



**HAPPY 159<sup>th</sup> BIRTHDAY  
CANADA!!!**

**July Birthdays  
Residents**

- **Liliane** July 10<sup>th</sup>
- **Eileen** July 12<sup>th</sup>
- **Bill** July 17<sup>th</sup>
- **Jean B** July 18<sup>th</sup>
- **Jim R** July 22<sup>nd</sup>
- **Mary Mc** July 27<sup>th</sup>
- **Murray** July 31<sup>st</sup>
- **Tom** July 31<sup>st</sup>

**Staff**

- **Annette** July 3<sup>rd</sup>
- **Elaina** July 10<sup>th</sup>
- **Tania** July 17<sup>th</sup>

**As always, please welcome our new friends at Goderich Place!!**

**Say Hello to: Sharon and Percy, Mary, Gaynor, Lynn, Jean, and Marion!!**

**We hope you enjoy your time with us and join us in programs, outings and activities!!**

**Reminder of the services we offer at Goderich Place!**

**Susan our Nurse Practitioner, Charlene and Foot Care, Bloodwork through Dynacare, Nancy our Hairdresser, Sound Therapy and now Specsavers to check hearing aids and glasses, Cycling without Age, and Outings with April!**

**Refer to sign-up sheets for dates and times.**

# Calendar & Newsletter

Goderich Place | Melanie Nurse, Activity Manager | 519-524-4243 ext. 221 | [activationgp@hurontel.on.ca](mailto:activationgp@hurontel.on.ca)



**Celebrating July!!**



**Canada Day!!!!**  
July 1<sup>st</sup>

**Canada Day Parade**  
July 1<sup>st</sup>

**Talk with Mayor Trevor Bazinet**  
July 8<sup>th</sup>

**Talk with Lisa Gill from Blyth Theatre**  
July 9<sup>th</sup>

**Music with Les Picard**  
July 15<sup>th</sup>

**Education Session with Frances Taylor from Seniors Mental Health**  
July 23<sup>rd</sup>

**Eyeglasses Tune Up with Specsavers**  
July 27<sup>th</sup>

**Welcome to July!!**

Summer is in full swing! July is a wonderful time to enjoy sunshine, fresh air, beautiful gardens, and time spent with friends!!

With the longer days and warmer (hotter) weather, July is a perfect time to get outside and enjoy Canadian summer!! Reminder to stay hydrated and wear a hat when sitting outside during peak sun hours. The gazebo is a great place to read, relax, nap or just listen to the birds. The garden areas are coming alive with colourful flowers!

Our Strawberry Social was a tremendous success, a HUGE Thank You to all involved including- West Street Willy's, Cait's Café, Steve and Mary's on The Square, Blake Street Bakery and our own Mikala!! Our volunteers Betty, Connie and Paige were a huge help as always!!

Music for July will be The Irish Cowboys and Les Picard. Speakers coming into chat this month include: Mayor Bazinet, Lisa from The Blyth Theatre and Frances Taylor from Seniors Mental Health.

Refer to April's calendar for outings to: The White Squirrell, West Perth Animal Park, Falls Reserve, and more. Look for weekly trips as well to the library and beach!

We'll be keeping a close eye on The World Cup of soccer, Canada has made it further so far this year, than they ever have before!!

I hope you have a great July!! Get outside and smell the flowers!

*Melanie*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2026

**SPECIAL EVENT FOR JULY –  
EDUCATION SESSION WITH FRANCES TAYLOR FROM SENIORS MENTAL HEALTH**

9:00 Exercises  
9:30 Exercises  
10:00 Communion Service  
10:00 Tuck Shop  
1:30 **Canada Day Parade!**  
6:00 Cards  
6:30 Tea Time in the TV Room



9:00 Exercises  
9:30 Exercises  
10:00 Men's and Ladies Group in the Front Lobby  
2:00 Monthly Chronicles and Trivia  
6:30 Tea Time in the TV Room

MELANIE OFF

9:00 Exercises  
9:30 Exercises  
10:00 Free Bingo in the TV Room  
2:00 Cranium Crunches  
6:30 Tea Time in the TV Room  
6:30 **Colouring in the Card Room**

MELANIE OFF

10:00 **Coffee Group in the TV Room**  
10:30 Exercises  
1:00 **Afternoon Movie in the TV Room**  
2:00 Freezies in the Back Garden  
6:30 Tea Time in the TV Room

Independence Day (U.S.)

