



# August 2025

#### **From the Activity Director**

August arrives with open arms and a full heart — and we're ready to make every day count! We're kicking off the month on Friday, August 1st with new entertainment in the lobby: the delightful duo **Brian & Lee** will set the tone for a lively month ahead. Craving comfort food? Join us Thursday, August 7th at 11:30am in the bar lounge for a Swiss Chalet Order-In — no cooking, no cleanup, just good company and great chicken. We're bringing calm and flow to your Friday with Tai Chi in the bar lounge on August 8th at 2pm, led by our lovely new instructor, Cindy. Curious about the beyond? Psychic Medium Donna will be with us in the library on Wednesday, August 13th from 2-3pm. Space is limited, so be sure to sign up early. We're off to the races on Saturday, August 16th at 6pm for an evening visit to the Kawartha Downs Horse Racing Track — sign-up required, as seating on the bus is limited. On Tuesday, August 19th, our **Scrabble group** returns! Come stir those brain cells with a fun, friendly word game — all skill levels welcome. Calling all golfers! Friday, August 22nd, we'll head to Northumberland Valley Golf Course, departing at 10:30am sharp for our 10:45 tee time. Don't forget to stop by the Paramedicine Clinic on Saturday, August 23rd from 2–4pm — an important check-in for your well-being. We've got more music to fill your days — Monday, August 25th from 2–3pm, welcome Lee + Bob for their charming show "Unrehearsed." And finally, Wednesday, August 27th, don't miss a crowd favorite: The Kreakers return! Weather permitting, their full band will be rocking the gardens once again. Let August be a symphony of laughter, movement, connection, and joy — I can't wait to share it all with you.

Warmly, Rebecca

Join us for Tai Chi with our new instructor Cindy, on August 8th at 2pm in the bar lounge.



See Rebecca or Natalie for ordering details if you would like to have lunch from Swiss **Chalet on August 7th at** 11:30am, in the bar lounge. Payment must be received prior to the order date.



## **The Poetry Corner**

"Twilight murmurs low and sweet: Summer's breath is warm with roses: All her magic is complete."

— L.M. Montgomery, "Twilight in June"

Come and explore the mysticism of August 13th at 2pm, and join us in our exploration of the beyond with Psychic Medium Donna! This event will be held in the library. Please signup at reception as capacity is limited.



Join us on Saturday August 16th for an evening of Horse Racing at Kawartha Downs Racing Track! Please sign up at reception desk as seats are limited on the bus. We are 'off to the races' at 6pm that



Monday, August 4th is a Civic Holiday

The Civic Holiday, celebrated on the first Monday of August, has its roots in 19th-century Upper Canada (now Ontario) where municipalities began establishing their own mid-summer holidays. Initially, Toronto was the first to observe the holiday, known as "Simcoe Day" in honor of John Graves Simcoe, the first Lieutenant Governor of Upper Canada. Over time, other municipalities adopted their own names and traditions for the holiday, reflecting their unique heritage and historical figures.

Come down to the lobby on August 22nd from 2-3pm and prepare to be DAZZLED by Ron the Magician!



Scrabble Social – Tuesday, August 19th at 2pm in the Bar Lounge

Join us for an afternoon of letters, laughter, and lighthearted fun! Our Scrabble group is back — no pressure, no competition, just a friendly space to stretch your mind and enjoy great company. Whether you're a word wizard or just playing for the joy of it, all are welcome!

### The Riddler:

I wear a crown but have no head, In golden fields I make my bed. Birds may feast upon my face, But standing tall, I hold my place.

What am I?

(Correct answers will receive a free entry for this month's Resident Council raffle basket! See Rebecca or Natalie with your best guess for a chance to win)

Happy Hour every Monday-Friday in the BL from

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**Shuttle Bus Tues &** Thurs 9:30-12 & 1-3:30

3:30 to 4:45						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor 2:00 New Entertainment with Brian & Lee (L)	2 3:30 BYOB Happy Hour (BL)
3	4. Civic Holiday	5	6 10:30 Fun & Fitness (AR)	7 10:00 Chair Yoga (AR)	8 10:35 Zumba! (BL)	9
3:30 BYOB Happy Hour (BL)	3:30 BYOB Happy Hour (BL)	10:00 Chair Yoga (AR) 10:45 Activity Meeting (BL) 2:00 Bingo (AR)	1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Don Owen (L)	10:45 Beauty Hour (AR)  11:30 Swiss Chalet Order-In Lunch (sign up at reception)  (BL)  2:00 Bingo (AR)	1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:15 Tai Chi with Cindy (BL)	2:00 Entertainment with Everything Country (L) 3:30 BYOB Happy Hour (BL)
10 3:30 BYOB Happy Hour (BL)	11 10:00 Boomer Visits 10:30 Fun & Fitness with Rebecca (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene (L) Natalie Vacation	12 10:00 Chair Yoga (AR)  10:40 Creative Writing Club (LIB)  2-4 Jane's British Shop (L)  Natalie Vacation	13 10:30 Fun & Fitness with Rebecca (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Blake Payne the Psychic Medium (LIB) (sign up at reception) Natalie Vacation	10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)  Natalie Vacation	15 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Michael T (L)	16 3:30 BYOB Happy Hour (BL) 6:00 Visit to Kawartha Downs Horse Racing Track! (sign up at reception)
17 3:30 BYOB Happy Hour (BL)	18 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Terry Maxwell (L)	19 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 2:00 Scrabble Group (BL)	20 10:30 Fun & Fitness (AR)  1:30 Euchre Group (AR)  1:30 Bridge Group (4th Floor)  2:00 Entertainment with Eric Lambier (L)	21 10:00 Chair Yoga (AR) 12-2:00 Tocara Jewelry Vendor (L) 2:00 Bingo (AR)	22 10:30 Visit to Golf Course  10:35 Zumba! (BL)  1:30 Euchre Group (AR)  1:30 Bridge Group (4th Floor)  2:00 Entertainment with  Ron the Magician (L)	23 2-4pm Free Paramedicine Clinic (BL) 3:30 BYOB Happy Hour (BL)
24	25 10:00 Boomer Visits	26 10:00 Chair Yoga (AR)	27 10:30 Fun & Fitness (AR)	28		30
3:30 BYOB Happy Hour (BL)	10:30 Fun & Fitness (AR)  11:00 Computer Info with Bill (LIB)  1:30 Euchre Group (AR)  1:30 Bridge Group (4th Floor)  2:00 Entertainment with Lee & Bob "Unrehearsed" (L)	2:00 Bingo (AR) 3:30 Happy Hour (BL) Rebecca Vacation	1:30 Euchre Group (AR)  1:30 Bridge Group (4th Floor)  2:00 Entertainment with The Kreakers (Outside Patio, weather permitting)  Rebecca Vacation	10:00 Chair Yoga (AR) 10:00 Catholic Church Service (TR) 3:30 Happy Hour (BL) Rebecca Vacation	1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) Rebecca Vacation	3:30 BYOB Happy Hour (BL)
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