

June 2025

Lower North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Sing-a-long (Town Hall) 3:30 Short Stories	2 10:00 Pet Visits with Oreo 10:00 Circuit Fitness (Town Hall) 11:00 Heart for Music 1:30 Karaoke 3:00 Crosswords 4:00 Gardening	3 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games 1:30 Art Studio Open 3:00 Yahtzee 4:00 Heart for Music	4 LN Studio Day PM 10:00 Active Games 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 1:30 Shuffle Board & Pool(Art Studio) 1:30 Music Therapy Quiz Show (Town Hall) 3:00 Individual Music Therapy (MT) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street) 3:00 Magic Table (Art Studio)	5 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Short Stories 1:30 Art Studio Open 1:30 Exercise and Stretches 1:30 Main Street Music Cafe 3:00 Dining Room Social 3:00 Walking Club 4:00 Room Visits 4:00 Heart for Music	6 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Peter Williams 2:45 Mahjong (Main Street) 4:00 Room Visits	7 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Armchair Travel:Philippines 4:00 Sensory Cart
8 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Active Games: Horseraces (Town Hall) 3:30 Sensory Cart	9 10:00 Circuit Fitness (Town Hall) 1:30 Piano with Murray 3:00 Jeopardy Trivia 4:00 Helping Hands	10 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Art Studio Open 2:00 Andante Choir (Town Hall) 3:00 Magic Table (Art Studio) 3:30 Name that Tune	11 LN Studio Day PM 10:00 Active Games 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 1:30 Creative Corner (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street)	12 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Reminisce 1:30 Art Studio Open 1:30 Creative Corner 1:30 Exercise and Stretches 1:30 Main Street Music Cafe 1:30 Veterans Group (Town Hall) 3:00 Dining Room Social 3:00 Walking Club 4:00 Room Visits 4:00 Heart for Music	13 10:00 Bingo (Town Hall) 2:00 Father's Day Party with Mike & Marie Cronin (Town Hall) 2:45 Mahjong (Main Street) 4:00 Room Visits	14 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Sing-a-long 4:00 Outward Bound Walks
15 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Father's Day Action Movie Matinee! (Town Hall) 4:00 Father's Day Trivia	16 10:00 Musical Bingo 10:00 Circuit Fitness (Town Hall) 11:00 Helping Hands 1:30 Karaoke 2:15 Music with John Knox School (Town Hall) 3:00 Crosswords 4:00 Gardening	17 10:00 Art Studio Open 10:00 Bingo (Town Hall) 10:00 Montessori Puzzles 12:00 Dine-In Lunch: Fish & Chips (Town Hall) 1:30 Word Game 1:30 Art Studio Open 3:00 Name that Tune 3:00 Yahtzee 3:00 Magic Table (Art Studio) 4:00 Heart for Music 4:00 Helping Hands	18 LN Studio Day PM 10:00 Active Games 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 1:30 Baking Peanut Butter Cookies (Art Studio) 2:00 Birthday Party with Mark Wolfe (Town Hall) 3:00 Individual Music Therapy (MT) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street) 3:45 Library Book Collection	19 Library Book Delivery 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Short Stories 1:30 Art Studio Open 1:30 Exercise and Stretches 1:30 Main Street Music Cafe 3:00 Dining Room Social 3:00 Walking Club 4:00 Room Visits 4:00 Heart for Music	20 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Michael Turner (Town Hall) 2:45 Mahjong (Main Street) 4:00 Room Visits	21 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Reading Corner 4:00 Sensory Cart
22 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Active Games: Horseraces (Town Hall) 3:30 Sensory Cart	23 10:00 Circuit Fitness (Town Hall) 1:30 Sing-a-long 3:00 Jeopardy Trivia 4:00 Helping Hands	24 10:00 Art Studio Open 10:00 Bingo (Town Hall) 10:00 5 Senses 1:30 Art Studio Open 2:00 Country of the Month: Phillipines (Town Hall) 3:00 Magic Table (Art Studio) 4:00 Heart for Music 4:00 Helping Hands	25 LN Studio Day PM 10:00 Active Games 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 1:30 Shuffle Board & Pool (Art Studio) 3:00 Individual Music Therapy (MT) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street)	26 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Reminisce 1:30 Art Studio Open 1:30 Creative Corner 1:30 Main Street Music Cafe 1:30 Resident Council Meeting (Town Hall) 3:00 Ice Cream Social 3:00 Walking Club 4:00 Room Visits 4:00 Heart for Music	27 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Shawn McKee 2:45 Mahjong (Main Street) 4:00 Room Visits	28 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Word Game 4:00 Wheelchair Walks
29 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Sing-a-long (Town Hall) 3:30 Short Stories	30 10:00 Pet Visits with Oreo 2:00 Music with Jae-Won (Town Hall) 3:00 Crosswords 4:00 Board Decorating					

*Please note that programs are subject to change without notice.