10:00 Mind Joggers  
10:30 St. Peter's Church Ch. 2 (Hurontel)  
1:00 Lake Shore United Church Service Ch. 1 (Hurontel)  
6:30 Tea Time in the TV Room

5

9:00 Exercises  
9:30 Exercises  
10:00 Knitting Group in TV Room  
2:00 Sing and Dance with The Irish Cowboys!  
6:30 Tea Time in the TV Room

6

9:00 Chair Yoga with Pam  
10:00 Shopping – Walmart  
10:00 Walking Group  
2:00 Topsy Tuesday and Food Tasting  
6:00 **Scrabble/Cribbage**  
6:30 Tea Time in the TV Room

7

SOUND THERAPY 9:00-11:00

9:00 Exercises  
9:30 Exercises  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Talk with Mayor Trevor Bazinet  
6:00 Cards  
6:30 Tea Time in the TV Room

8

9:00 Exercises  
9:30 Exercises  
10:00 Men's and Ladies Group in the Front Lobby  
2:00 Blyth Theatre Information Session with Lisa!  
6:30 Tea Time in the TV Room

9

9:00 Exercises  
9:30 Exercises  
10:00 Free Bingo in the TV Room  
2:00 Wild about Wildlife Month  
6:30 Tea Time in the TV Room  
6:30 **Colouring in the Card Room**

10

10:00 **Coffee Group in the TV Room**  
10:30 Exercises  
1:00 **Afternoon Movie in the TV Room**  
2:00 Whiteboard Games  
6:30 Tea Time in the TV Room

11

10:00 Mind Joggers  
10:30 St. Peter's Church Ch. 2 (Hurontel)  
1:00 Lake Shore United Church Service Ch. 1 (Hurontel)  
4:10 Toronto Blue Jays vs San Diego in TV Room  
6:30 Tea Time in the TV Room

12

9:00 Exercises  
9:30 Exercises  
10:00 Knitting Group in TV Room  
2:00 Shark Week  
6:30 Tea Time in the TV Room

13

9:00 Chair Yoga with Pam  
10:00 Shopping – The Square  
10:00 Walking Group  
2:00 Topsy Tuesday and Food Tasting  
6:00 **Scrabble/Cribbage**  
6:30 Tea Time in the TV Room

14

Bastille Day

9:00 Exercises  
9:30 Exercises  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Sing and Dance with Les Picard  
6:00 Cards  
6:30 Tea Time in the TV Room

15

9:00 Exercises  
9:30 Exercises  
10:00 Men's and Ladies Group in the Front Lobby  
2:00 Craft with Betty!  
6:30 Tea Time in the TV Room

16

9:00 Exercises  
9:30 Exercises  
10:00 Free Bingo in the TV Room  
1:30 **Lutheran Church Service**  
2:00 Show and Tell  
6:30 Tea Time in the TV Room  
6:30 **Colouring in the Card Room**

17

MELANIE OFF

10:00 **Coffee Group in the TV Room**  
10:30 Exercises  
1:00 **Afternoon Movie in the TV Room**  
2:00 Walk to McDonald's for Ice Cream and Stop in the Park  
6:30 Tea Time in the TV Room

18

10:00 Mind Joggers  
10:30 St. Peter's Church Ch. 2 (Hurontel)  
1:00 Lake Shore United Church Service Ch. 1 (Hurontel)  
12:15 Toronto Blue Jays vs Chicago in TV Room  
6:30 Tea Time in the TV Room

19

9:00 Exercises  
9:30 Exercises  
10:00 Knitting Group in TV Room  
2:00 Watermelon in the Back Garden (Seed Spitting Contest)  
6:30 Tea Time in the TV Room

20

MELANIE OFF

9:00 Chair Yoga with Pam  
10:00 Shopping – Walmart  
10:00 Walking Group  
1:30 **Lakeshore United Church Service**  
2:00 Resident Welcome Tea!  
6:00 **Scrabble/Cribbage**  
6:30 Tea Time in the TV Room

21

9:00 Exercises  
9:30 Exercises  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Armchair Travel to Saskatchewan!!  
6:00 Cards  
6:30 Tea Time in the TV Room

