



Active Living Choices July 2025

Trafalgar Lodge

Laura O'Hearn, Active Living Manager Ext: 2005

Trafalgar Lodge

RETIREMENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions of Wellness 		<i>Canada Day! (Wear Your White & Red!)</i> 1 10:00 Chair Yoga with Andie (OR) 10:45 Loonie Bingo (OR) 2:30 Canada Day Celebration with Ron Russell (CY) 6:45 Sudoku Group (RR) (SL) 7:00 Movie Night: Callotral (SL) 7:00 Canada Day History (RR) (LO)	9:15 Tai Chi (OR) 2 10:00 Dog Visits (Lola) (IS) 10:00 LifeMark Exercise (OR) 10:00 TEP 1 (CY) 10:45 Bible Study (OR) 11:00 Falls Prevention (FR) 2:30 Mastering You Cell Phone & Tablet & To Protect Yourself on the Internet with Shawn (SL) 3:00 Wordle * (SL)	10:00 Chair Yoga (OR) 3 10:45 Active Living Planning Meeting w/ Laura (OR) 2:30 Quarter Bingo (OR) 3:00 Happy Hour (\$) (OR) 3:00 Around the World Trivia * (OR) 7:00 Movie Night: The Bourne Identity (SL) 7:00 Positive Climate News (RR) (LO)	9:30 Meditation (RR) 4 (OR) 10:00 TEP 2 (CY) 10:30 Axe Throwing (CY) 2:15 Music & Memories * (SL) 6:45 Jazz Music Downtown (LO)	10:30 Zen Colouring 5 (RR) (OR) 10:45 Garden Watering (LO) 2:15 Afternoon Movie: Only The Brave (SL) 6:45 Crosswords (RR) (OR)
10:00 Presbyterian Service Ch. 60 6 11:00 Social Group with Riya (SL) 2:15 Afternoon Movie: Radio (SL)	9:15 Tai Chi (OR) 7 10:00 LifeMark Exercise (OR) 10:00 Dog Visits (Pheobe) (IS) 10:45 Chicken Soup Stories (SL) 11:00 Falls Prevention (FR) 2:30 Wordle Group* (SL) 3:30 Legacy and Life Planning with Jeannie (SL) 7:00 Name That Flower (RR) (LO)	10:00 Chair Yoga with Andie (OR) 8 10:45 Apollo: Missions to the Moon (SL) 11:45 Walking Outing to The Crepe Kitchen (LO) 2:30 Loonie Bingo (OR) 3:00 Music Quiz (OR) 6:45 Sudoku Group (RR) (SL) 7:00 Movie Night: Tombstone (SL)	9:15 Tai Chi (OR) 9 10:00 Dog Visits (Lola) (IS) 10:00 LifeMark Exercise (OR) 10:00 TEP 1 (CY) 10:00 Giant Tiger Outing (LO) 10:45 Bible Study (OR) 11:00 Falls Prevention (FR) 2:00 Boat Cruise Outing (Sign-Up Only) (LO) 2:30 Youtube Quiz* (SL)	10:00 Music & Movement w Melissa (OR) 10 10:45 Welcome Home: Where I Grew Up* (SL) 2:15 Quarter Bingo (CY) 3:00 Ice Cream Tasting with Jay Franco (CY) 3:00 Happy Hour (\$) (CY) 7:00 Movie Night: Field of Dreams (SL)	9:30 Meditation (RR) 11 (OR) 10:00 TEP 2 (CY) 10:30 A.G.E: Duran Place for Kids (OR) 2:15 Music & Memories * (SL) 6:45 Jazz Music Downtown (LO)	10:30 Zen Colouring 12 (RR) (OR) 10:45 Non-Denominational Hymn Sing with Joyce (SL) 2:15 Afternoon Movie: Raising Helen (SL) 6:45 Crosswords (RR) (OR)
10:00 Presbyterian Service Ch. 60 13 10:00 Catholic Mass & Communion (SL) 11:00 Social Group with Riya (SL) 2:15 Afternoon Movie: The Invention of Lying (SL)	9:15 Tai Chi (OR) 14 10:00 LifeMark Exercise (OR) 10:00 Dog Visits (Pheobe) (IS) 10:45 Wordle Group* (SL) 11:00 Falls Prevention (FR) 2:30 Lassie Showing (SL) 2:30 Walk to Choccolato for Ice Cream (LO)	10:00 Chair Yoga with Andie (OR) 15 10:45 Riverdance Live from New York (SL) 2:30 Loonie Bingo (OR) 3:00 Seated Zumba with Linn (OR) 3:30 The Candian Tenors Showing (SL) 6:45 Sudoku Group (RR) (SL) 7:00 Movie Night: The Caine Munity (SL)	9:15 Tai Chi (OR) 16 10:00 Dog Visits (Lola) (IS) 10:00 LifeMark Exercise (OR) 10:00 TEP 1 (CY) 11:00 Falls Prevention (FR) 2:30 Cool by the Pool (CY) 7:00 Nature Walk (RR) (LO)	10:00 Chair Yoga (OR) 17 10:00 Shopper's Drug Mart Outing (LO) 10:45 Word in a Word* (SL) 2:00 Outing to Vic Hadfield Golf (LO) 2:30 Quarter Bingo (OR) 3:00 Happy Hour (\$) (OR) 3:00 This or That (OR) 7:00 Movie Night: Armageddon (SL)	9:30 Meditation (RR) 18 (OR) 10:00 TEP 2 (CY) 10:30 A.G.E: Duran Place for Kids (OR) 2:30 Country Afternoon with John & Sheila (OR) 6:45 Jazz Music Downtown (LO)	10:30 Zen Colouring 19 (RR) (OR) 2:15 Afternoon Movie: Operation Dumbo Drop (SL) 6:45 Crosswords (RR) (OR)



