





# July 2025

## Southbridge Lakehead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:30 Garden Care 10:30 Virtual Church Service 10:30 Bible Readings 11:00 1-on-1 (2) 2:30 Spiritual Strummers (DR) <b>6</b>	 9:00 Hearing Clinic (CR) 9:30 Gardening Care 10:00 Exercise Group (All Floors) 11:00 1-on-1 (3) 2:30 No Bake Baking (AR) 6:30 It's A Guy Thing/History of Hockey in Canada CR) <b>7</b>	9:30 Garden Care 10:00 Senior Fitness 11:00 1-on-1 (2) 2:30 Canada Day Musical Celebration with Sherry, Jim, friends Larry & Barb 6:30 Canadian Word Search (All Floors) <b>1</b>	9:30 Garden Care 10:00 Hairdresser Visit (AR) 10:00 Patio Clean Up 11:00 1-on-1 (3) 2:30 Manicures (5,6) 2:30 Container Gardening (Patio) 6:30 Bulletin Board Decorating/Calendars <b>2</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (4) 2:30 Summer Crafts (AR) 6:30 Colouring Pictures of Canada (AR) <b>3</b>	9:30 Garden Care 10:00 BBQ Prep (AR) 11:00 1-on-1 (5) 12:00 BBQ (Patio) 2:30 Patio Games 6:30 Making a Puzzle of Canada (AR) <b>4</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (6) 2:30 Canada Day Bingo (DR) <b>5</b>
9:30 Garden Care 10:30 Virtual Church Service 10:30 Bible Readings 11:00 1-on-1 (2) 2:30 Spiritual Strummers (DR) <b>13</b>	9:30 Garden Care 10:00 Exercise Group (All Floors) 11:00 1-on-1 (5) 2:30 No Bake Baking (AR) 6:00 Music @ Waverley Park <b>14</b>	9:30 Garden Care 10:00 Picnic Prep 11:00 1-on-1 (4) 11:00 Teddy Bear Picnic Outing 2:30 Baking 7:00 Travel Canada (CR) <b>8</b>	9:30 Garden Care 10:00 Hairdresser Visit (AR) 10:30 Manicures (2,3) 11:00 1-on-1 (5) 2:30 Crafts 7:00 Lakehead Antique Car Visit (Front Driveway) <b>9</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (6) 2:30 Jammin with Sherry & Jim (DR) 6:30 Card Bingo (CR) <b>10</b>	9:00 A Canadian Breakfast (Patio) 9:30 Garden Care 11:00 1-on-1 (2) 2:30 Games Group 6:30 Animals of Canada (CR) <b>11</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (3) 1:15 Jennifer & Maggie (dog) Visit 2:30 Bingo (DR) <b>12</b>
9:30 Garden Care 10:30 Making Lemonade (AR) 11:00 1-on-1 (4) 2:00 Lemonade (CR) 2:30 Canada's Oldest Churches (CR) <b>20</b>	9:30 Garden Care 10:00 Exercise Group (All Floors) 11:00 1-on-1 (5) 2:30 No Bake Baking (AR) 6:00 Music @ Waverley Park <b>21</b>	9:30 Garden Care 10:00 Senior Fitness 11:00 1-on-1 (6) 2:30 Museum Presentation (Sports) 6:30 Music of Celine Dion & Shania Twain (CR) <b>15</b>	9:30 Garden Care 10:00 Hairdresser Visit (AR) 10:30 Manicures (4,5) 11:00 1-on-1 (2) 2:30 Cleaning Strawberries (AR) 6:30 History of Canadian Flag (60 yrs) (CR) <b>16</b>	9:30 Garden Care 10:00 No Bake Baking (AR) 11:00 1-on-1 (3) 2:30 Strawberry Social (Patio) 6:30 Canada's Parks (CR) <b>17</b>	9:30 Garden Care 10:00 No Bake Baking (AR) 11:00 1-on-1 (4) 2:30 Making Iced Coffee/Tea (AR) 6:30 Patio Social (Iced Coffee/Tea) <b>18</b>	9:30 Garden Care 10:00 Coffee ,Tim Bits Conversation (Patio) 11:00 1-on-1 (5) 1:00 Making Popcorn for Movie (AR) 2:15 Austin Powers Movie/Canadian Actor Mike Myers (CR) <b>19</b>
9:30 Garden Care 10:30 Virtual Church Service 11:00 1-on-1 (6) 2:00 Spiritual Sharing's (All Floors) 2:30 Bible Readings <b>27</b>	9:30 Garden Care 10:00 Exercise Group (All Floors) 11:00 1-on-1 (2) 2:30 Baking 6:30 It's A Guy Thing (CR) <b>28</b>	9:30 Garden Care 10:00 Senior Fitness 11:00 1-on-1 (3) 2:00 Smudging (Front Lawn) 6:30 Games (Patio) <b>22</b>	9:30 Garden Care 10:00 Hairdresser Visit (AR) 10:30 Manicures (6,2) 11:00 1-on-1 (4) 2:30 Welcome Tea (DR) <b>23</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 Outing to Kakabeka Falls 11:00 1:1's (5) 2:30 Traveling Magazines/Books/DVD's (All Floors) 6:30 Canadian Trivia (CR) <b>24</b>	9:30 Seated Soccer 9:30 Garden Care 11:00 1-on-1 (6) 2:30 River St. Strummer's 6:30 Puzzle Group <b>25</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (2) 1:15 Jennifer & Maggie (dog) Visit 2:30 Bingo (DR) <b>26</b>
9:30 Garden Care 10:30 Virtual Church Service 11:00 1-on-1 (3) 12:45 Border Cats Baseball Outing <b>29</b>	9:30 Garden Care 10:00 Exercise Group (All Floors) 11:00 1-on-1 (4) 2:30 Baking 6:30 It's A Guy Thing (CR) <b>30</b>	9:30 Garden Care 10:00 Senior Fitness 11:00 1-on-1 (5) 2:00 Outing to Dollarama 6:30 Cribbage Card Game (CR) <b>29</b>	9:30 Garden Care 10:00 Hairdresser Visit (AR) 10:30 Manicures (4,5) 11:00 1-on-1 (6) 2:30 Root Beer Floats/50/60's Music (Patio) 6:30 It's A Girl Thing (AR) <b>30</b>	9:30 Garden Care 10:00 Fresh Air Walks 11:00 1-on-1 (2) 2:30 Birthday Party (DR) 6:30 Music of April Wine, Lover Boy (CR) <b>31</b>	<b>(AR) Activity Room, Hairdressing Shop - 2nd Floor (DR) Dining Room, Main Floor (CR) Council Room, Main Floor (2,3,4,5,6) Indicate Home Areas/Lounges * Programs/Activities are Subject to Change</b>	

