



Royalcliffe • Ashley Thompson, Active Living Manager, ashley.thompson@cogirseniorliving.ca

July 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
CALENDAR LEGEND	ROOM LEGEND	1	2	3	4	5				
Sign up Required Special Programs Outings Technology* Bonus Buck Events ★ TEP = Tiered Exercise Program	A - Alcove B - Bistro CR - Club Room G - Gym GR - Games Room L - Lobby P - Pool SC - Spiritual Centre T – Theatre PD – Private Dining Room	Happy Canada Day Wear Red & White Today 1:00 Billiards (GR) 2:00 Canadian Cupcakes (B) 7:00 Poker (GR) 7:00 Movie (T) Fireworks at the front of the building at dusk	 10:00 Bus Trip to Grand Bend to see John Denver (L) 2 10:30 Exercise with Emily (G) 1:00 Bridge Club (GR) 1:00 Fit Minds (A) 2:00 Artfull Enrichment (CR) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T) 	NO VON Exercise 9:30/10:30/11:30 Limo Trips to Cherryhill Mall (L) ☑ 1:00 Billiards (GR) 2:00 Author Visit with Nicola & her puppy (T) ★ 6:45 Bingo (CR)	 10:30 Qi Gong with Kim (G) 1:00 Bridge Club (CR) 1:00 Ladies Billiards & Beer (GR) ★ 2:00 Barbra: The MusicThe Mem'ries, The Magic! Netflix Special (T) 7:00 Movie (T) Vendor Visit 1-4pm Connie Thwaites Embroidery 	1:30 Men's Billiards & Beer (GR) 2:00 Family Feud (T) 3:00 Cards & Games (GR) 7:00 Movie (T) Meet some friends for a Saturday Morning Walking Group around the building. 10:30am in the Lobby CR Booking 11-3				
6 1:00 Krafty Knitters (CR) 2:00 Euchre (CR) 7:00 Worship Service (SC) 7:00 TV Series (T) Cranium Crunches Pick up in the Lobby	 7 10:30 Drumfit with Ashley (G) 1:00 VON Exercise (G) 1:00 Monday Matinee Movie (T) 2:00 Lucky 7 Casino Social (L) ★ 2:00 Cribbage (A) 6:45 Bingo (CR) 	8 Toronto Blue Jay Day Wear a Jersey or Wear Blue 10:00 Bus Trip to Giant Tiger (L) ☑ 10:00 TEP - Level 1 (G) 10:30 TEP - Level 2 (G) 11:00 TEP - Level 3 (G) 11-12 Tuck Shop (L) 1:00 Bridge Club (CR) 2:00 Beer & Big League Baseball (L) ★ 7:40 Bluejays Game with Popcorn & Peanuts (T)	9 10:45 Bus Trip to Lavender Farm & Picnic Lunch (L) 10:30 Java Music Club (A) 12:00 Meet your Neighbour BBQ – Floors 7 & 4 1:00 Billiards (GR) 2:30 Water Walking (P) 3:00 Bible Study with JP & Wendy (SC) 7:00 Poker (GR) 7:00 Movie (T)	 10 9:30 VON Exercise (G) 9:30/10:30/11:30 Limo Trips to White Oaks Mall (L) 10:30 Swimfit (P) 1:00 Billiards (GR) 1:30 Fit Minds (CR) 2:30 Planning Meeting (B) 6:45 Bingo (CR) 	11 NO EXERCISE 10:30 Bus Trip to Point Edward for Fish & Chips at Purdy's (L) 1:00 Ladies Billiards & Beer (GR) 2:00 Flower Arranging (CR) 1:00 Bridge Club (GR) 7:00 Movie & Popcorn (T)	12 10:30 Exercise with Ashley (G) 1:30 Men's Billiards & Beer (GR) 2:00 Milkshakes and Mind Games (B) 3:00 Cards & Games (GR) 7:00 Movie (T)				
13	14	15 Christmas in July	16	17	18	19				
1:00 Krafty Knitters (CR) 2:00 Euchre (A) 2:30 Justin Willman: Magic Lover Comedian Netflix Special (T) 7:00 Worship Service (SC) 7:00 TV Series (T) Fun Facts Booklet Pick up in the Lobby	10:30 Bus Trip to Parks Blueberries (L) 2 1:00 VON Exercise (G) 1:00 Monday Movie Matinee (T) 2:30 Watermelon & Lemonade in the Gazebo 2:00 Cribbage (A) 6:45 Bingo (CR)	Wear Christmas Attire 9:30/10:30/11:30 Limo Trips to No Frills & Dollarama (L) ☑ 10:00 TEP - Level 1 (G) 10:30 TEP - Level 2 (G) 11:00 TEP - Level 3 (G) 1:00 Billiards (GR) 1:30 Christmas Sing Along (T) 2:30 Gingerbread House Challenge (B) ★ 7:00 Poker (GR) 7:00 Movie (T)	10:30 Bus Trip to Shoppers & Remark (L) 2 10:30 Swimfit (P) 1:00 Bridge Club (CR) 1-3:00 Rock the Royalcliffe on the front patio 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	9:30 VON Exercise (G) 9:30/10:30/11:30 Limo Trips to Cherryhill Mall (L) 1:00 Billiards with Ed (GR) 2:00 Outdoor Bocce Ball (Meet at front of building) 6:45 Bingo (CR)	 10:30 Qi Gong with Kim (G) 1:00 Ladies Billiards & Beer (GR) 1:00 Bridge Club (CR) 2:00 Indigenous History Presentation (T) ★ 7:00 Movie (T) 	1:30 Men's Billiards & Beer (GR) 2:00 Suzanne Sings (B) 3:00 Cards & Games (GR) 7:00 Movie (T)				

