

**June is Seniors Month!**

**June  
2016**



**June is Stroke Awareness Month!**  
**Remember to act FAST**  
**F**– face drooping **A**– one arm cannot raise  
**S**– speech is slurred **T**– call 911 quickly

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>June kicks off our BBQ season! Join us on the days marked on the calendar for a delicious lunch!</b></p> 	<p><b>Please note programs outside are dependant on weather. If a program is not possible to do outside, it will take place in the Activity Room.</b></p>	<p><b><u>WEEKLY PET VISITS</u></b>  <b>Mondays with Eleanor &amp; Scrappy</b>  <b>2:00PM</b></p>	<p><b>1</b>  <b>10AM– TRIP TO ROCKWOOD</b>                  2:15PM– St. Patrick’s Roman Catholic Mass (NH)                  7:00PM– Christ The King Mass (NH)</p>	<p><b>2</b>                  9AM– Physio and Balance (AR)                  10AM– Physio and Balance (AR)                  10:30AM–Corn Shucking (OT)                  11AM– Falls Prevention (AR)                  11AM–Helping Hands (OT)  <b>12:30PM– BBQ LUNCH (OT)</b></p>	<p><b>3 HAIR DAY</b>                  9AM– Seated Tai Chi (AR)                  10AM– Falls Prevention (AR)                  11AM– General Exercise (AR)                  2PM– Golf Game (LR)                  3PM– Throwaway BINGO (AR)</p>	<p><b>4</b>                  10AM– Hymn Sing (NH)                  2PM– Lake Seventh Day Children’s Choir (NH)                  2PM– Movie Night (LR)</p>
<p><b>5</b>                  2:15PM–New Covenant Church Service (NH)</p>	<p><b>6 MANICURES WITH HASE</b>                  2PM– RC Communion (TR)                  2:30PM– BINGO (AR)                  3:30PM– Nail Care (TR)</p>	<p><b>7</b>                  1PM– Physio and Balance (AR)                  2PM– Physio and Balance (AR)                  2:15PM– Kenmuir Baptist Church Service (NH)                  3PM– Falls Prevention (AR)                  6PM– Movie Night with Snacks (LR)                  6:30PM– Nail Care (TR)</p>	<p><b>8</b>                  10AM– Carpet Bowling (LR)                  11AM– Paper Mache Hot Air Balloon (AR)                  1:30PM– Foot Doctor (AR)                  2PM– Peggy’s Violin (NH)                  7PM– Church of God Service (NH)                  7PM– Christ the King Mass (NH)</p>	<p><b>9</b>                  9AM– Physio and Balance (AR)                  10AM– Physio and Balance (AR)                  10:30AM–Corn Shucking (OT)                  11AM– Falls Prevention (AR)                  11AM–Helping Hands (OT)  <b>12:30PM– BBQ LUNCH (OT)</b></p>	<p><b>10 HAIR DAY</b>                  9AM– Seated Tai Chi (AR)                  10AM– Falls Prevention (AR)                  11AM– General Exercise (AR)                  2PM– Golf Game (LR)                  3PM– Throwaway BINGO (AR)                  7PM– Bible Study (NH)</p>	<p><b>11</b>                  10AM– Hymn Sing (NH)                  2PM– Movie Night (LR)</p>
<p><b>12</b>                  2:30PM– Salvation Army Church Service ((NH)</p>	<p><b>13 MANICURES WITH HASE</b>  <b>9:30AM– Trip to Riverwood Conservatory</b>                  2PM– RC Communion (TR)                  2:30PM– BINGO (AR)                  3:30PM– Nail Care (TR)</p>	<p><b>14</b>                  1PM– Physio and Balance (AR)                  2PM– Physio and Balance (AR)                  2:15PM– Mississauga City Baptist Church Service(NH)                  3PM– Falls Prevention (AR)                  6PM– Movie Night (LR)                  6:30PM– Knitting Club (AR)</p>	<p><b>15</b>  <b>10AM– TRIP TO