












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b></p> <p>9:00 Daily Chronicles</p> <p>2:15 Church Service (CH) Perry Grandell</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Reminiscence (L) Canadian Flag</p> 	<p><b>19</b></p> <p><b>Inner Beauty Salon</b> <b>Open 10-4 (3rd)</b></p> <p>10:30 Coffee Break (C)</p> <p>11:00 Therapeutic Dance (A)</p> <p>1:30 Balanced Life Yoga (A) Instructor - Kellie Townson</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:00 <u>Hand &amp; Floor Shuffleboard</u> (A)</p>	<p><b>20</b></p> <p>10:15 Bible Study with Mary Benschop (CH)</p> <p>11:00 Weights &amp; Exercise Class (A)</p> <p>1:30 Bingo (A)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Craft - Scrapbooking (A)</p>	<p><b>21</b></p> <p><b>WELLNESS EDUCATION DAY</b></p> <p>10:00 Session (2nd)</p> <p>11:00 Tai Chi</p> <p>Exercise Class (A)</p> <p><u>Scugog Island Cruise</u> Sightseeing 2:00— 4:00 (Please sign up by Mailboxes)</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:30 Card &amp; Games Night (A)</p> <p>7:00 <u>Port Perry Villa Concerts</u> In Palmer Park Featuring "Harvest Conspiracy"</p>	<p><b>22</b></p> <p>10:00 Get Fit with Riet (A)</p> <p>12:00 Library Visits</p> <p>1:00 Paraffin Wax Rx (A)</p> <p>1:30 Watercolors with Keith (A)</p> <p>1:30 Knit, Crochet &amp; Sew With Bev (L)</p> <p>4:00 Short Story Discussion (L)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Men's Club with Gord Perrault (2nd)</p> <p>6:30 Ladies Manicures (PD)</p>	<p><b>23</b></p> <p>10:00 Fun &amp; Flexibility Exercise Class (A)</p> <p>1:30 "BABY SHOWER" For Rebecca Straughn (C &amp; GR)</p> <p>4:00 <u>TGIF Drink</u> "Pina Colodas" (C)</p> <p>6:00 News &amp; Views (GR)</p> <p>7:00 <u>Al Mathews Entertains</u> (A)</p>	<p><b>24</b></p> <p><b>Durham Highland Games</b> Elgin Park, Uxbridge (Please sign up by Mailboxes) Departure 11:00 am</p> <p>4:00 <u>Social Mixer</u> Cocktails &amp; Trivia (C)</p> <p>4:30 Walking Club (L)</p> <p>6:00 News &amp; Views (GR)</p> <p>7:00 Movies &amp; Popcorn (A)</p> 
<p><b>25</b></p> <p>9:00 Daily Chronicles</p> <p>10:30 Computer Basics (A) 1 to 1 Help (Sign up sheet at mailboxes)</p> <p>2:15 Church Service (CH) Knights of Columbus</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 "Gospel Hour" (A) featuring Scott Handell</p> 	<p><b>26</b></p> <p><b>Inner Beauty Salon</b> <b>Open 10-4 (3rd)</b></p> <p>10:30 Coffee Break (C)</p> <p>11:00 Therapeutic Dance (A)</p> <p>1:30 Balanced Life Yoga (A) Instructor - Kellie Townson</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:00 Penny Ante (GR)</p>	<p><b>27</b></p> <p>10:15 Bible Study (CH)</p> <p>11:00 Weights &amp; Exercise (A)</p> <p><b>In House Shopping</b></p> <p>2:00 <b>Shopper's Drug Mart</b> <b>Cosmetics - First 10 to sign up</b> <b>Have their makeup done free!</b></p> <p>3:00 Chaplin's Chat with Reverend Rohan (CH)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Healthy Brains (C)</p>	<p><b>28</b></p> <p><b>WEIGHT &amp; BP DAY</b> 9:00 to 3:00 (Wellness Centre - Cindy Ott)</p> <p>11:00 Tai Chi</p> <p>Exercise Class (A)</p> <p>1:30 Wii Bowling League (A)</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:30 Card &amp; Games Night (A)</p> <p>7:00 <u>Port Perry Villa Concerts</u> In Palmer Park Featuring "Scott Handell"</p>	<p><b>29</b></p> <p>10:00 Get Fit with Riet (A)</p> <p>12:00 Library Visits</p> <p>1:00 Paraffin Wax Rx (A)</p> <p>1:30 Watercolors with Keith (A)</p> <p>1:30 Knit, Crochet &amp; Sew With Bev (L)</p> <p>4:00 Short Story Discussion (L)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Loonie Bingo (A)</p>	<p><b>30</b></p> <p>10:00 Fun &amp; Flexibility Exercise Class (A)</p> <p>3:00 <u>TGIF Drink - "Screwdrivers"</u> (C)</p> <p>6:00 News &amp; Views (GR)</p> <p>7:00 <u>Eileen Hennessey Entertains</u> (A)</p> 	<p><b>31</b></p> <p>10:30 Exercise &amp; Healthy Living</p> <p>1:00 Walking Club (A)</p> <p>2:00 Putting Practice</p> <p>3:30 Sit and Dance (A) (20 minute session)</p> <p>4:00 <u>Social Mixer</u> Cocktails &amp; Jokes (C)</p> <p>4:30 Walking Club (L)</p> <p>6:00 News &amp; Views (GR)</p> <p>7:00 Movies &amp; Popcorn (A)</p>