22

9:00 Exercises  
9:30 Exercises  
10:00 Men's and Ladies Group in the Front Lobby  
2:00 **Education Session with Frances Taylor from Senior's Mental Health**  
6:30 Tea Time in the TV Room

23

9:00 Exercises  
9:30 Exercises  
10:00 Free Bingo in the TV Room  
2:00 Resident Meeting  
6:30 Tea Time in the TV Room  
6:30 **Colouring in the Card Room**

24

10:00 **Coffee Group in the TV Room**  
10:30 Exercises  
1:00 **Afternoon Movie in the TV Room**  
2:00 No Bake Cooking  
6:30 Tea Time in the TV Room

25

10:00 Mind Joggers  
10:30 St. Peter's Church Ch. 2 (Hurontel)  
1:00 Lake Shore United Church Service Ch. 1 (Hurontel)  
1:35 Toronto Blue Jays vs Boston in TV Room  
6:30 Tea Time in the TV Room

26

9:00 Exercises  
9:30 Exercises  
10:00 Knitting Group in TV Room  
10:00 Specsavers Eyeglasses Eyeglasses Tune Up  
2:00 Cardmaking with Harriet  
6:30 Tea Time in the TV Room

27

9:00 Chair Yoga with Pam  
10:00 Shopping – The Square  
10:00 Walking Group  
2:00 Monthly Birthday Party  
6:00 **Scrabble/Cribbage**  
6:30 Tea Time in the TV Room

28

9:00 Exercises  
9:30 Exercises  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Rock Painting  
6:00 Cards  
6:30 Tea Time in the TV Room

29

9:00 Exercises  
9:30 Exercises  
10:00 Men's and Ladies Group in the Front Lobby  
2:00 Can You Solve the Mysteries??  
6:30 Tea Time in the TV Room

30

9:00 Exercises  
9:30 Exercises  
10:00 Free Bingo in the TV Room  
2:00 Junkdrawer Detective  
6:30 Tea Time in the TV Room  
6:30 **Colouring in the Card Room**

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Sunday

Monday

Tuesday

Wednesday

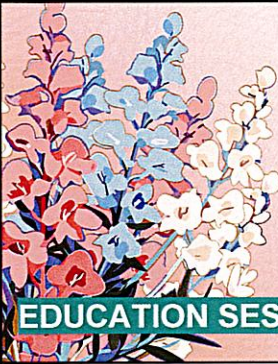
Thursday

Friday

Saturday

Memory Care Unit

# July 2026



**SPECIAL EVENT FOR JULY –  
EDUCATION SESSION WITH FRANCES TAYLOR FROM SENIORS MENTAL HEALTH**

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Communion Service  
10:00 Tuck Shop  
1:30 Canada Day Parade!  
6:30 Tea Time in the TV Room



9:30 Daily Chronicles  
10:00 Montessori  
10:00 Men's and Ladies Group  
10:30 Exercises  
2:00 Monthly Chronicles and Trivia  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Free Bingo in the TV Room  
2:00 Cranium Crunches  
6:30 Tea Time in the TV Room  
6:30 Movie Night

9:30 Daily Chronicles  
9:30 Exercises  
10:00 Coffee Social  
1:00 Afternoon Movie in the TV Room  
3:00 Drawing  
6:30 Tea Time in the TV Room

Independence Day (U.S.)

9:30 Daily Chronicles  
10:00 Bean Bag Toss  
10:30 Exercises  
2:00 Freezies in the Back Garden  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:30 Exercises  
2:00 Sing and Dance with The Irish Cowboys!  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Walking Group  
10:30 Montessori  
2:00 Tippy Tuesday and Food Tasting  
6:30 Tea Time in the TV Room  
  
SOUND THERAPY 9:00-11:00

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Talk with Mayor Trevor Bazinet  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Men's and Ladies Group  
10:30 Exercises  
2:00 Blyth Theatre Information Session with Lisa!  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Free Bingo in the TV Room  
2:00 Wild about Wildlife Month  
6:30 Tea Time in the TV Room  
6:30 Movie Night

