

GActiveLiving

Stonehaven Retirement Residence • Jamie-Lyn Robertson • jamie-lyn.robertson@cogirseniorliving.ca • 613-292-7383

July 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		1	2	3	4	5				
		 11:30-2:00 Canada Day BBQ (L) 2:00 Derek Jones Preforms for Canada Day (RR) 2:00 Bridge (LB) 3:00 Teatime (L) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL) 	 9:45 Coffee & Conversation (L) 10:45 Artful Enrichment "Swan" (AR) 11:00 Communion with Kathryn (RR) 2:00 Pool (PR) 2:00 Care RX Information Session (RR) 2:00 Bean Bang Toss (L) 3:00 Teatime (L) 3:30 Book Club Meeting (AB) 	9:45 Online Grocery Orders* (CR) 11:30 Walmart Outing (L) 2:15 Fit Minds (RR) 3:00 Teatime (L) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL)	 10:00 Choir Practice (RR) 11:00 Hymn Sing (L) 2:45 Birthday Party and Trudy Letourneau Preforms for Happy Hour (RR) 3:00 Teatime (L) 6:30 Stonehaven Cinema "A Man Called Otto" (FL) 	Activity Booklet (pick up at reception) 2:00 ALL Request Music Hour (L) 2:00 Knitters Drop-In Club (FL) 2:00 Bridge (LB) 3:00 Teatime (CY Weather depending)				
6	7	Canada Day 8	9	10	11	12				
Activity Booklet (pick up at reception) 9:15 Holy Communion from Holy Redeemer Catholic Church (C) 1:00 Stonehaven Cinema" Memoirs of a Geisha" (FL) 2:00 Chess Club (L) 3:00 Teatime (CY Weather depending)	10:30 Wordle* (RR) 10:30 TEP 1A(ER) 1:30 TEP 2 (ER) 3:00 TEP 1B(ER) 2:00 Bocce Ball Tournament (L) 3:00 Teatime (L) 3:00 St. John's Ambulance Therapy Dog Daisy & Martin (L) 6:00 Igor plays piano (L) National Strawberry Sundae Day	 10:00 Java Music Club 10:30/11:30 Joanna's Exercise Classes (ER) 2:00 Allan Ryan Preforms (RR) 2:00 Bridge (LB) 3:00 Teatime (L) 6:30 Men's Club (AB) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL) 	 9:45 Coffee & Conversation (L) 10:00 Townhall Meeting (RR) 10:45 Artful Enrichment "Cactus Oasis" (AR) 1:00 Card Games with Emily and Marlene (LB) 1:30 TEP 2 (ER) 3:00 TEP 1A (ER) 2:00 Pool (PR) 2:15 Jeopardy (RR) 3:00 Teatime (L) National Sugar Cookie Day 	 9:45 Online Grocery Orders* (CR) 10:30 Active Living Meeting (CR) 10:30/11:30 Joanna's Exercise Classes (ER) 11:00 Technology Help* (CR) 1:15 Bingo (CR) 2:15 Fit Minds (RR) 3:00 Teatime (L) 6:30 Ladies Game Night (LB) 6:45 Stonehaven TV Showcase "The Crown" (FL) 	 10:00 Choir Practice (RR) 11:00 Hymn Sing (L) 11:30 Metro Outing (L) 2:45 Malcom Wade Preforms for Happy Hour (RR) 3:00 Teatime (L) 6:30 Stonehaven Cinema "Wonder" (FL) 	Activity Booklet (pick up at reception) 2:00 ALL Request Music Hour (L) 2:00 Knitters Drop-In Club (FL) 2:00 Bridge (LB) 3:00 Teatime (CY Weather depending)				
13	14	15	16	17	18	19				
Activity Booklet (pick up at reception) 9:15 Holy Communion from Holy Redeemer Catholic Church (C) 1:00 Stonehaven Cinema "Wine Country" (FL) 2:00 Chess Club (L) 3:00 Teatime (CY Weather depending)	 10:00 Giant Crossword (CR) 10:30 Hymn Sign with Dai B (RR) 2:00 Bocce Ball Tournament (L) 3:00 Teatime (L) 3:00 St. John's Ambulance Therapy Dog Daisy & Martin (L) 6:00 Igor plays piano (L) 	 10:00 Java Music Club 10:30/11:30 Joanna's Exercise Classes (ER) 2:00 Bridge (LB) 2:00 Professor Cammy (RR) 3:00 Teatime (L) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL) National Tapioca Pudding Day 	 8:00 Men's Breakfast (DR) 9:45 Coffee & Conversation (L) 10:30 TEP 1A(ER) 2:00 Pool (PR) 1:00 Card Games with Emily and Marlene (LB) 1:30 TEP 2 (ER) 2:00 Food for Thought Meeting (DR) 3:00 TEP 1 B (ER) 2:15 Jeopardy (RR) 3:00 Teatime (L) 	9:45 Online Grocery Orders* (CR) 10:30/11:30 Joanna's Exercise Classes (ER) 11:00 Red Lobster Outing (L) 2:30 Walmart Outing (L) 3:00 Teatime (L) 6:30 Ladies Game Night (LB) 6:45 Stonehaven TV Showcase "The Crown" (FL)	 10:00 Choir Practice (RR) 11:00 Hymn Sing (L) 2:45 Lauren Hall Preforms for Happy Hour (RR) 3:00 Teatime (L) 6:30 Stonehaven Cinema "Apollo 13"(FL) 	Activity Booklet (pick up at reception) 2:00 ALL Request Music Hour (L) 2:00 Knitters Drop-In Club (FL) 2:00 Bridge(LB) 3:00 Teatime (CY Weather depending)				

