

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2019

*"In summer, the song sings itself."*



9:00 **Breakfast Club** (sign up)  
11:00 Bingo - B  
2:30 Spring Painting MPR

10:15 Colouring Club - B  
12:00 Scrabble- B  
2:30 Word Games- MPR



**2 Medical App. Van**(sign up) **3**  
9:30 Tai Chi - FA  
10:15 Pump it Up- FA  
10:45 Hot Hand Wax Therapy  
11:00 Gardening Club  
2:30 Colouring Club-B  
4:00 Billiards-MPR

**4** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 Shuffleboard  
2:00 Simply Stretch-FA  
3:00 Pump it up-FA  
4:00 Happy Hour-Bar  
7:15 **Euchre Night**

**5** 9:30 Chair Yoga-FA  
10:15 Pump it up-FA  
10:45 Peddler Class-FA  
2:30 **Resident Town Hall**  
3:30 Word Games – MPR  
5:00 **Steak Club** (sign up)  
5:00 Table Pong - MPR  
7:00 Bingo- B

**6** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 Walking Club  
2:00 Hot Wax Therapy-FA  
2:30 Music Sing-Along - MPR  
3:00 Seated Groovin-FA  
4:00 Happy Hour-Bar

**7** 9:30 Movement Matters  
10:15 Tai Chi-FA  
10:45 Bone Building Class  
11:00 Walking Club  
2:30 **Wal-Mart Outing** (sign up)  
2:00 **Foot Doctor**-MPR  
7:00 Movie Night - FL

**8** 9:00 **Breakfast Club** (sign up)  
11:00 Bingo- B  
2:00 Name That Tune!- MPR  
3:00 Trivia-MPR



10:00 Morning Horoscopes-**9**  
12:00 Walking Club  
2:30 Lemonade Social - B

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**10 Medical App. Van**(sign up) **10**  
9:30 Tai Chi - FA  
10:15 Pump it Up- FA  
10:45 Hot Hand Wax Therapy  
11:00 Gardening Club  
2:00 **Musicfest Singing Group**  
4:00 Billiards-MPR

**11** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:30 **Lunch Outing: Resident Pick** (sign up)  
2:00 Simply Stretch-FA  
3:00 Pump it up-FA  
4:00 Happy Hour-Bar  
7:15 **Euchre Night**

**12** 9:30 Chair Yoga-FA  
10:15 Pump it up-FA  
10:45 Peddler Class-FA  
11:00 **SJF Catholic Service**-MPR  
2:30 Java Music Club-MPR  
3:30 Lets Solve Riddles! - MPR  
5:00 ShuffleBoard  
7:00 Bingo - B

**13** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 **Bible Study**-MPR  
2:00 Hot Wax Therapy-FA  
3:00 Seated Groovin-FA  
4:00 Happy Hour-Bar  
5:00 Bean Bag Toss - AL  
7:00 Music Video Social - FL

**14** 9:30 Movement Matters  
10:15 Tai Chi-FA  
10:45 Bone Building Class  
11:00 **SJF Catholic Rosary Prayer & Communion**-MPR  
2:30 Name That Flag Social  
3:30 Sing-a-long-MPR  
7:00 Movie Night - FL

Flag Day (US)

**15** 9:00 **Breakfast Club** (sign up)  
11:00 Bingo - B  
2:00 Think Fast: In a Jar - MPR  
3:00 Balloon Toss- AL

11:30 **Father's Day Country Cookout & Petting Zoo** **16**



Father's Day

**17 Medical App. Van**(sign up) **17**  
9:30 Tai Chi - FA  
10:15 Pump it Up- FA  
10:45 Hot Hand Wax Therapy  
11:00 Gardening Club  
2:30 Colouring Club-B  
4:00 Billiards-MPR

**18** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 **St. Judes Anglican Church Service**  
2:00 Simply Stretch-FA  
3:00 Pump it up-FA  
4:00 Happy Hour-Bar  
7:15 **Euchre Night**

**19** 9:30 Chair Yoga-FA  
10:15 Pump it up-FA  
10:45 Peddler Class-FA  
11:00 Gardening Hour  
2:30 Java Music Club-MPR  
3:30 Cookie Social – B  
5:00 **Steak Club** (sign up)  
5:00 Trivia - MPR  
7:00 Bingo - B

**20** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
2:00 Hot Wax Therapy-FA  
2:30 **Wal-Mart Outing** (sign up)  
3:00 Seated Groovin-FA  
4:00 Happy Hour-Bar  
5:00 Colouring Club - B  
7:00 **Piano Recital**

**21** 9:30 Movement Matters  
10:15 Tai Chi-FA  
10:45 Bone Building Class  
11:00 Walking Club  
2:30 **Summer Social Patio Opening**  
3:30 Billiards  
7:00 Movie Night - FL



Summer Begins

**22** 9:00 **Breakfast Club** (sign up)  
11:00 Bingo-B  
2:00 Skip-Bo-B

10:15 Morning Walk  
12:00 Shuffleboard **23**

**24 Medical App. Van**(sign up) **24**  
9:30 Tai Chi - FA  
10:15 Pump it Up- FA  
10:45 Hot Hand Wax Therapy  
11:00 Gardening Club  
2:30 Colouring Club-B  
4:00 Billiards-MPR

**25** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 Scrabble-B  
2:00 Simply Stretch-FA  
3:00 Pump it up-FA  
4:00 Happy Hour-Bar  
7:15 **Euchre Night**

**26** 9:30 Chair Yoga-FA  
10:15 Pump it up-FA  
10:45 Peddler Class-FA  
2:30 Java Music Club-MPR  
3:30 Popsicle Social  
5:00 Colouring Club  
7:00 Bingo-B



**27** 9:15 Falls Prevention-FA  
10:00 Falls Prevention-FA  
11:00 **Bible Study**-MPR  
2:00 Hot Wax Therapy-FA  
2:30 Trivia Hour-MPR  
3:00 Seated Groovin-FA  
4:00 Happy Hour-Bar

**28** 9:30 Movement Matters  
10:15 Tai Chi-FA  
10:45 Bone Building Class  
11:00 **SJF Catholic Rosary Prayer & Communion**-MPR  
2:30 **Birthday Party**  
3:30 Sing-a-long-MPR  
7:00 Movie Night - FL

**29** 9:00 **Breakfast Club** (sign up)  
11:00 Bingo-B  
2:00 Word Games-MPR  
3:00 Trivia-MPR

10:15 Morning Horoscopes  
12:00 Skip-Bo  
2:30 Name That Tune! **30**



**Bramalea**  
RETIREMENT RESIDENCE

**Bramalea Retirement Residence**

30 Peel Centre Drive, Brampton ON, L6T 4G3 (905) 790-7900.

Recreation information please contact Ashley @ Ext 105 or Ashley@bramalearr.com

MPR- Multi Purpose Room AL- Atrium Lounge GA- Garden Atrium SA- Shuffle Board Room B- Bistro FA- Fitness Area R-Reception FL- Fireplace Lounge