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More Active Living choices on the next page





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20 1:00 Krafty Knitters (CR) 2:00 Euchre (A) 3:00 Learn to Play: Kings in the Corner with Daphne (CR) 7:00 Worship Service (SC) 7:00 TV Series (T) Mindful Art Sheets in the Lobby	21 11:00 Bus Trip to Pinafore Park for a Picnic & Shaw's Ice Cream (L) 1:00 VON Exercise (G) 1:45 Mobility 1 st (CR) 2:00 Cribbage (A) 2:00 Shuffleboard (CR) 6:45 Bingo (CR)	22 10:00 Bus Trip to Petrolia to see Nunsense (L) 10:00 Exercise with Emily (G) 11-12 Tuck Shop (L) 1:00 Billiards (GR) 2:00 Fun Bingo (CR) 3:15 Outdoor Lawn Darts (Meet at front of building) ★ 7:00 Poker (GR) 7:00 Movie (T)	23 10:30 Bus Trip to White Oaks Mall (L) ☑ 10:00 TEP - Level 1 (G) 10:30 TEP - Level 2 (G) 11:00 TEP - Level 3 (G) 12:00 Meet your Neighbour BBQ - Floors 3 & 5 ☑ 1:00 Bridge Club (CR) 2:00 S'mores Social (B) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	 24 9:30 VON Exercise (G) 9:30/10:30/11:30 Limo Trips to Cherry Hill Mall (L) 10:30 Swimfit (P) 1:00 Billiards (GR) 2:00 Bday Party with Don Cantwell (B) 6:45 Bingo (CR) 	 25 Rainbow Day Each floor wears a colour See newsletter for details 10:30 Line Dancing with Ashley (G) 1:00 Ladies Billiards & Beer (GR) 1:00 Bridge Club (CR) 2:00 Deal or No Deal (T) ★ 7:00 Movie & Popcorn (T) Library Delivery Day 	26 1:30 Men's Billiards & Beer (GR) 2:00 Sam Hornby Sings (B) 3:00 Cards & Games (GR) 7:00 Movie (T)				
27 1:00 Krafty Knitters (CR) 2:00 Euchre (A) 3:00 Learn to Play: Kings in the Corner with Daphne (CR) 7:00 Worship Service (SC) 7:00 TV Series (T) Cranium Crunches Pick up in the Lobby	28 10:30 Bus Trip to Loblaws/LCBO/Banks (L) ☑ 1:00 VON Exercise (G) ★ 1:00 Sit or Stroll at Springbank Park (L) ☑ 2:00 Cribbage (A) 4:00 Car Show & BBQ ☑ (weather permitting) 6:45 Bingo (CR)	29 10:00 Exercise with Emily (G) 10:00 Bus Trip to Stratford for Boat Cruise (L) 1:00 Billiards (GR) 1-1:30 Ice Cream Stand (L) 2:00 Toonie Happy Hour (B) 3:15 Outdoor Ladder Ball (Meet at front of building) 7:00 Poker (GR) 7:00 Movie (T)	30 10:00 Bus Trip Sign Ups for August Events (CR) 10:30 Bus Trip to Cherry Hill Mall (L) ☑ 10:45 Exercise with Emily (G) 12:00 Meet your Neighbour BBQ – Floor 6 & 2 ☑ 1:00 Bridge Club (CR) 2:00 Tara & Dean Sing (B) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	31 9:30 VON Exercise (G) 10:00/10:45 Limo Trips to Shoppers & Remark (L) ☑ 10:30 Swimfit (P) 1:00 Billiards (GR) 1:00 Fit Minds (CR) 2:00 Royal Bucks Auction (T) 6:45 Bingo (CR)	CALENDAR LEGEND Sign up Required ☑ Special Programs Outings Technology* Bonus Buck Events ★ TEP = Tiered Exercise Program	ROOM LEGEND A - Alcove B - Bistro CR - Club Room G - Gym GR - Games Room L - Lobby P - Pool SC - Spiritual Centre T – Theatre PD – Private Dining Room				



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