

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 clean-up, 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.**

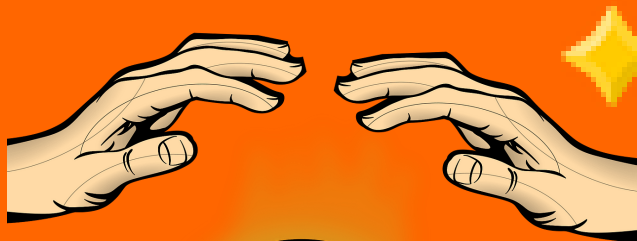


The Poetry Corner

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

— **L.M. Montgomery**,
"Twilight in June"

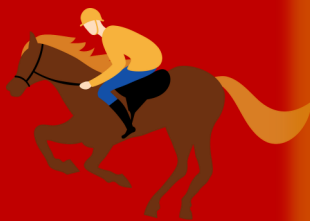
Come and explore the mysticism of August 13th at 2pm, and join us in our exploration of the beyond with Psychic Medium Donna! This event will be held in the library. Please sign-up at reception as capacity is limited.



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



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 evening!



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.

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)