<p><b>August 1</b></p> <p>9:00 Daily Chronicles</p> <p>2:15 Church Service (CH) Port Perry Baptist</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Cards (independent)</p>	<p><b>2 SIMCOE DAY</b></p> <p>10:30 Coffee Break (C)</p> <p>11:00 Therapeutic Dance (A)</p> <p>1:30 Balanced Life Yoga (A) Instructor - Kellie Townson</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:00 <u>Hand &amp; Floor Shuffleboard</u> (A)</p>	<p><b>3</b></p> <p>10:15 Bible Study with Mary Benschop (CH)</p> <p>11:00 Weights &amp; Exercise Class (A)</p> <p>1:30 Bingo (A)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Healthy Brains &amp; Giant Crossword (GR)</p>	<p><b>4</b></p> <p>11:00 Tai Chi</p> <p>Exercise Class (A)</p> <p>4:00 <u>Cocktail Hour</u> (C)</p> <p>6:00 News &amp; Views (GR)</p> <p>6:30 Cards</p> <p>7:00 <u>Port Perry Villa Concerts</u> In Palmer Park Featuring "Richard Elliott"</p>	<p><b>Daily</b></p> <p>Indoor/Outdoor Walking Club</p> <p>Gardening</p> <p>Billiards</p> <p>Physio Exercises</p> <p>Puzzles</p> <p>Enlist some friends in a card game. Start a Euchre or Bridge Tournament Activity Staff can assist you to find card partners</p>	<p><b>Pastoral &amp; Volunteer Visits</b> (2-3 times weekly)</p> <p><b>St. John Therapy Dogs</b> Linda &amp; "Ginger" Rich &amp; "Diesel" &amp; "Bella" Natalie, Karen &amp; "Harley" Sue &amp; "Pearl"</p> <p><b>Saturday Night Movies:</b> If there is a movie that you would like to see or if you have one you would like share with the other Residents, please contact the Activity Department.</p>	<p><b>Gift Shop Hours</b> Hours are posted on the sign outside the gift shop. If it is not open contact a staff member &amp; they will be happy to assist you.</p> <p><b>Kent Terrace Lounge Area</b> A cozy place to relax, read, play a game, Invite your bridge club, visit with family &amp; friends ... Enjoy!</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Program Locations</b></p> <p>Auditorium (A) Chapel (CH) Library (L) Café (C) Games Room (GR) Private Dining Room (PD) Spa room (S) Wellness Center (WC) Exercise Room (EX) Dining Room (DR) Kent Terrace (2nd)</p>	<p><b>NEW...</b></p> <p>Inner Beauty Salon Now Open! Monday - 10:00 to 4:00 To make an appointment Residents call: Rhonda or Roberta at ext. 128 Community Members call: 905-985-3312 ext.128 Check the Bulletin Board for a List of Services offered &amp; Prices. <b>Hair Salon Hours</b> <b>Reminder - Closed Thursday, July 1/10</b> Salon opens at 9:30 am Tuesday, Thursday, Friday</p>	<p><b>Durham Public Health</b></p> <p>Will have a West Nile Virus Display In the Library July 5th to 9th. Information &amp; giveaways. <b>Around Town...</b> See the Bulletin board by the Resident mailboxes for Events Happening in the Community. Cruisin Classic Car Shows Haugens BBQ - Classic Car &amp; Motorcycle Nights Blood Donor Clinics Farmer's Market</p>	<p><b>Around Town...</b></p> <p>The Port Perry Villa proudly Sponsors "Wednesday Evening Concerts in the Park", for the Month of July &amp; 2 weeks in August</p> <p><b>Progressive Euchre Tournament At the Port Perry Villa....</b> Residents &amp; Community Members Prize Money Watch for Date and Details!</p>	<p><b>1</b></p>  <p><b>HAPPY CANADA DAY!</b></p> <p>1:00 Paraffin Wax Rx (A) 4:00 Short Story Discussion (L) 6:00 News &amp; Views (GR) 6:30 Canadian Trivial Pursuit (L) ** Watch the Port Perry Fireworks from Kent Terrace!**</p>	<p><b>2</b></p> <p>11:00 Fun &amp; Flexibility Exercise Class (A) 1:30 Bocce Ball Fun Tournament (front door -west side lawn) 4:00 TGIF - Drink "Caesars" (C) 6:00 News &amp; Views (GR) 7:00 Scott Handell Entertains (A)</p>	<p><b>3</b></p> <p>10:30 Exercise &amp; Healthy Living (A) 1:00 Walking Club 2:00 Putting Practice (A) 3:30 Sit and Dance (A) (20 minute session) 4:00 Social Mixer Cocktails &amp; Trivia (C) 6:00 News &amp; Views (GR) 7:00 Movies &amp; Popcorn (GR)</p>