V E N V I

More Active Living choices on the next page



HActiveLiving

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July 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
20 Activity Booklet (pick up at reception) 9:15 Holy Communion from Holy Redeemer Catholic Church (C) 1:00 Stonehaven Cinema " The Vow" (FL) 2:00 Chess Club (L) 3:00 Teatime (CY Weather depending) National Ice Cream Day	 21 10:30 Wordle* (RR) 1:00 Khatereh Chair Yoga (RR) 1:00 Ice cream Truck (Parking Lot) 2:00 Bocce Ball Tournament (L) 3:00 Teatime (L) 3:00 St. John's Ambulance Therapy Dog Daisy & Martin (L) 6:00 Igor plays piano (L) 	22 10:00 Java Music Club 10:30/11:30 Joanna's Exercise Classes (ER) 2:00 Bridge (AB) 2:15 Bingo (CR) 3:00 Teatime (L) 6:30 Giant Crosswords (CR) 6:45 Stonehaven TV Showcase "The Crown" (FL)	 23 9:45 Coffee & Conversation (L) 10:00 Reading of the Rosary (C) 10:30 Roman Catholic Mass (C) 10:00 TEP 1 A (ER) 11:00 TEP 2 (ER) 1:00 Card Games with Emily and Marlene (LB) 1:00-4:00 Garden Party (CY) 2:00 Pool (PR) 2:15 Jeopardy (RR) 3:00 Teatime (L) 	24 9:45 Online Grocery Orders* (CR) 10:30/11:30 Joanna's Exercise Classes (ER) 11:00 Technology Help* (CR) 1:30 Cooking with Lynn (RR) 2:15 Fit Minds (RR 3:00 Teatime (L) 6:30 Ladies Game Night (LB) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL)	 25 10:00 Choir Practice (RR) 11:00 Hymn Sing (L) 11:00 Metro Outing (L) 2:45 Just Us Band Preforms for Happy Hour (RR) 3:00 Teatime (L) 6:30 Stonehaven Cinema "Red"(FL) 	26 Activity Booklet (pick up at reception) 2:00 ALL Request Music Hour (L) 2:00 Knitters Drop-In Club (FL) 2:00 Bridge (LB) 3:00 Teatime (CY Weather depending)				
 27 Activity Booklet (pick up at reception) 9:15 Holy Communion from Holy Redeemer Catholic Church (C) 1:00 Stonehaven Cinema "A Dog's Way Home" (FL) 2:00 Chess Club (L) 3:00 Teatime (CY Weather depending) 	 28 10:00 Scattegories (CR) 2:00 Bocce Ball Tournament (L) 3:00 Teatime (L) 3:00 St. John's Ambulance Therapy Dog Daisy & Martin (L) 6:00 Igor plays piano (L) 	29 10:00 Java Music Club 10:30/11:30 Joanna's Exercise Classes (ER) 2:00 Sandy Shore Preforms (RR) 3:00 Teatime (L) 6:30 Courtyard Games (CY) 6:45 Stonehaven TV Showcase "The Crown" (FL)	30 9:45 Coffee & Conversation (L) 10:00-2:30 Beaded Elegance 10:30 TEP 1A(ER) 10:45 Artful Enrichment "Wave" (AR) 1:00 Card Games with Emily and Marlene (LB) 1:30 TEP 2 (ER) 3:00 TEP 1 (ER) 2:00 Pool (PR) 2:15 Jeopardy (RR) 3:00 Teatime (L)	31 9:45 Online Grocery Orders* (CR) 10:30/11:30 Joanna's Exercise Classes (ER) 11:00 Technology Help* (CR) 1:15 Bingo (CR) 2:15 Fit Minds (RR) 3:00 Teatime (L) 6:30 Giant Crosswords (CR) 6:30 Ladies Game Night (LB) 6:45 Stonehaven TV Showcase "The Crown" (FL)						
		CALENDAR LEGEND Special Programs Outings Technology*	DATES TO REMEMBER July 1st Canada Day July 7th National Strawberry Sundae Day July 20th National Ice Cream Day	L - Lobby CR - Craft Room FL - 1st Floor Lounge C - Chapel RR - Recreation Room AB - Apartment Bistro AR - Art Room LB - Library ER - Exercise Room PR - Pool Room DR - Dining Room SE - Second Floor Elevator SD - Small Dining Room B- Basement CY- Courtyard (Patio)	CALENDAR NOTES Teatime served every afternoon at 3:00 PM in the Lobby. Happy Hours are held in the Recreation Room every <u>Friday at 2:45 PM.</u>	Hairdresser / Exercise Hair Dressing Hours: By Appointment ONLY Joanna's Exercise Classes: Every Tuesday & Thursday Located in Exercise Room Khatereh's Chair Yoga: Located in the Recreation Room				

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