



July 2025

Southbridge London






| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|--|
| <div>PINE Suites</div> <div>Activity Aide ~ Anju</div> <div>sblprograms@southbridgecare.com</div> <div>ext. 2021</div> | | <div>Canada Day 1</div> <div>10:15 Travelogue: Canada</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Canada Day Social with Music Entertainment by Vinnie</div> <div></div> | <div>2</div> <div>10:15 Java Memory</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Manicure Social</div> | <div>3</div> <div>10:15 Board Games</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Trivia: Canada</div> | <div>4</div> <div>11:00 Physio Group Exercises (Pine)</div> <div>11:00 Outdoor Walks</div> <div>2:15 French Fry-Day</div> | <div>5</div> <div>Garage Sale 9am-1pm</div> <div></div> |
| <div>6</div> <div>10:30 Virtual Church Service</div> <div>2:15 Java Music</div> | <div>7</div> <div>10:15 Montessori</div> <div>2:15 BINGO</div> <div>3:00 Townhall Meeting</div> | <div>8</div> <div>10:30 Chapel Service with Chris</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Ball Toss</div> | <div>9</div> <div>10:00 Outing: Dollarama</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Music Entertainment by Tara Dunphy</div> | <div>10</div> <div>10:30 Poet Tree</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Trivia: Summer</div> <div>6:00 Lemonade & Music on Pine Patio</div> | <div>11</div> <div>11:00 Physio Group Exercises (Pine)</div> <div>2:15 Men's Club Pub & Grub</div> <div>2:15 Manicure Social</div> | <div>12</div> <div>10:30 Java Music</div> <div>2:15 Indoor Bowling</div> |
| <div>13</div> <div>10:30 Virtual Church Service</div> <div>2:15 Ice cream Party on Pine Patio</div> | <div>14</div> <div>Barbeque Lunch</div> <div>10:15 BINGO</div> <div>12:00 BBQ Lunch on Pine Patio</div> <div>2:15 Dice Game: Left, Right, Centre</div> <div>6:00 Watermelon Social</div> | <div>15</div> <div>10:30 Hymn Sing</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Memory Lane Room Visits</div> | <div>16</div> <div>10:15 Java Memory on Pine</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Pine Birthday Party</div> | <div>17</div> <div>10:30 Drum Circle</div> <div>10:30 Reading Nook</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Trivia: July</div> | <div>18</div> <div>Visiting Library</div> <div>11:00 Physio Group Exercises (Pine)</div> <div>11:00 Outdoor Walks</div> <div>2:15 Manicure Social</div> | <div>19</div> <div>10:30 Java Music</div> <div>2:15 Basketball Toss</div> |
| <div>20</div> <div>10:30 Virtual Church Service</div> <div>2:15 Ball Toss and Music on the Patio</div> <div>2:15 Drinks On Pine Patio</div> | <div>21</div> <div>10:15 BINGO</div> <div>2:15 Crafts</div> | <div>22</div> <div>10:30 Chapel Service with Chris</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Documentary: Canadian Terry Fox</div> | <div>23</div> <div>11:15 Java Memory on Pine</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Music Entertainment by Michael</div> | <div>24</div> <div>10:15 Trivia: Plants</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Sing-A-Long on the TV</div> | <div>25</div> <div>8:45 Breakfast Club</div> <div>11:00 Physio Group Exercises (Pine)</div> <div>2:15 Manicure Social</div> | <div>26</div> <div>10:30 Java Music</div> <div>2:15 Family Feud</div> |
| <div>27</div> <div>10:30 Virtual Church Service</div> <div>2:15 Sing-A-Long</div> | <div>28</div> <div>10:15 BINGO</div> <div>2:15 TV Classics</div> | <div>29</div> <div>9:45 Food Advisory & Residents' Council Meeting</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:30 Memory Lane Room Visits</div> | <div>30</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Java Memory on Pine</div> | <div>31</div> <div>10:15 Trivia: General Knowledge</div> <div>1:30 Physio Group Exercises (Pine)</div> <div>2:15 Movie: Mary Poppins on Disney +</div> | <div></div> | <div>All programs are subject to change</div> <div>Programs in RED are located on the main floor Activity Room</div> |



