

June 2025

Fenwyck Heights



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| 1 | 2 9:30 Quiz Blitz (AR) 10:30 Exercises (MR) 1:30 Axe/Dart throwing (MR) 2:45 Domino Bouquet (AR) | 3 10:00 Resident Meeting(MR) 1:30 Spruce grove Comp Jazz Band(MR) 3:15 Stretch and Strength (MR) | 4 9:30 Gardening (BP) 10:30 Prescott School Visit (MR) 1:30 Senior's Week Ice Cream Social (BP) 2:45 Bingo (AR) | 5 9:30 Stretch and Strength 11:00 High Park School visit Hot Dog lunch- sign up \$2 (MR) 1:30 Balloon Volleyball (MR) 2:45 Name that Tune (T) | 6 9:30 Hidden in Plain sight(5) 10:00 Old Yale Brewery/Lunch (Must sign up by June 5) 7:50 Cps Singers (MR) | 7 2:45 Shuffleboard (RL) |
| 8 | 9 Sorry, No Programs | 10 10:30 Stretch and Strength (MR) 1:00 Canasta (AR) 2:00 Hymn Sing (MR) 2:45 Fit Minds (5) 2:45 Name that tune (2) | 11 9:30 Gardening (BP) 10:30 Ecumenical Church Service (MR) 1:00 Music with Don (MR) 3:15 Horse Races (MR) | 12 9:30 Tug of War Dice Game (AR) 10:00 Catholic Communion Service (AR) 10:15 Hopeful Hooves (PL) 1:00 Health Presentation: Elder Abuse (AR) 2:45 Stretch and Strength (MR) | 13 9:30 Bingo (AR) 10:30 Get Smart with Smart Phones (MR) 1:00 Get Smart with Smart Phones (MR) 2:45 Pub Afternoon (AR) | 14 9:30 What Am I (5) 10:30 Pool (RL) 1:30 Axe/Dart Throwing (T) 2:45 Men's Group - Name That Tool (T) 2:45 Shuffleboard (RL) |
| 15 | 16 Sorry, No Programs | 17 9:30 Guess the Picture (MR) 10:30 Stretch and strength (MR) 1:30 Canasta (DR) 1:30 Rummy O (5) 2:45 Bingo (AR) | 18 9:30 Gardening - Natures Therapy (BP) 1:30 Donuts for Dad with Wayne O (MR) 3:15 Walking Club (B) | 19 9:30 Gardening (BP) 10:30 Stretch and Strength (MR) 2:00 Card Bingo (AR) 3:00 Horse races (MR) | 20 9:30 What am I (5th) 10:30 Exercises (MR) 1:30 Axe/Dart Throwing (MR) 2:45 Drive it, Dig it or Drink it (T) | 21 9:30 Making Muffins (AR) 10:00 Coffee & Strawberry Muffins(AR) 1:30 Movie Afternoon (MR)Dolce Villa 3:00 Tug a War Dice Game (5) 2:45 Shuffleboard (RL) |
| 22 3:00 Parkland Baptist Church (MR) | 23 9:30 Meditation Group (AR) 10:30 Exercises (MR) 1:30 Craft (AR) 2:45 Gnome Pun Intended (T) | 24 9:30 Word Search (RL) 10:30 Stretch and Strength (MR) 1:30 Canasta (AR) 2:00 Hymn Sing (MR) 2:45 Fit minds (5) 2:45 Bowling (MR) | 25 9:00 Gardening (BP) 1:30 Bingo (AR) 2:00 Walking Group (BP) 2:45 Horse Races (MR) | 26 9:30 Tug of War dice Game (AR) 10:00 Catholic Communion Service (AR) 1:30 Stretch and Strength (AR) 2:45 Axe/dart Throwing (MR) | 27 9:30 Card Bingo (AR) 10:30-3:00 Westlock Museum and Lunch- (Must sign up) | 28 2:45 Shuffleboard (RL) |
| 29 | 30 9:30 Word Search (AR) 10:30 Exercises (MR) 1:30 Birthday Party with Terry Jorden (MR) | | Note: residents joining outings must sign up and provide the \$6 bus fee to Jinky at Reception to attend. Any cost of admission, food, or activities on outings are the responsibility of the residents. Thank you! | | LOCATION LEGEND MR- Multi Purpose Room AR- Activity Room DR- Dining Room 2nd – 2nd floor Lounge BP – Patio outside Bistro RL- Residents Lounge PL- Parking Lot | 5th – 5th floor Lounge R – Reception T – Terrace B - Bistro |

If you have questions of concerns about the calendar or programs, please see the Activities Convener Joan in her office of phone her at 780-962-6598 ext. 213