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10:00 Presbyterian Service Ch. 60 20 11:00 Social Group with Riya (SL) 2:15 Afternoon Movie: Crazy Heart (SL)	9:15 Tai Chi (OR) 21 10:00 LifeMark Exercise (OR) 10:00 Dog Visits (Pheobe) (IS) 10:15 Button Art (CY) 11:00 Falls Prevention (FR) 12:00 Picnic Lunch in George's Square (Sign-Up Only) (LO) 2:30 Wordle Group* (SL) 3:30 Daniel O'Donnell at Home in Ireland (SL)	10:00 Chair Yoga with Andie (OR) 22 10:45 Lunch Outing to Hutches on the Beach (LO) 10:45 Journeys Through the British Isles (SL) 2:30 Loonie Bingo (OR) 3:00 Seated Zumba with Linn (OR) 6:45 Sudoku Group (RR) (SL) 7:00 Movie Night: Flightplan (SL)	9:15 Tai Chi (OR) 23 10:00 Dog Visits (Lola) (IS) 10:00 LifeMark Exercise (OR) 10:00 TEP 1 (CY) 10:45 Bible Study (OR) 11:00 Falls Prevention (FR) 2:30 Wine & Cheese with Peter Harding on Piano (OR)	10:30 Rock Painting (CY) 24 2:30 Quarter Bingo (CY) 3:00 Sundaes & Trivia (CY) 3:00 Happy Hour (\$) (CY) 7:00 Movie Night: Once Upon a Time in the West (SL)	9:30 Meditation (RR) (OR) 25 10:00 TEP 2 (CY) 10:30 A.G.E: Duran Place for Kids (OR) 2:15 Music & Memories * (SL) 6:45 Jazz Music Downtown (LO)	10:30 Zen Colouring (RR) (OR) 26 2:15 Afternoon Movie: Mighty Joe Young (SL) 6:45 Crosswords (RR) (OR)
10:00 Presbyterian Service Ch. 60 27 10:00 Catholic Mass & Communion (SL) 11:00 Social Group with Riya (SL) 2:15 Afternoon Movie: Up Close & Personal (SL)	9:15 Tai Chi (OR) 28 10:00 LifeMark Exercise (OR) 10:00 Dog Visits (Pheobe) (IS) 11:00 Falls Prevention (FR) 2:30 Female Writers and Directors in Cinema with Jake Horwitz (SL) 7:00 Word Jumble (RR) (LO)	10:00 Chair Yoga with Brenda (OR) 29 2:30 Loonie Bingo (OR) 4:00 Google Jeopardy (RR)* (SL) 6:45 Sudoku Group (RR) (SL) 7:00 Movie Night: Star Wars: The Empire Strikes Back (SL)	9:15 Tai Chi (OR) 30 10:00 Dog Visits (Lola) (IS) 10:00 LifeMark Exercise (OR) 10:00 Scenic Drive (LO) 10:45 Bible Study (OR) 11:00 Falls Prevention (FR) 12:00 BBQ Lunch with Johnny Dobko BBQ (OR) 2:00 Lawn Bolwing Outing (LO) 2:30 Cinderella The Musical (SL)	10:30 Coffee & Conversation (RR) 31 (C) 11:00 Word Searches (RR) (OR) 2:30 Quarter Bingo with Riya (OR) 3:00 Trivia with Riya * (OR) 7:00 Evening Walk (RR) (LO) 7:00 Movie Night: The Clearing (SL)	RR = Resident-Run Program **Laura is away from July 28th-August 5th**	
		<u>Locations Legend</u> Oak Room (OR) Skylight Lounge (SL) Lobby (LO) Courtyard (CY) In Suite (IS) Fitness Room (FR) Cafe (Basement) (C)	<u>Calendar Legend</u> All Day Technology * Special Program Outing			