July 2025

Southbridge London



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| WILLOW Suites <i>Activity Aide ~ Hillary</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i> | | <u>Canada Day</u>  1 11:00 Manicure Social 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 Canada Day Social with Music Entertainment by Vinnie | 2 10:15 Java Memory 11:00 Physio Group Exercises (Cherry) 1:45 Travelogue: Canada | 3 10:15 O' Canada Trivia 2:15 BINGO | 4 10:15 Crafts: Canada 1:30 Physio Group Exercises (Willow) 2:15 French Fry-Day | 5 <u>Garage Sale 9am-1pm</u> 3:15 Physio Group Exercises  |
| 10:30 Virtual Church Service 2:15 Java Music 6 | 11:00 Physio Group Exercises (Cherry) 7 2:15 BINGO 3:00 Town Hall Meeting 6:00 Lemonade & Music on Willow Patio | 10:30 Chapel Service with Chris 8 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 Java Memory | 10:00 Outing: Dollarama 9 11:00 Physio Group Exercises (Cherry) 2:15 Music Entertainment by Tara Dunphy | 10:30 Poet Tree 10 2:15 Whiteboard Games: Things to do in the Summer | 10:15 Manicure Social 11 1:30 Physio Group Exercises (Willow) 2:15 Men's Club Pub & Grub 2:30 Garden Trivia | 10:30 Java Music 12 2:15 Indoor Bowling 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 13 2:15 Ice cream Party on Pine Patio | 11:00 Physio Group Exercises (Cherry) 14 2:15 Memory Lane Room Visits 6:00 Watermelon Social | 10:15 What's Cooking? 15 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 Dice Game: Left, Right, Centre | Barbeque Lunch 16 10:15 Java Memory 11:00 Physio Group Exercises (Cherry) 12:00 BBQ Lunch on Pine Patio 2:30 BINGO | 10:30 Drum Circle 17 10:30 Manicure Social 2:15 Summer Trivia | <u>Visiting Library</u> 18 10:15 Crafts: Summer 1:30 Physio Group Exercises (Willow) 2:15 Basketball Toss | 10:30 Java Music 19 2:15 Basketball Toss 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 20 2:15 Drinks On Pine Patio | 10:15 Montessori 21 11:00 Physio Group Exercises (Cherry) 2:15 BINGO | 10:30 Chapel Service with Chris 22 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 Reading Nook | 10:15 Java Memory 23 11:00 Physio Group Exercises (Cherry) 2:15 Music Entertainment by Michael | 10:00 Inspire 24 2:15 Whiteboard Games: Camping | 8:45 Breakfast Club 25 1:30 Physio Group Exercises (Willow) 2:15 Manicure Social | 10:30 Java Music 26 2:15 Family Feud 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 27 2:15 Sing-A-Long | 11:00 Physio Group Exercises (Cherry) 28 2:15 Memory Lane Room Visits | 9:45 Food Advisory & Residents' Council Meeting 29 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:30 Willow Birthday Party | 10:15 Java Memory 30 11:00 Physio Group Exercises (Cherry) 2:15 BINGO | 10:15 Manicure Social 31 2:15 General Trivia |  | All programs are subject to change Programs in RED are located on the main floor Activity Room |