CLOVERDALE</b>                  7PM– St. Francis of Xavier Rosary (NH)                  7PM– Christ the King Mass (NH)</p>	<p><b>16</b>                  9AM– Physio and Balance (AR)                  10AM– Physio and Balance (AR)                  10:30AM–Corn Shucking (OT)                  11AM– Falls Prevention (AR)                  11AM–Helping Hands (OT)  <b>12:30PM– BBQ LUNCH (OT)</b></p>	<p><b>17 HAIR DAY</b>                  9AM– Seated Tai Chi (AR)                  10AM– Falls Prevention (AR)                  11AM– General Exercise (AR)                  2PM– Father’s Day Social with Mike McConnell (LR)                  3PM– Throwaway BINGO (AR)</p>	<p><b>18</b>                  10AM– Hymn Sing (NH)                  2PM– Movie Night (LR)                  2:15PM– New Life Fellowship Church of God Service (NH)</p>
<p><b>19</b></p> 	<p><b>20 MANICURES WITH HASE</b>                  2PM– RC Communion (TR)                  2:30PM– BINGO (AR)                  3:30PM– Nail Care (TR)</p>	<p><b>21</b>                  1PM– Physio and Balance (AR)                  2PM– Physio and Balance (AR)                  2:15PM– Church of Holy Spirit Anglican Church Service (NH)                  3PM– Falls Prevention (AR)                  6PM– Movie Night and Snacks (LR)                  6:30PM– Nail Care (TR)  <b>National Aboriginal Day</b></p>	<p><b>22</b>                  10AM– Target Shooting (AR)                  11AM– Dot Painting (AR)                  7PM– Christ the King Mass (NH)</p>	<p><b>23</b>                  9AM– Physio and Balance (AR)                  10AM– Physio and Balance (AR)                  10:30AM–Corn Shucking (OT)                  11AM– Falls Prevention (AR)                  11AM–Helping Hands (OT)  <b>12:30PM– BBQ LUNCH (OT)</b>  <b>2PM– Ice Cream Truck (OT)</b></p>	<p><b>24 HAIR DAY</b>                  9AM– Seated Tai Chi (AR)                  10AM– Falls Prevention (AR)                  11AM– General Exercise (AR)                  2PM– Classical Music Presentation: The Strauss Family (LR)                  3PM– Throwaway BINGO (AR)</p>	<p><b>25</b>                  10AM– Hymn Sing (NH)                  2PM– Movie Night (LR)</p>
<p><b>26</b>                  2:15PM– Applewood Heights Gospel Hall (NH)</p>	<p><b>27 MANICURES WITH HASE</b>                  10AM– BINGO (AR)                  11AM– Resident Management Meeting (AR)                  2PM– RC Communion (TR)</p>	<p><b>28</b>                  1PM– Physio and Balance (AR)                  2PM– Physio and Balance (AR)                  2:15PM– Westminster United Church Service (NH)                  3PM– Falls Prevention (AR)                  6PM– Movie Night and Snacks (LR)                  6:30PM– Knitting Club (AR)</p>	<p><b>29</b>                  2PM– Birthday Party with Frances DeMello (LR)                  3:30PM– Nail Care (TR)                  7PM– Christ the King Mass (NH)</p>	<p><b>30</b>                  9AM– Physio and Balance (AR)                  10AM– Physio and Balance (AR)                  10:30AM–Corn Shucking (OT)                  11AM– Falls Prevention (AR)                  11AM–Helping Hands (OT)  <b>12:30PM– BBQ LUNCH (OT)</b></p>	<p><b>REFRESHMENTS SERVED DAILY. LOCATED IN MAIN LOUNGE ON THE ROUND TABLE!</b></p>	<p><b>LEGEND</b>                  OT– OUTSIDE                  AR– ACTIVITY ROOM                  LR– LIVING ROOM                  NH– NURSING HOME                  TR– TOURING</p>

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Tyndall Senior's  
Retirement Home  
Recreation Calendar