9:30 Daily Chronicles  
9:30 Exercises  
10:00 Coffee Social  
1:00 Afternoon Movie in the TV Room  
3:00 Drawing  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Bean Bag Toss  
10:30 Exercises  
2:00 Time Slips  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:30 Exercises  
2:00 Shark Week  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Walking Group  
10:30 Montessori  
2:00 Tippy Tuesday and Food Tasting  
6:30 Tea Time in the TV Room

Bastille Day

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Sing and Dance with Les Picard  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Men's and Ladies Group  
10:30 Exercises  
2:00 Craft with Betty!  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Free Bingo in the TV Room  
1:30 Lutheran Church Service  
2:00 Show and Tell  
6:30 Tea Time in the TV Room  
6:30 Movie Night  
MELANIE OFF

9:30 Daily Chronicles  
9:30 Exercises  
10:00 Coffee Social  
1:00 Afternoon Movie in the TV Room  
3:00 Drawing  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Bean Bag Toss  
10:30 Exercises  
2:00 Backyard Games  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:30 Exercises  
2:00 Watermelon in the Back Garden (Seed Spitting Contest)  
6:30 Tea Time in the TV Room  
  
MELANIE OFF

9:30 Daily Chronicles  
10:00 Walking Group  
10:30 Montessori  
1:30 Lakeshore United Church Service  
2:00 Resident Welcome Tea!  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Armchair Travel to Saskatchewan!!  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Men's and Ladies Group  
10:30 Exercises  
2:00 Education Session with Frances Taylor from Senior's Mental Health  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Free Bingo in the TV Room  
2:00 Resident Meeting  
6:30 Tea Time in the TV Room  
6:30 Movie Night

9:30 Daily Chronicles  
9:30 Exercises  
10:00 Coffee Social  
1:00 Afternoon Movie in the TV Room  
3:00 Drawing  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Bean Bag Toss  
10:30 Exercises  
2:00 No Bake Cooking  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Specsavers Eyeglasses  
Tune Up  
10:30 Exercises  
2:00 Cardmaking with Harriet  
6:30 Tea Time in the TV Room











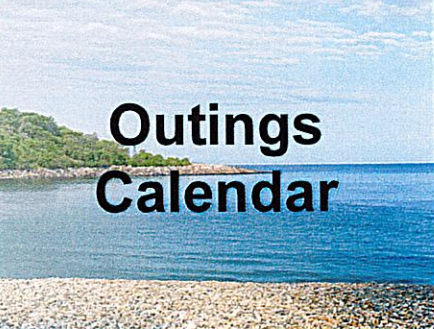
9:30 Daily Chronicles  
10:00 Walking Group  
10:30 Montessori  
2:00 Monthly Birthday Party  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Communion Service  
10:00 Tuck Shop  
2:00 Rock Painting  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Montessori  
10:00 Men's and Ladies Group  
10:30 Exercises  
2:00 Can You Solve the Mysteries??  
6:30 Tea Time in the TV Room

9:30 Daily Chronicles  
10:00 Free Bingo in the TV Room  
2:00 Junkdrawer Detective  
6:30 Tea Time in the TV Room  
6:30 Movie Night



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2026</h1>			1 8:45 Powers of Attorney Talk at Goderich Legion 10:00 Memory Care Unit Scenic Drive 1:30 Canada Day Parade Canada Day	2 1:00 Memory Care Unit Road Trip to Listowel 3:00 Goderich Library 6:45 Thursday Night Concert Series April 12-8	3 9:00 Beach Walking Club 10:00 Memory Care Unit Water Games 11:30 Lunch at White Squirrel Golf Course Restaurant 2:30 1:1 Visits	4 9:30 Farmer's Market & Goderich Kinettes Festival of Arts 1:00 Vette Fest Bayfield 3:00 1:1 Visits Independence Day (U.S.)
5 9:00 Beach Walking Club 10:00 Memory Care Unit Scenic Drive 1:30 Country Drive through Blyth and Walton	6  April Off	7 9:00 Beach Walking Club 10:00 Walmart Shopping 12:45 YMCA Walking Track 2:00 Memory Care Unit Country Drive 3:00 1:1 Visits	8 8:45 Age Discrimination Talk at Goderich Legion 10:30 West Perth Animal Park and Picnic 3:00 1:1 Visits	9 1:00 Memory Care Unit Road Trip to Ripley 2:30 Goderich Library & