

June 2025

Main 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 Spa & Relaxation	2 10:00 Circuit Fitness (Town Hall) 11:00 1:1 Visits (Emotional) 1:30 Discussion Group 3:00 Crosswords 4:00 Outward Bound Walks	3 MN Studio Day 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Shuffle Board/Pool (Art Studio) 1:30 Creative Corner (Art Studio) 1:30 Bowie Plays Piano (MT) 3:00 Magic Table (Art Studio)	4 10:00 Chair Tai Chi 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Nails n' Polish 10:45 News & Views 11:00 Outward Bound Walks 1:30 Art Studio Open 1:30 Jeopardy 1:30 Music Therapy Quiz Show (Town Hall) 1:30 Sing-a-long 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street) 3:45 Multisensory Room	5 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Cafe 3:00 Discussion Group: "Women & the War Effort" 4:00 Room Visits	6 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Peter Williams 2:45 Mahjong (Main Street) 3:45 Short Stories	7 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Short Stories 4:00 1:1 Visits (Social)
8 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Active Games: Horseraces (Town Hall) 3:30 Ice Cream Social	9 10:00 Circuit Fitness (Town Hall) 11:00 1:1 Visits (Emotional) 1:30 Afternoon Trivia 3:00 Reminisce n' Share "A Stitch in Time" 4:00 Outward Bound Walks	10 MN Studio Day 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Shuffle Board/Pool (Art Studio) 1:30 Baking (Art Studio) 1:30 Bowie Plays Piano (MT) 2:00 Andante Choir (Town Hall) 3:00 Magic Table (Art Studio)	11 10:00 Chair Tai Chi 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Nails n' Polish 10:45 News & Views 11:00 1:1 Visits 1:30 Art Studio Open 1:30 Crosswords 1:30 Reminisce 3:00 Mahjong (Art Studio) 3:00 Sing-a-long 3:00 Cribbage Club (Main Street) 3:45 Multisensory Room	12 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Cafe 1:30 Veterans Group (Town Hall) 3:00 Table Games 4:00 Sensory Cart	13 10:00 Bingo (Town Hall) 2:00 Father's Day Party with Mike & Marie Cronin (Town Hall) 2:45 Mahjong (Main Street) 3:45 Spa & Relaxation	14 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Table Games 4:00 BBC Documentary
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 Circuit Fitness (Town Hall) 11:00 1:1 Visits (Emotional) 2:15 Music with John Knox School (Town Hall) 3:00 Crosswords 4:00 Helping Hands	17 MN Studio Day 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Shuffle Board/Pool (Art Studio) 12:00 Dine-In Lunch: Fish & Chips (Town Hall) 1:30 Creative Corner (Art Studio) 1:30 Bowie Plays Piano (MT) 3:00 Magic Table (Art Studio)	18 10:00 Chair Tai Chi 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Nails n' Polish 10:45 News & Views 11:00 Outward Bound Walks 1:30 Art Studio Open 1:30 Jeopardy 2:00 Birthday Party with Mark Wolfe (Town Hall) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street) 3:45 Library Book Collection 3:45 Multisensory Room	19 Library Book Delivery 10:30 Art Studio Open 10:30 Brain Games 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Cafe 3:00 Crosswords 3:00 Men's Group Chat 4:00 Room Visits 4:00 Helping Hands	20 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Michael Turner (Town Hall) 2:45 Mahjong (Main Street) 3:45 Short Stories	21 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Short Stories 4:00 1:1 Visits (Social)
22 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Active Games: Horseraces (Town Hall) 3:30 Ice Cream Social	23 10:00 Circuit Fitness (Town Hall) 11:00 1:1 Visits (Emotional) 1:30 Afternoon Trivia 3:00 Reminisce n' Share "A Stitch in Time" 4:00 Outward Bound Walks	24 MN Studio Day 10:00 Bingo (Town Hall) 10:00 Individual Music Therapy (MT) 10:00 Shuffle Board/Pool (Art Studio) 1:30 Baking (Art Studio) 1:30 Bowie Plays Piano (MT) 2:00 Country of the Month: Philippines (Town Hall) 3:00 Magic Table (Art Studio)	25 10:00 Chair Tai Chi 10:00 Mother Goose: Intergenerational Program (Art Studio) 10:00 Nails n' Polish 10:45 News & Views 11:00 1:1 Visits 1:30 Art Studio Open 1:30 Crosswords 1:30 Reminisce 3:00 Mahjong (Art Studio) 3:00 Sing-a-long 3:00 Cribbage Club (Main Street) 3:45 Multisensory Room	26 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Cafe 1:30 Resident Council Meeting (Town Hall) 3:00 Name that Tune 4:00 Heart for Music	27 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Shawn McKee 2:45 Mahjong (Main Street) 3:45 Spa & Relaxation	28 10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Table Games 4:00 BBC Documentary
29 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Sing-a-long (Town Hall) 3:30 Spa & Relaxation	30 10:00 Exercise 11:00 1:1 Visits (Emotional) 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.