






July 2025

LAKE SIDE GARDENS  
SENIORS COMMUNITY



| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|---|--|---|--|--|
|   |   | <div><div>CANADA DAY</div><div>9:00 Patriotic Parade Preparation</div><div>9:45 Exercise DVD</div><div>10:00 Canadian Trivia</div><div>11:00 Canada Day Parade</div><div>1:00 Pool Noodle Hockey Challenge</div><div>2:00 Canada Day Celebration with Andrew Espiritu</div></div> <div>1</div>   | <div><div>9:45 Exercise DVD</div><div>10:00 <u>Buttertubs Marsh Walk</u></div><div>1:00 Poker*</div><div>1:30 Sing Along</div><div>2:30 RESIDENT RECREATION PLANNING MEETING</div><div>3:30 Scrapbooking</div><div>6:30 "65" Rummy</div><div>6:30 Golden Retreiver visits</div></div> <div>2</div>   | <div><div>9:45 Exercise DVD</div><div>10:30 Hangman</div><div>1:30 CRAFTS</div><div>1:45 Bingo</div><div>2:00 Cribbage*</div><div>3:00 Chair Yoga</div><div>6:00 Music Bingo</div></div> <div>3</div>         | <div><div>9:45 Exercise DVD</div><div>10:30 Knit &amp; Knatter*</div><div>10:30 Chair Yoga</div><div>1:00 Poker*</div><div>1:00 TARGET GOLF</div><div>2:00 Rick Haugh</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>4</div>       | <div><div>9:45 Exercise DVD</div><div>10:30 Bean Bag Toss</div><div>1:00 Poker*</div><div>1:00 Chair Yoga</div><div>2:00 Shuffleboard</div><div>2:00 Sing Along with Darren Callier</div><div>3:00 Bocce Ball</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>5</div> |
| <div><div>9:45 Exercise DVD</div><div>1:00 Poker*</div><div>1:30 Canasta*</div><div>1:30 Hymn Sing</div><div>2:00 Sequences*</div><div>6:15 Movie Night</div></div> <div>6</div>  | <div><div>9:45 Exercise DVD</div><div>1:00 Poker*</div><div>1:30 Knit &amp; Knatter*</div><div>2:00 Sing Along with Gordon*</div><div>3:00 Church Service with Rick</div><div>6:15 Classic Movie Night</div><div>6:30 Canasta*</div></div> <div>7</div>                             | <div><div>9:45 Exercise DVD</div><div>10:00 Current Affairs</div><div>10:00 <u>Trip to Little Qualicum Cheese Works</u></div><div>1:00 Poker*</div><div>1:30 Roll and Win</div><div>2:00 Cribbage*</div><div>2:00 Mexican Train*</div><div>2:00 Music with Jelayna</div><div>3:00 Shuffleboard</div><div>6:00 Music Bingo</div></div> <div>8</div> | <div><div>9:45 Exercise DVD</div><div>1:00 Poker*</div><div>1:30 Sing Along</div><div>3:30 Scrapbooking</div><div>6:30 "65" Rummy</div><div>6:30 Golden Retreiver visits</div></div> <div>9</div>  | <div><div>9:45 Exercise DVD</div><div>1:45 Bingo</div><div>2:00 Cribbage*</div><div>4:00 Chair Yoga</div><div>6:30 One on One Visits</div></div> <div>10</div>  | <div><div>9:45 Exercise DVD</div><div>10:30 Knit &amp; Knatter*</div><div>10:30 Chair Yoga</div><div>1:00 Poker*</div><div>1:00 Target Golf</div><div>2:00 Silver and Gold</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>11</div> | <div><div>9:45 Exercise DVD</div><div>10:30 Bean Bag Toss</div><div>1:00 Poker*</div><div>1:00 Chair Yoga</div><div>2:00 Shuffleboard</div><div>3:00 Bocce Ball</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>12</div>  |
| <div><div>9:45 Exercise DVD</div><div>1:00 Poker*</div><div>1:30 Canasta*</div><div>1:30 Hymn Sing</div><div>2:00 Sequences*</div><div>6:15 Movie Night</div></div> <div>13</div> | <div><div>9:45 Exercise DVD</div><div>10:30 Crosswords</div><div>1:00 Poker*</div><div>1:30 Knit &amp; Knatter*</div><div>2:00 Sing Along with Gordon*</div><div>3:00 Church Service with Rick</div><div>6:15 Classic Movie Night</div><div>6:30 Canasta*</div></div> <div>14</div> | <div><div>9:45 Exercise DVD</div><div>10:00 Current Affairs with Tamara Kronis</div><div>1:00 Poker*</div><div>1:00 Walker/Wheelchair Wash</div><div>2:00 Cribbage*</div><div>2:00 Mexican Train*</div><div>2:00 Music with Jelayna</div><div>3:00 Shuffleboard</div><div>6:00 Music Bingo</div></div> <div>15</div>                               | <div><div>No Mall Trip</div><div>9:45 Exercise DVD</div><div>10:00 EAR'S TO YOU</div><div>10:00 <u>DIVERS LAKE Walk</u></div><div>1:00 Poker*</div><div>1:00 <u>Thrift Store Shopping</u></div><div>1:30 Sing Along</div><div>3:30 Scrapbooking</div><div>6:30 "65" Rummy</div><div>6:30 Golden Retreiver visits</div></div> <div>16</div> | <div><div>9:45 Exercise DVD</div><div>10:30 Hangman</div><div>1:30 CRAFTS</div><div>1:45 Bingo</div><div>2:00 Cribbage*</div><div>3:00 Chair Yoga</div><div>5:00 PIZZA on the Patio</div></div> <div>17</div> | <div><div>9:45 Exercise DVD</div><div>10:30 Knit &amp; Knatter*</div><div>10:30 Chair Yoga</div><div>1:00 Poker*</div><div>1:00 Target Golf</div><div>2:00 Marty Steele</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>18</div>    | <div><div>WEAR CHECKERS DAY</div><div>9:45 Exercise DVD</div><div>10:30 Bean Bag Toss</div><div>1:00 Poker*</div><div>1:00 Chair Yoga</div><div>2:00 Shuffleboard</div><div>3:00 Bocce Ball</div><div>6:15 Movie Night</div><div>6:30 Wizard*</div></div> <div>19</div>                  |



| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|--|
| 9:45 Exercise DVD<br>1:00 Poker*<br>1:30 Canasta*<br>1:30 Hymn Sing<br>2:00 Sequences*<br>6:15 Movie Night | 9:45 Exercise DVD<br>10:30 Crosswords<br>1:00 Poker*<br>1:30 Knit & Knatter*<br>2:00 Sing Along with Gordon*<br>3:00 Church Service with Rick<br>6:15 Classic Movie Night<br>6:30 Canasta* | 9:45 Exercise DVD<br>10:00 Current Affairs<br>11:00 Carlo's O'Bryan's Pub Trip<br>1:00 Poker*<br>1:30 Roll and Win<br>2:00 Cribbage*<br>2:00 Mexican Train*<br>2:00 Music with Jelayna<br>3:00 Shuffleboard<br>6:00 Music Bingo | 9:45 Exercise DVD<br>10:00 NECK POINT Walk<br>1:00 Poker*<br>1:30 Sing Along<br>2:30 ICE CREAM BAR<br>3:30 Scrapbooking<br>6:30 "65" Rummy<br>6:30 Golden Retreiver visits | 9:45 Exercise DVD<br>10:30 Hangman<br>1:30 CRAFTS<br>1:45 Bingo<br>2:00 Cribbage*<br>3:00 Chair Yoga<br>6:30 One on One Visits | 9:45 Exercise DVD<br>10:30 Knit & Knatter*<br>10:30 Chair Yoga<br>1:00 Poker*<br>1:00 Target Golf<br>2:00 Greg Radigan<br>6:15 Movie Night<br>6:30 Wizard*   | 9:45 Exercise DVD<br>10:30 Bean Bag Toss<br>1:00 Poker*<br>1:00 Chair Yoga<br>2:00 Shuffleboard<br>3:00 Bocce Ball<br>6:15 Movie Night<br>6:30 Wizard* |
| 9:45 Exercise DVD<br>1:00 Poker*<br>1:30 Canasta*<br>1:30 Hymn Sing<br>2:00 Sequences*<br>6:15 Movie Night | 9:45 Exercise DVD<br>10:30 Crosswords<br>1:00 Poker*<br>1:30 Knit & Knatter*<br>2:00 Sing Along with Gordon*<br>3:00 Church Service with Rick<br>6:15 Classic Movie Night<br>6:30 Canasta* | 9:45 Exercise DVD<br>10:00 Current Affairs<br>11:00 LUNCH WITH THE CASTLES<br>1:00 Poker*<br>1:30 Roll and Win<br>2:00 Cribbage*<br>2:00 Mexican Train*<br>2:00 Music with Jelayna<br>3:00 Shuffleboard<br>6:00 Music Bingo     | 9:45 Exercise DVD<br>10:00 WESTWOOD LAKE Walk<br>1:00 Poker*<br>1:30 Sing Along<br>3:30 Scrapbooking<br>6:30 "65" Rummy<br>6:30 Golden Retreiver visits                    | 9:45 Exercise DVD<br>10:30 Hangman<br>1:30 CRAFTS<br>1:45 Bingo<br>2:00 Cribbage*<br>3:00 Chair Yoga<br>6:30 One on One Visits | <b>Resident Run Games</b><br>POKER - 1:00pm Everyday except Thursday (3rd floor)<br>"65" RUMMY - 6:30 pm on Wednesdays (3rd floor)<br>CANASTA - 1:30pm on Sundays, 6:30pm on Mondays (3rd floor)<br>CRIBBAGE - 2:00 pm Tuesday & Thursday (3rd floor)<br>WIZARD - 6:30 pm Fridays & Saturdays (3rd floor)<br>MEXICAN TRAIN - 2:00 pm on Tuesdays (lobby) |  |

