



Recreation Choices, July 2019

St. Lawrence Place • Christina Johnson, Recreational Director.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 10:00 *Music Theatre (LO) 11:00 Canada Day Downtown (Lby) 1:00 Canadian Music Eh! (LO) 2:00 Ice Cream Sundae Social (LO) 2:30 Jigsaw Puzzles (LI) 3:45 Canada Day Word Search (LO) 7:00 Canada Day Celebration with Special Musical Guest Mary Kennedy & Friends (LO) 9:30 Fireworks at Confederation Basin (Lby)	2 10:00 Tiered Exercise Program: Tier #3 (LI) 11:00 Anglican Service (LI) 1:00 *BBC Earth Series (LO) 1:45 Tuck- Table (Lby) 2:30 Manicures (LI) 3:00 Word Scrambles (LO) 3:45 Crossword (LO) 5:00 News & Views (LO) 6:45 Movie: Canadian Bacon (LO)	3 10:30 VON Fitness with Fatima (LI) 11:00 *iPad Help Class (LO) 1:00 Afternoon Stroll (Lby) 2:00 SLP Radio Hour with DJ George Raynes (LO) 2:30 Book Share (LI) 3:00 Word Search Puzzles (LO) 3:45 Lemonade Social (LO) 5:00 *Music Theatre (LO) 6:45 Movie: The Triplets of Brockville (LO)	4 Buskers 10:00 In-House Yoga (LI) 10:30 TV Series: Midsomer Murders (LO) 11:00 Scrabble (LO) 1:00 Tiered Exercise Program: Tier #2 (LI) 2:00 *Line Dancing with YouTube (LO) 2:30 Patio Mingle (P) 4:30 BBQ (DR) 6:00 Buskers Rendezvous (Lby) 6:45 Movie: A Dog's Purpose (LO) 7:00 In-House Community Bridge Club (LI)	5 Buskers 10:30 VON Fitness with Fatima (LI) 11:00 *Today in History (LO) 1:00 Country Western Table Toppers (LI) 1:30 Buskers' Rendezvous (Lby) 2:00 Horse Shoes on the Patio (P) 3:00 Tea with the E.D. (LI) 3:45 "BYOD" Happy Hour (LI) 3:45 Word Search Puzzles (LO) 5:00 *Ted Talks (LO) 6:45 Movie: Stagecoach (LO)	6 Buskers 10:00 *Music & Meditation (LO) 11:00 *Documentary: Legendary Cities (LO) 1:00 Tiered Exercise Program: Tier #1 (LI) 1:00 TV Series: Murder She Wrote (LO) 1:30 Buskers' Rendezvous (Lby) 2:30 Reading & Discussion: Canadian History (LO) 3:15 Guess Who? (LO) 5:00 *News & Views (LO) 6:45 Movie: My Darling Clementine (LO)
7 Buskers 10:30 Fitness with Erin O'Brien (LI) 11:00 Book Share (LO) 1:00 Country Western Movie Trivia (LI) 1:00 TV Series: Keeping Up Appearances (LO) 1:30 Buskers' Rendezvous (Lby) 1:45 Afternoon Stroll (Lby) 2:30 Balloon Volleyball (LO) 3:15 Country Western Poems (LO) 5:00 *Music Theatre (LO) 6:45 Movie: High Noon (LO) 9:00 Buskers Finally Fire Show in the Hub (Lby)	8 10:00 *Music & Meditation (LO) 10:00 Bus Trip: Shopping at Walmart (Lby) 11:00 Monthly Grief Support with Bereaved Families of Ontario (LI) 11:30 Bus Trip: Picnic at Foley Mountain Conservation Area (Lby) 1:00 Yahtzee (LI) 2:00 Scrabble (LI) 2:30 Artistic Impressions: Drawing (LO) 3:45 Ice Cream Float Social (P) 5:00 *News & Views (LO) 6:45 Movie: Dances with Wolves Part #1 (LO)	9 10:00 Tiered Exercise Program: Tier #3 (LI) 11:00 Catholic Mass (LI) 11:00 Recreation Planning Group (LO) 1:00 Water Pistol Shooting Game (P) 2:00 Tuck- Table (Lby) 3:00 Country Western Crossword (LO) 3:45 Country Western Patio Pub (P) 5:00 *Music Theatre (LO) 6:45 Movie: Dances with Wolves Part #2 (LO)	10 Country Western Day 10:30 VON Fitness with Fatima (LI) 11:00 *iPad Help Class (LO) 1:00 Honky Tonk Trivia (LO) 2:00 Country Western Party with Musical Guest Mark McDonell (LO) 3:00 Country Western Tea Social (LO) 4:00 Visits with Valentine (Lby) 4:30 Country Western Dinner (DR) 5:00 *Country Music Theatre (LO) 6:45 Movie: Butch Cassidy and the Sundance Kid (LO)	11 10:00 In-House Yoga (LI) 10:30 TV Series: Midsomer Murders (LO) 11:00 Gardening (P) 1:00 Patio