



Active Living Choices

July 2025

Landmark Court

Leah Vandeburgt | Active Living Manager

leah.vandeburgt@cogirseniorliving.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Locations Legend</div> <div>Cliffside Lounge, 1st Floor (CL)</div> <div>Rockcliffe Lounge, 5th Floor (RL)</div> <div>Lobby (L)</div> <div>Bus Outing (O)</div> <div>Reception (R)</div> <div>Games Room, Lower Level (GR)</div> <div>Outdoors (OUT)</div> <div>Chapel, 4th Floor (CH)</div>	<div>Calendar Legend</div> <div>All Day Technology *</div> <div>Special Program</div> <div>Outing</div>	<div>Happy Canada Day!</div> <div>1</div> <div>12:00 O Canada Tattoo Shop (12-1:30pm) (CL)</div> <div>2:00 Tiered Exercise Program, Tier 2 (CL)</div> <div>3:00 Canada Day Scavenger Hunt! (L)</div> <div>7:00 Canada Day Evening Entertainment with Rock n Roll Ed! (OUT)</div>	<div>2</div> <div>10:00 Tiered Exercise Program, Tier 3 (CL)</div> <div>11:00 Java Music Club (CL)</div> <div>2:00 Bingo* (RL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 Documentary: Africa, Eye to Eye with the Unknown (CL)</div>	<div>3</div> <div>10:00 United Church Service (CH)</div> <div>11:00 Active Living Planning Meeting (RL)</div> <div>2:30 Entertainment with Larry Wright (RL)</div>	<div>4</div> <div>9:30 Brunch at Allo mon Coco (O)</div> <div>1:45 Billings Bridge (O)</div> <div>2:00 Balance Exercises (CL)</div> <div>3:00 Bean Bag Toss (CL)</div>	<div>5</div> <div>10:00 Walking Group (L)</div> <div>10:30 Scrabble (CL)</div> <div>11:00 Word Challenge (R)</div> <div>11:00 Active Living Planning Meeting (RL)</div> <div>2:00 Bridge Group (CL)</div> <div>3:00 Play Pool (GR)</div>
<div>6</div> <div>10:00 Walking Group (L)</div> <div>10:30 Coffee and Conversation (CL)</div> <div>11:00 Activity Booklet (R)</div> <div>2:00 Euchre Group (CL)</div> <div>7:00 Chase the Ace (CL)</div>	<div>7</div> <div>10:00 Coffee and Conversation (CL)</div> <div>2:00 Playing Cards: Euchre, Bridge, Canasta, 31 (CL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 Documentary: Earth's Natural Wonders (CL)</div>	<div>8</div> <div>10:00 Walking Group (L)</div> <div>2:00 Knitting Group (CL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 31 Card Game (CL)</div>	<div>9</div> <div>10:00 Tiered Exercise Program, Tier 1 (CL)</div> <div>11:00 Java Music Club (CL)</div> <div>2:00 Bingo* (RL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>3:15 Flower Arranging (CL)</div> <div>7:00 Documentary: Africa, Eye to Eye with the Unknown (CL)</div>	<div>10</div> <div>10:00 Balance Exercises (CL)</div> <div>11:00 Axe Throwing (RL)</div> <div>2:30 Afternoon Entertainment with Peter Foret (RL)</div>	<div>11</div> <div>9:45 Billings Bridge (O)</div> <div>10:00 Tiered Exercise Program, Tier 2 (CL)</div> <div>11:00 TED Talk and Discussion: Why do our Brains Love Music?* (CL)</div> <div>12:00 Rideau Carleton Casino (O)</div> <div>2:30 Funky Outfit Party & Afternoon Entertainment with the Pollcats (RL)</div>	<div>12</div> <div>10:00 Walking Group (L)</div> <div>10:30 Scrabble (CL)</div> <div>11:00 Word Challenge (R)</div> <div>12:00 Landmark Summer Carnival Day! (OUT)</div>
<div>13</div> <div>10:00 Walking Group (L)</div> <div>10:30 Coffee and Conversation (CL)</div> <div>11:00 Activity Booklet (R)</div> <div>2:00 Euchre Group (CL)</div> <div>7:00 Chase the Ace (CL)</div>	<div>14</div> <div>10:00 Tiered Exercise Program, Tier 1 (CL)</div> <div>10:30 Card Making w/ Janet (CL)</div> <div>12:00 Men's Lunch Club (RL)</div> <div>2:30 Entertainment with Kevin Agnew (RL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 Wingfield (CL)</div>	<div>15</div> <div>10:00 Tiered Exercise Program, Tier 2 (CL)</div> <div>11:00 Word Games with Leah (CL)</div> <div>2:00 Welcome Home Social-Bring & Brag (RL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 31 Card Game (CL)</div>	<div>16</div> <div>10:00 Tiered Exercise Program, Tier 3 (CL)</div> <div>11:00 Java Music Club (CL)</div> <div>2:00 Bingo* (RL)</div> <div>3:15 Family Physio Exercise Class (RL)</div> <div>7:00 Wingfield (CL)</div>	<div>17</div> <div>2:00 Balance Exercises (CL)</div> <div>3:00 Bean Bag Toss (CL)</div> <div>7:00 Classical Entertainment with Nicholas Deek (RL)</div>	<div>18</div> <div>9:45 Billings Bridge (O)</div> <div>10:00 Tiered Exercise Program, Tier 1 (CL)</div> <div>12:00 Picnic Lunch and Fishing with Friends Boat Ride (O)</div>	<div>19</div> <div>10:00 Walking Group (L)</div> <div>10:30 Scrabble (CL)</div> <div>11:00 Word Challenge (R)</div> <div>2:00 Bridge Group (CL)</div> <div>3:00 Play Pool (GR)</div>