July 2025

Southbridge London



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| <div>OAK Suites</div> <div>Activity Aide ~ Teresa/Katie</div> <div>sblprograms@southbridgecare.com</div> <div>ext. 2021</div> | | <div>Canada Day</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>11:00 Word Games</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Canada Day Social with Music Entertainment by Vinnie</div> <div>6:00 Montessori</div> <div>1</div> | <div>10:15 Java Memory Oak</div> <div>2:00 Travelogue: Canada</div> <div>2</div> | <div>10:15 BINGO</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Mini Golf</div> <div>3</div> | <div>10:15 Puzzles</div> <div>2:15 French Fry-Day</div> <div>4</div> | <div>Garage Sale 9am-1pm</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>6:00 Ball Toss</div> <div></div> <div>5</div> |
| <div>10:30 Virtual Church Service</div> <div>2:15 Java Music</div> <div>6:00 Helping Hands</div> <div>6</div> | <div>10:15 Manicure Social</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>2:15 Sort It Out</div> <div>7</div> | <div>10:30 Chapel Service with Chris</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Indoor Bowling</div> <div>8</div> | <div>10:15 Java Memory Oak</div> <div>2:15 Music Entertainment by Tara Dunphy</div> <div>9</div> | <div>10:30 Poet Tree</div> <div>10:30 BINGO</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Magnetic Darts</div> <div>6:00 Name that Tune</div> <div>10</div> | <div>10:15 Puzzles</div> <div>2:15 Men's Club Pub & Grub</div> <div>6:00 Karaoke Night</div> <div>11</div> | <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Indoor Bowling</div> <div>12</div> |
| <div>10:30 Virtual Church Service</div> <div>2:15 Ice cream Party on Pine Patio</div> <div>6:00 Helping Hands</div> <div>13</div> | <div>10:15 Manicure Social</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>2:15 Sort It Out</div> <div>6:00 Watermelon Social</div> <div>14</div> | <div>10:15 Word Games</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Indoor Bowling</div> <div>6:00 Montessori</div> <div>15</div> | <div>10:15 Java Memory Oak</div> <div>2:15 Outdoor Patio Visits</div> <div>16</div> | <div>Barbeque Lunch</div> <div>10:15 BINGO</div> <div>10:30 Drum Circle</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>12:00 BBQ Lunch on the Patio</div> <div>2:15 Funny Videos</div> <div>17</div> | <div>Visiting Library</div> <div>10:15 Puzzles</div> <div>2:15 Ball Toss</div> <div>6:00 Karaoke Night</div> <div>18</div> | <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Basketball Toss</div> <div>6:00 After Dinner Patio Social</div> <div>19</div> |
| <div>10:30 Virtual Church Service</div> <div>2:15 Drinks On Pine Patio</div> <div>6:00 Helping Hands</div> <div>20</div> | <div>10:15 Manicure Social</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>3:15 Sort It Out</div> <div>6:00 Axe Throw</div> <div>21</div> | <div>10:30 Chapel Service with Chris</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Indoor Bowling</div> <div>6:00 Montessori</div> <div>22</div> | <div>10:15 Java Memory Oak</div> <div>2:15 Music Entertainment by Michael</div> <div>23</div> | <div>10:30 BINGO</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Magnetic Darts</div> <div>6:00 Name that Tune</div> <div>24</div> | <div>8:45 Breakfast Club</div> <div>3:15 Walks</div> <div>6:00 Karaoke Night</div> <div>25</div> | <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Family Feud</div> <div>6:00 Ball Toss</div> <div>26</div> |
| <div>10:30 Virtual Church Service</div> <div>2:15 Sing-A-Long</div> <div>6:00 Helping Hands</div> <div>27</div> | <div>10:15 Manicure Social</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>2:15 Sort It Out</div> <div>6:00 Axe Throw</div> <div>28</div> | <div>10:15 Hymn Sing</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Indoor Bowling</div> <div>6:00 Montessori</div> <div>29</div> | <div>10:15 Java Memory Oak</div> <div>2:15 OAK Birthday Party</div> <div>6:00 Sing-A-Long with Katie</div> <div>30</div> | <div>10:30 BINGO</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Outdoor Walks</div> <div>6:00 Reminiscing Group</div> <div>31</div> | | <div>All programs are subject to change</div> <div>Programs in RED are located on the main floor Activity Room</div> |