<p><b>4</b></p>  <p>9:00 Daily Chronicles 2:15 Church Service (CH) GreenBank &amp; Seagrave United Church 6:00 News &amp; Views (GR) 6:30 Cards (independent) 7:00 Reminisce (L) Symbols of Canada</p>	<p><b>5</b></p> <p><b>Inner Beauty Salon Open 10-4 (3rd)</b></p> <p>10:30 Coffee Break (C) 11:00 Therapeutic Dance (A) 1:30 Balanced Life Yoga (A) Instructor - Kellie Townson 4:00 Pub (C) Entertainment—Doug Morgan 6:30 Hand &amp; Floor Shuffleboard (A)</p>	<p><b>6</b></p> <p>10:15 Bible Study with Mary Benschop (CH) 11:00 Weights &amp; Exercises (A) 1:30 Bingo (A) 3:00 Gospel Hour (CH) With Rev. Donald Eyre 6:00 News &amp; Views (GR) 6:30 Craft - Mats for Haiti (A)</p>	<p><b>7</b></p>  <p>11:00 Tai Chi Exercise Class (A) 1:30 Resident Town Hall Meeting (CH) 4:00 Cocktail Hour (C) 6:00 News &amp; Views (GR) 6:30 Card &amp; Games Night (A) 7:00 Port Perry Villa Concerts In Palmer Park Featuring "Irwin Smith"</p>	<p><b>8 In House Shopping "REGAL" 10-2 Front Lobby</b></p> <p>10:00 Get Fit with Riet (A) 12:00 Library Visits 1:00 Paraffin Wax Rx (A) 1:30 Watercolors with Keith (A) 1:30 Knit, Crochet &amp; Sew With Bev (L) 6:00 News &amp; Views (GR) 6:30 Men's Club with Gord Perrault (2nd) 6:30 Ladies Manicures (PD)</p>	<p><b>9</b></p> <p>10:00 Fun &amp; Flexibility Exercise Class (A) 11:00 "COMPUTER EMAIL" Presenter - Sharon Babbs 1:00 Email set up for those On Sign Up sheet.. (A) 4:00 TGIF - Drink "Daiquiri's" (C) 6:00 News &amp; Views (GR) 7:00 Tony de Cristofaro Entertains (A)</p>	<p><b>10</b></p> <p>10:30 Exercise &amp; Healthy Living (A) 1:00 Walking Club 2:30 Carpet Bowling (A) 4:00 Social Mixer Cocktails &amp; Jokes (C) 6:00 News &amp; Views (GR) 7:00 Movies &amp; Popcorn (GR)</p> 
<p><b>11</b></p> <p>9:00 Daily Chronicles 10:30 Computer Basics (A) 1 to 1 Help (Sign up sheet at mailboxes) 2:15 Church Service (CH) Victory Christian Center 6:30 Cards (independent)</p> 	<p><b>12</b></p> <p>10:30 Coffee Break (C) 11:00 Therapeutic Dance (A) 1:30 Balanced Life Yoga (A) Instructor - Kellie Townson 4:00 Cocktail Hour (C) 6:30 "The Canadian Sweeps" Horse Race (A)</p>	<p><b>13</b></p> <p>10:15 Bible Study with Mary Benschop (CH) 11:00 Weights &amp; Exercise Class (A) 1:30 Bingo (A) 6:00 News &amp; Views (GR) 6:30 Lighten Up .... Kids Say The Darndest Things. (C)</p>	<p><b>14 FOOTCARE (SPA)</b></p> <p>Make an appointment at Reception 11:00 Tai Chi Exercise Class (A) 1:30 Wii Bowling League (A) 4:00 Cocktail Hour (C) 6:00 News &amp; Views (GR) 6:30 Community Line Dancing Everyone Welcome! (A) Instructor - April Bell 7:00 Port Perry Villa Concerts In Palmer Park Featuring "Richard Elliott"</p>	<p><b>15</b></p> <p>10:00 Get Fit with Riet (A) 1:00 Paraffin Wax Rx (A) 1:30 Armchair Voyageur Presenter - Jonathon Van Bilsen "The History of Port Perry" (A) 4:00 Short Story Discussion (L) 6:00 News &amp; Views (GR) 6:30 "Loonie Bingo" (A)</p>	<p><b>16</b></p> <p>10:00 Fun &amp; Flexibility Exercise Class (A) <b>WELLNESS HYDRATION DAY</b> Kent Terrace at 1:30pm (2nd) 4:00 TGIF - Drink "Singapore Slings" (C) 6:00 News &amp; Views (GR) 7:00 Aubrey Senior Entertains (A)</p>	<p><b>17</b></p> <p>10:30 Exercise &amp; Healthy Living (A) <b>Scugog Shores Museum "Dog Days of Summer"</b> (Please sign up by Mailboxes) 1:00 to 3:00 4:00 Social Mixer Cocktails &amp; Trivia (C) 6:00 News &amp; Views (GR) 7:00 Movies &amp; Popcorn (GR)</p>