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VENVI

LANDMARK COURT

— Retirement Living —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Walking Group (L) 20 10:30 Coffee and Conversation (CL) 11:00 Activity Booklet (R) 2:00 Euchre Group (CL) 7:00 Chase the Ace (CL)	10:00 Tiered Exercise Program, Tier 1 (CL) 21 11:00 Food for Thought Meeting (CL) 2:00 Canasta Group (CL) 3:00 Knitting Group (CL) 3:15 Family Physio Exercise Class (RL) 7:00 Documentary: Earthflight (CL)	10:00 Hymns with Dai Bassett (RL) 22 11:00 Word Games with Leah (CL) 2:00 Healthy Minds: Mental Health & Exercise* (CL) 3:15 Family Physio Exercise Class (RL) 7:00 31 Card Game (CL)	10:00 Tiered Exercise Program, Tier 3 (CL) 23 11:00 Java Music Club (CL) 2:00 Bingo* (RL) 3:15 Family Physio Exercise Class (RL) 7:00 Documentary: Africa, Eye to Eye with the Unknown (CL)	10:00 Catholic Mass (CH) 24 11:00 Balance Exercises (RL) 2:30 Entertainment and Birthday Party with Arlene Quinn (RL)	9:45 Billings Bridge (O) 25 10:00 Tiered Exercise Program, Tier 3 (CL) 11:00 Good News * (CL) 1:30 Days for Girls Program (1:30-4:00pm) (RL) 1:45 Scenic Drive to Manotick: Stop at Lollies & Scoops (O)	10:00 Walking Group (L) 26 10:30 Scrabble (CL) 11:00 Word Challenge (R) 2:00 Bridge Group (CL) 3:00 Play Pool (GR)
10:00 Walking Group (L) 27 10:30 Coffee and Conversation (CL) 11:00 Activity Booklet (R) 2:00 Euchre Group (CL) 7:00 Chase the Ace (CL)	10:00 Tiered Exercise Program, Tier 1 (CL) 28 11:00 August Calendar Folding and Delivery (CL) 2:00 Canasta Group (CL) 3:00 Artfull Enrichment: Bag Flowers Painting (CL) 3:15 Family Physio Exercise Class (RL) 7:00 Documentary: Earthflight (CL)	10:00 Tiered Exercise Program, Tier 2 (CL) 29 11:00 Word Games with Leah (CL) 2:00 Artfull Talks: Canadian Wilderness* (CL) 3:15 Family Physio Exercise Class (RL) 7:00 31 Card Game (CL)	10:00 Tiered Exercise Program, Tier 3 (CL) 30 11:00 Java Music Club (CL) 2:00 Bingo* (RL) 3:15 Family Physio Exercise Class (RL) 7:00 Documentary: Africa, Eye to Eye with the Unknown (CL)	10:00 Balance Exercises (RL) 31 11:00 Axe Throwing (RL) 2:30 Afternoon Entertainment with Welvis (Dai, the Welsh Elvis) (RL)		
<u>Locations Legend</u> Cliffside Lounge, 1st Floor (CL) Rockcliffe Lounge, 5th Floor (RL) Lobby (L) Bus Outing (O) Reception (R) Games Room, Lower Level (GR) Outdoors (OUT) Chapel, 4th Floor (CH)	<u>Calendar Legend</u> All Day Technology * Special Program Outing					