July 2025

Southbridge London






| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| <div>MAPLE Suites</div> <div>Activity Aide ~ Penny</div> <div>sblprograms@southbridgecare.com</div> <div>ext. 2021</div> | | <div>Canada Day 1</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>11:00 Manicure Social</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Canada Day Social with Music Entertainment by Vinnie</div> | <div>2</div> <div>10:15 Ball Toss</div> <div>2:15 Colouring</div> | <div>3</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Manicure Social</div> | <div>4</div> <div>10:15 Bingo</div> <div>11:15 Sing-Along: You Say It, We Play It</div> <div>2:15 French Fry-Day</div> | <div>5</div> <div>Garage Sale 9am-1pm</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>GARAGE SALE</div> |
| <div>6</div> <div>10:30 Virtual Church Service</div> <div>2:15 Java Music</div> | <div>7</div> <div>10:15 Trivia: Canada</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>2:15 Travelogue: Canada</div> | <div>8</div> <div>10:30 Chapel Service with Chris</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>3:15 Board Games</div> | <div>9</div> <div>10:15 Java Memory Maple</div> <div>2:15 Music Entertainment by Tara Dunphy</div> | <div>10</div> <div>10:00 Shopping Trip to Dollarama</div> <div>10:30 Poet Tree</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Manicure Social</div> | <div>11</div> <div>2:15 Men's Club Pub & Grub</div> <div>2:30 Bingo</div> <div>3:30 Sing-Along: You Say It, We Play It</div> | <div>12</div> <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Indoor Bowling</div> |
| <div>13</div> <div>10:30 Virtual Church Service</div> <div>2:15 Ice cream Party on Pine Patio</div> | <div>14</div> <div>10:00 Movie: The Last Song (Disney+)</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>6:00 Watermelon Social</div> | <div>15</div> <div>10:15 Manicure Social</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Axe Throw</div> | <div>16</div> <div>10:15 Top 10 Canadian Landmarks</div> <div>2:15 Trivia: Summer</div> <div>3:00 Townhall Meeting</div> | <div>17</div> <div>10:30 Drum Circle</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Memory Lane Room Visits</div> | <div>18</div> <div>Visiting Library Barbeque Lunch</div> <div>10:15 Bingo</div> <div>11:15 Sing-Along: You Say It, We Play It</div> <div>12:00 BBQ Lunch on the Patio</div> <div>2:15 Ball Toss on the Balcony</div> | <div>19</div> <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Basketball Toss</div> |
| <div>20</div> <div>10:30 Virtual Church Service</div> <div>2:15 Drinks On Pine Patio</div> | <div>21</div> <div>10:30 Inspire</div> <div>1:30 Physio Group Exercises (Oak)</div> <div>2:15 Word Games on the Whiteboard</div> | <div>22</div> <div>10:30 Chapel Service with Chris</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Manicure Social</div> | <div>23</div> <div>10:15 Java Memory Maple</div> <div>2:15 Music Entertainment by Michael</div> | <div>24</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Board Games</div> | <div>25</div> <div>8:45 Breakfast Club</div> <div>2:15 Yoga & Meditation</div> <div>2:15 Bingo</div> <div>3:15 Sing-Along: You Say It, We Play It</div> | <div>26</div> <div>10:30 Java Music</div> <div>1:30 Physio Group Exercises (Maple)</div> <div>2:15 Family Feud</div> |
| <div>27</div> <div>10:30 Virtual Church Service</div> <div>2:15 Sing-A-Long</div> | <div>28</div> <div>10:15 Travelogue: Canada</div> <div>1:30 Physio Group Exercises (Oak)</div> | <div>29</div> <div>9:45 Food Advisory & Residents' Council Meeting</div> <div>11:00 Physio Group Exercises (Oak)</div> <div>1:30 Pet Therapy with Ellsa</div> <div>2:15 Manicure Social</div> | <div>30</div> <div>10:15 Outdoor Patio Visits</div> <div>2:15 Maple Birthday Party</div> | <div>31</div> <div>11:00 Physio Group Exercises (Maple)</div> <div>2:15 Memory Lane Room Visits</div> | <div>32</div> <div>31st July</div> <div>Summer Sun</div> | <div>33</div> <div>All programs are subject to change</div> <div>Programs in RED are located on the main floor Activity Room</div> |