Bowling (P) 1:10 Tiered Exercise Program: Tier #2 (LI) 2:00 SLP Radio Hour with DJ George Raynes (LO) 3:00 Root Beer Float Social (P) 3:45 Velcro Catch (P) 5:00 *Ted Talks (LO) 6:45 Movie: Changing Saddles (LO) 7:00 In-House Community Bridge Club (LI)	12 10:00 *BBC Earth Series (LO) 10:30 VON Fitness with Fatima (LI) 11:00 *Today in History (LO) 1:00 Gardening (P) 2:00 Musical Performance by Anne & Jon (LO) 2:30 Afternoon Stroll (Lby) 3:45 Word Search Puzzles (LO) 3:45 "BYOD" Happy Hour (LI) 5:00 *News & Views (LO) 6:45 Movie: St. Vincent (LO)	13 10:00 Tiered Exercise Program: Tier #1 (LI) 10:45 National Ballet School (LO) 11:00 Sudoku Puzzles (LO) 1:00 TV Series: Murder She Wrote (LO) 1:30 Bus Trip: Promise Lands Family Farm (Lby) 2:00 Scrabble (LI) 2:30 Colouring to Music (LI) 3:45 Crossword (LO) 5:00 *Ted Talks (LO) 6:45 Movie: Vertigo (LO)
14 10:30 Fitness with Erin O'Brien (LI) 11:00 *Ted Talks (LO) 1:00 Gardening (P) 1:00 TV Series: Keeping Up Appearances (LO) 2:30 Scrabble (LI) 3:45 Word Search (LO) 5:00 Music Theatre (LO) 6:45 Movie: As Good As it Gets (LO) 7:00 Patio Mingle (P)	15 10:00 Bus Trip: Shopping at Giant Tiger (Lby) 11:00 *iPad Help Class (LO) 11:30 Bus Trip: Picnic at Little Cataraqui Creek Conservation Area (Lby) 1:00 Cards on the Patio (P) 2:30 *Ted Talks (LO) 3:00 Afternoon Tea Social; All Are Welcome (LO) 3:45 Word Games on the Patio (LO) 5:00 *News & Views (LO) 6:45 Movie: Charade (LO)	16 10:00 Tiered Exercise Program: Tier #3 (LI) 11:00 Anglican Service (LI) 1:00 *BBC Earth Series (LO) 1:00 Gardening (P) 2:00 Tuck- Table (Lby) 2:45 Afternoon Stroll (Lby) 3:45 Crossword (LO) 5:00 *Today in History (LO) 6:45 Movie: Love is a Story (LO)	17 10:00 Annual Senior Centre BBQ (Lby) 10:30 VON Fitness with Fatima (LI) 11:00 *iPad Help Class (LO) 1:00 Manicures (LI) 2:00 SLP Radio Hour with DJ George Raynes (LO) 2:00 Visits with Valentine (Lby) 2:30 Jigsaw Puzzle (LI) 3:45 Board Boggle (LO) 5:00 *Music Theatre (LO) 6:45 Movie: Murder on the Orient Express (LO)	18 10:00 In-House Yoga (LI) 11:00 Resident Council Meeting (LO) 1:00 Tiered Exercise Program: Tier #2 (LI) 1:00 TV Series: Midsomer Murders (LO) 2:00 Book Share (LI) 3:00 Banana Split Social (P) 3:45 Word Search Puzzles (LO) 4:30 BBQ on the Patio (P) 5:00 *News & Views (LO) 6:45 Movie: The Awful Truth (LO) 7:00 In-House Community Bridge Club (LI)	19 10:30 VON Fitness with Fatima (LI) 11:00 National Ballet School (LO) 1:00 Walk to Market Square (Lby) 2:00 *Guess Who? (LO) 3:20 Popsicle Social (P) 3:45 "BYOD" Happy Hour (LI) 5:00 Music & Meditation (LO) 6:30 SLP Patio Pub (LO) 6:45 Movie: My Favorite Brunette (LO)	20 10:00 *Music & Meditation (LO) 11:00 Documentary: Legendary Cities (LO) 1:00 Tiered Exercise Program: Tier #1 (LI) 1:00 TV Series: Murder She Wrote (LO) 2:00 Afternoon Stroll (LO) 3:15 *Laugh Out Loud (LO) 5:00 News & Views (LO) 6:45 Movie: P.S I Love You (LO)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
10:30 Fitness with Erin O'Brien (LI) 11:00 June Trivia (LO) 1:00 Reading & Discussion: Famous Plays & Play Writes (LI) 1:00 TV Series: Keeping Up Appearances (LO) 2:00 Afternoon Patio Bowling (P) 2:30 Scrabble (LO) 3:15 Songs of Our Time (LO) 5:00 *Today in History (LO) 6:45 Movie: Dreamer (LO) 7:00 Patio Mingle (P)	10:00 Bus Trip: Shopping at Food Basics (Lby) 11:00 Wacky Words (LO) 11:30 Bus Trip: The Miller House in Picton for Lunch (Lby) 1:00 Book Share (LI) 2:00 *Ted Talks (LO) 3:45 Crossword (LO) 5:00 News & Views (LO) 6:45 Movie: Roald Dahl's Esio Trot *Resident Request (LO)	10:00 Tiered Exercise Program: Tier #3 (LI) 11:00 Catholic Mass (LI) 1:00 *BBC Earth Series (LO) 2:00 Tuck- Table (Lby) 3:00 Manicures (LI) 3:45 Board Boggle (LO) 5:00 *Music & Meditation (LO) 6:45 Movie: Legends of the Fall (LO)	10:30 VON Fitness with Fatima (LI) 11:00 *iPad Help Class (LO) 1:00 Afternoon Stroll (Lby) 2:00 Visits with Valentine (Lby) 2:00 SLP Radio Hour with DJ George Raynes (LO) 3:45 Margareta Social (P) 5:00 *Music Theatre (LO) 6:45 Movie: Ethel & Ernest (LO)	10:00 In-House Yoga (LI) 11:00 July Trivia (LO) 1:00 Tiered Exercise Program: Tier #2 (LI) 1:00 TV Series: Midsomer Murders (LO) 2:00 Creative Crafts: Sun Catchers (LI) 2:30 Cards on the Patio (P) 3:45 Crossword (LO) 5:00 News & Views (LO) 7:00 In-House Community Bridge Club (LI) 7:00 Musical Performance by James Ryce (LO)	10:30 VON Fitness with Fatima (LI) 11:00 Word Search Puzzles (LO) 1:00 TV Karaoke (LO) 2:00 Poems & Short Stories (LO) 3:15 *Guess Who (LO) 3:45 "BYOD" Happy Hour (LI) 5:00 Music Theatre (LO) 6:45 Movie: A Star is Born (LO) 7:00 Patio Mingle (P)	10:00 Tiered Exercise Program: Tier #1 (LI) 10:45 National Ballet School (LO) 11:00 Patio Mingle (P) 1:00 TV Series: Murder She Wrote (LO) 1:15 Tour of Spearhead Brewery & Lunch (Lby) 2:00 *Ted Talks (LO) 3:00 Jigsaw Puzzles (LI) 3:45 Afternoon Patio Pub (P) 5:00 *Today in History (LO) 6:45 Movie: Mamma Mia! Here we Go Again (LO)
28	29	30	31			
10:30 Taste of Kingston at Confederation Park (Lby) 10:30 TV Series: Keeping Up Appearances (LO) 10:30 Fitness with Erin O'Brien (LI) 1:00 Patio Bowling (P) 2:00pm Resident Birthday Party with Musical Guest Becky Adams (LO) 3:00 Birthday Cake Social (LO) 3:45 Board Boggle (LO) 5:00 *News & Views (LO) 6:15 SLP Patio Pub (P) 6:45 Movie: The Greatest Showman (LO)	10:00 Bus Trip: Shopping at Cataraqui Town Centre (Lby) 11:00 Artistic Impressions (LO) 11:30 Bus Trip: Picnic in Bath (Lby) 1:00 * Documentary: Legendary Cities (LO) 2:00 Scrabble (LI) 2:30 Afternoon Stroll (Lby) 3:45 Crossword Puzzles (LO) 5:00 *Music & Meditation (LO) 6:45 Movie: Tully (LO)	10:00 Tiered Exercise Program: Tier #3 (LI) 11:00 Math Challenge (LO) 1:00 *BBC Earth Series (LO) 2:00 Tuck- Table (Lby) 2:45 Gardening (P) 3:45 Ice Cream Cone Social (P) 5:00 *News & Views (LO) 6:45 Movie: Wonder (LO)	10:30 VON Fitness with Fatima (LI) 11:00 *iPad Help Class (LO) 1:00 Book Share (LI) 2:00 Visits with Valentine (Lby) 2:00 SLP Radio Hour with DJ George Raynes (LO) 2:30 Cards on the Patio (P) 3:45 Word Search Puzzles (LO) 5:00 *Music Theatre (LO) 6:45 Movie: Murder on the Orient Express 2017 Version (LO)			
		ROOM LEGEND	CALENDAR LEGEND	IMPORTANT DATES	IMPORTANT DATES	IMPORTANT DATES
		(DR) Dining Room (P) Patio (LO) Lounge (LI) Library (Lby) Lobby	Highlights Outings *iPad/Apple TV Programs	1 st Canada Day Celebration 3 rd SLP Radio with DJ George Raynes 3 rd Lemonade Social 4 th Line Dancing with YouTube 5 th Tea with the E.D. 8 th Bus Trip: Picnic at Foley Mountain C. A 9 th Country Western Pub 10 th Country Western Day 12 th Musical Performance by Anne & Jon	13 th Bus Trip: Promise Lands Family Farm 15 th Bus Trip: Picnic at Little Cat Creek C. A 17 th Annual BBQ at the Seniors Centre 22 nd Bus Trip: The Miller House in Picton 24 th Margareta Social 25 th Musical Performance by James Ryce	27 th Bus Trip: Tour of Spearhead Brewery 28 th Resident Birthday Party with Musical Guest Becky Adams 29 th Bus Trip: Picnic in Bath