

# June 2023

## APPLEGROVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Seniors' Month!</p>	 <p>Happy Seniors' Month!</p>	 <p>June</p>	 <p>June</p>	<p><b>1</b></p> <p>9:30am Physio Exercises - CH</p> <p><b>10:15am Crafts</b></p> <p>11:15am 1:1 Social Visit</p> <p><b>2:00pm Musicares - Front of Building</b></p>	<p><b>2</b></p> <p>9:30am Exercise Class (Rec)</p> <p><b>10:00am Baking-cookies</b></p> <p><b>11:00am Walking Program</b></p> <p>2:00pm Happy Hour</p>	<p><b>3</b></p> <p><b>10:30am Bingo in the GPA</b></p> <p>2:00pm Movies/TV Program</p>
<p><b>4</b></p> <p><b>9:45am Spiritual Snoezelen-CH</b></p> <p>2:00pm Emanuel Reformed Church Service-CH</p>	<p><b>5</b></p> <p><b>11:30am Exercise Class (Rec)</b></p> <p><b>1:30pm Snoezelen Time - CH</b></p> <p><b>2:00pm Old Tyme Music Band - GPA</b></p> <p>6:00pm 1:1 Emotional Visit</p>	<p><b>6</b></p> <p>9:30am Physio Exercises - CH</p> <p>11:45am Friendship Circle</p> <p><b>2:00pm Bean Bag Toss</b></p> <p><b>3:15pm Courtyard Visits</b></p> <p>6:00pm 1:1 Sensory Visit</p>	<p><b>7</b></p> <p><b>11:30am Exercise class Rec</b></p> <p><i>1:30pm Euchre at the Café</i></p> <p><b>2:00pm Entertainment with Ken Lighthead</b></p> <p><b>3:15pm Walking Program</b></p>	<p><b>8</b></p> <p>9:30am Physio Exercises - CH</p> 	<p><b>9</b></p> <p><i>Just one small positive thought in the morning can change your whole day.</i></p>	<p><b>10</b></p> <p><b>10:30am Bingo in the GPA</b></p> <p><b>1:15pm Courtyard Visits</b></p> <p>2:00pm Manicures</p> <p>2:00pm Sing-A-Long with Klaas</p>
<p><b>11</b></p> <p><b>9:45am Spiritual Snoezelen-CH</b></p> <p>2:00pm Hymn sing with Harriet</p> <p><b>2:00pm Spiritual Service with Carol - Chapel</b></p>	<p><b>12</b></p> <p><b>1:30pm Snoezelen Time - CH</b></p> <p><b>2:00pm Old Tyme Music Band - GPA</b></p>	<p><b>13</b></p> <p>9:30am Physio Exercises - CH</p> <p><b>10:30am Oxford County Archives presents: Animals in Archives - CH</b></p>	<p><b>14</b></p> <p><b>10:00am Dementia 101 Session with the Alzheimer's Society - GPA</b></p> <p><b>11:45am Courtyard Visits</b></p> <p><b>2:00pm Cafe Cart Visits</b></p>	<p><b>15</b></p> <p>9:30am Physio Exercises - CH</p> <p><b>11:15am Bingo - CH</b></p> <p><b>2:00pm Memories of the Milkman with the Cheese Museum - GPA</b></p> <p><b>3:30pm Walking Program</b></p>	<p><b>16</b></p> <p><b>11:30am Exercise Class (Rec)</b></p> <p>2:00pm Fathers and Others Celebration with Tonia-Joy Veld - GPA</p> <p><b>3:30pm Walking Program</b></p> <p>6:00pm Seniors YukYuks Comedy Night - CH</p>	<p><b>17</b></p> <p>2:00pm Movies/TV Program</p>
<p><b>18</b></p> <p><b>Happy Father's Day</b></p> <p><b>9:45am Spiritual Snoezelen-CH</b></p> <p>Friendly Worship - CH</p> 	<p><b>19</b></p> <p><b>9:30am Exercise and Singalong</b></p> <p>10:00am Reminisce Program</p> <p><b>1:30pm Snoezelen Time - CH</b></p> <p><b>2:00pm Old Tyme Music Band - GPA</b></p>	<p><b>20</b></p> <p>9:30am Physio Exercises - CH</p> <p><b>10:30am Virtual Quiz Chapel</b></p> <p><b>11:00am Walking Program</b></p> <p>2:00pm Travelogue to England - AR</p>	<p><b>21</b></p> <p><b>9:30am Exercise class Rec</b></p> <p><b>10:00am Residents' Council -GPA</b></p> <p><b>2:00pm Entertainment with Rick Froom/Birthday Celebration</b></p>	<p><b>22</b></p> <p>9:30am Physio Exercises - CH</p>	<p><b>23</b></p>	<p><b>24</b></p> <p><b>10:30am Bingo in the GPA</b></p> <p><b>1:15pm Courtyard Visits</b></p> <p>2:00pm Manicures</p> <p>2:00pm Sing-A-Long with Klaas - CH</p>
<p><b>25</b></p> <p><b>9:45am Spiritual Snoezelen-CH</b></p> <p><b>2:00pm Church of the Epiphany</b></p> 	<p><b>26</b></p> <p><b>11:30am Exercise Class (Rec)</b></p> <p><b>1:30pm Snoezelen Time - CH</b></p> <p><b>2:00pm Old Tyme Music Band - GPA</b></p>	<p><b>27</b></p> <p>9:30am Physio Exercises - CH</p> <p>10:30am Travelogue - Ontario, Canada - CH</p>	<p><b>28</b></p> <p><b>Pride Day Dress in Rainbow Colours</b></p> <p><b>11:30am Exercise class Rec</b></p> <p><b>2:00pm Sing-A-Long</b></p> <p><b>3:15pm Walking Program</b></p>	<p><b>29</b></p> <p>9:30am Physio Exercises - CH</p> <p>1:45pm Under the Stars Prom with Deb + Fred</p> <p><b>2:00pm Bowling</b></p> <p><b>3:15pm Walking Program</b></p>	<p><b>30</b></p> <p><b>Crazy Hair Day for Jan's Last Day</b></p> <p><b>11:30am Exercise class Rec</b></p> <p><b>2:00pm Give Me 5 Quiz</b></p> <p>3:15pm 1:1 Physical Visit</p>	<p><i>The spirit never ages. It stays forever young</i></p> 