July 2025

Southbridge London



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|---|
| CHERRY Suites <i>Activity Aide ~ Amir</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i> | | <u>Canada Day</u>  1 11:00 Manicure Social 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 Canada Day Social with Music Entertainment by Vinnie | 2 10:15 Java Memory Cherry 11:00 Physio Group Exercises (Cherry) 2:00 Documentary: Canada | 3 10:15 BINGO 2:00 Movie: The Last Song (Disney+) | 4 10:15 Town Hall Meeting 10:30 Trivia 1:30 Physio Group Exercises (Willow) 2:15 French Fry-Day | 5 <u>Garage Sale 9am-1pm</u> 3:15 Physio Group Exercises (Willow)  |
| 10:30 Virtual Church Service 2:15 Java Music 6 | 10:00 Inspire 7 11:00 Physio Group Exercises (Cherry) 2:15 Outdoor Walks | 10:30 Chapel Service with Chris 8 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 BINGO | 10:15 Java Memory Cherry 9 11:00 Physio Group Exercises (Cherry) 2:15 Music Entertainment by Tara Dunphy | 10:00 Shopping Trip to Dollarama 10 10:30 Poet Tree 2:15 Dice Game: Left, Right, Centre | 10:15 Trivia 11 1:30 Physio Group Exercises (Willow) 2:15 Men's Club Pub & Grub | 10:30 Java Music 12 2:15 Indoor Bowling 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 13 2:15 Ice cream Party on Pine Patio | 11:00 Physio Group Exercises (Cherry) 14 2:15 Axe Throw 6:00 Watermelon Social | <u>Barbeque Lunch</u> 15 10:15 BINGO 12:00 BBQ Lunch on Pine Patio 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:30 Pit Stop Door Decor Craft | 10:15 Java Memory Cherry 16 11:00 Physio Group Exercises (Cherry) 2:15 Manicure Social | 10:30 Drum Circle 17 10:30 Name that Tune 2:15 Ball Toss | <u>Visiting Library</u> 18 10:15 Trivia 1:30 Physio Group Exercises (Willow) 2:15 Magnetic Darts | 10:30 Java Music 19 2:15 Basketball Toss 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 20 2:15 Drinks On Pine Patio | 11:00 Physio Group Exercises (Cherry) 21 2:15 Outdoor Walks | 10:30 Chapel Service with Chris 22 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 BINGO | 10:15 Java Memory Cherry 23 11:00 Physio Group Exercises (Cherry) 2:15 Music Entertainment by Michael | 10:15 Bean Bag Toss 24 2:15 Pineapple Craft | 8:45 Breakfast Club 25 1:30 Physio Group Exercises (Willow) 2:15 Trivia | 10:30 Java Music 26 2:15 Family Feud 3:15 Physio Group Exercises (Willow) |
| 10:30 Virtual Church Service 27 2:15 Sing-A-Long | 11:00 Physio Group Exercises (Cherry) 28 11:00 Bean Bag Toss 2:15 Cherry Birthday Party | 9:45 Food Advisory & Residents' Council Meeting 29 1:30 Pet Therapy with Ellsa 1:30 Physio Group Exercises (Willow) 2:15 BINGO | 10:15 Java Memory Cherry 30 11:00 Physio Group Exercises (Cherry) 2:15 Manicure Social | 10:00 Hymn Sing 31 2:15 Outdoor Patio Visits with Refreshments |  | All programs are subject to change Programs in RED are located on the main floor Activity Room |