at the main office. Cost: \$2.00 10:30 Ever Wellness Program with Daryl(Wellness Centre- For those signed up) 1:00-2:00 Wellness Workout with Alison (WC) 7:00 Wii Bowling (D2 Lounge) 8:00- Rogers TV Bingo (Coffee Shop)	9:00 Coffee, Tea and Muffins (D1 Lounge) \$1.00 10:30 Fun and Fitness (WC) 11:30 Trip to Giant Tiger and Rising Dough Bakery 	9:45- Hymn Sing (Aud.) 10:30- Worship Service (Aud.) 12:00-1:00 BBQ DAY! Hamburger, Hot Dog or Sausage, chips & pop \$6.00 (Coffee Shop) 	
10:30- Roman Catholic Communion in your rooms. St. Mary's Church 519-658-4443	10:30- Fun and Fitness (WC) 1:30 Knit Pickers (D1 Lounge) 7:00- Scrabble (C1 Lounge)	9:00- Coffee, Tea and Muffins (Coffee Shop) \$1.00 10:30- Fun and Fitness (WC) 6:30 Entertainment by Gerry Cutting (Auditorium)	11:30 Lunch Bunch to Symposium Restaurant 		Our Wellness Centre is now open for all tenants at SLP! Call Alison at 519-658-5183 ext. 291 for an orientation. To use the equipment an orientation and required paperwork must be completed as safety is our priority! Wellness Centre: "WC"	Smile, Happy looks good On you ☺