

July 2021

2638 Ross Lane 250-381-8666 rossplace.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GR Great Room TH Theatre AR Activity Room LIB Library (Tower) TCY Tower Courtyard RP Rooftop Patio (Pavilion) FL Fireside Lounge	Check out Ross Place Seniors Community on Facebook! Like, comment & share with your family & friends!	TUCK SHOP: Monday, Wednesday & Friday 2:00-3:00pm BINGO: 25 cents per card HORSE RACING: \$1.10 in nickels or dimes HAPPY HOUR: \$2 donation per drink *Denotes Resident-led Activity		1 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Canada Day Celebration RP 3:30 Carpet Bocce AR Canada Day	2 10:00 Music & Moves Chair Dance AR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Dogs Ep. 1 & 2" TH	3 10:00 Balls & Bands AR 11:00 Fit Minds FL 2:00 Bingo GR 3:30 Crafts with Carly: Pebble Art AR
4 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 Gentle Chair Exercise Video AR 3:15 Music Bingo GR 7:00 "The Crown" TH	5 10:00 Gentle Fit AR 1:45 BUS: Malahat Scenic Drive AR 2:00 Writers Club Art Room 2:00 Concerts in Care Video TH 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "Human: World Within Ep. 1 & 2" TH	6 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 New Resident Welcome Tea GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	7 10:00 Bingo GR 11:00 Trivia GR 11:30 Hot Dog Roast TCY 1:45 BUS: Government House Garden Walk AR 2:00 Garden Group TCY 3:15 My Favourite Things Dice Game GR 7:00 "Mystery of the Dragon Seal: Journey to China" TH	8 8:00 Hearing Aid Cleaning Pick Up FD 9:45 Exercise TWR (Floors 2, 4 & 8) 10:00 Walker/Scooter Tune-Up GR 10:30 Exercise AR 1:15 Neighbourhood Construction Update by Andrew Hull GR 2:00 Happy Hour GR 3:30 Target Practice AR	9 10:00 Meditation LIB 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Dogs Ep. 3 & 4" TH	10 10:00 Balls & Bands AR 11:00 Fit Minds FL 2:00 Bingo GR 3:30 Sing-a-long AR
11 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 Patio Games & Popsicles RP 7:00 "The Crown" TH	12 10:00 Gentle Fit AR 1:45 BUS: Sidney Scenic Drive AR 2:00 Writers Club Art Room 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "Human: World Within Ep. 3 & 4" TH	13 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Chef Demo: Charcuterie GR 2:30 Wine & Cheese Social GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	14 10:00 Bingo GR 11:00 BUS: BBQ Lunch at Goldstream Park AR 2:00 Information Session with Dr. Govender TH 3:15 Armchair Travel to Spain TH 7:00 "This Little Love of Mine" TH	15 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour ft. Joyz & the Boyz RP 3:30 Carpet Bocce AR	16 10:00 Music & Moves Chair Dance AR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Dogs Ep. 5 & 6" TH	17 10:00 Balls & Bands AR 11:00 Fit Minds FL 2:00 Bingo GR 3:30 Crafts with Carly: Community Quilt AR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 United Church Service Video TH 2:00 Colour & Conversation* GR 3:00 Vetta Chamber Music TH 7:00 "The Crown" TH	19 10:00 Chair Yoga with Carly AR 1:30 BUS: MacAulay Point Park Walk AR 2:00 Writers Club Art Room 2:30 Maritime Museum on Zoom: Early Explorers TH 3:00 Knitting Group* GR 3:30 Angel Card Readings LIB 7:00 "Human: World Within Ep. 5 & 6" TH	20 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 1:45 Town Hall Meeting GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	21 10:00 Bingo GR 11:00 Trivia GR 2:00 Memory Matching Game GR 3:15 Patio Games & Popsicles RP 7:00 "Blue Miracle" TH	22 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour GR 3:15 Rick Searle Adventure Video: Haida Gwaii Part II TH 3:30 Target Practice AR Fire Bell Testing	23 10:00 Meditation LIB 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Dogs Ep. 7 & 8" TH	24 10:00 Balls & Bands AR 11:00 Fit Minds FL 2:00 Bingo GR 3:30 Sing-a-long AR
25 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 Gentle Chair Yoga Video AR 3:15 Music Bingo GR 7:00 "The Crown" TH	26 10:00 Gentle Fit AR 1:45 BUS: Dean Park Scenic Drive AR 2:00 Writers Club Art Room 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "Twister" TH	27 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 July Birthday Social GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	28 10:00 Bingo GR 11:00 Trivia GR 1:45 BUS: Breakwater Walk AR 2:00 Memory Matching Game GR 3:15 Armchair Travel to Australia TH 7:00 "Five Feet Apart" TH	29 9:45 Exercise TWR (Floors 2, 4 & 8) 10:30 Exercise AR 2:00 Happy Hour ft. The Way Back Warblers RP 3:30 Carpet Bocce AR	30 10:00 Music & Moves Chair Dance AR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Dogs Ep. 9 & 10" TH	31 10:00 Outdoor Exercise & Balance Circuit AR 11:00 Fit Minds FL 2:00 Bingo GR 3:30 Tea Time with Carly GR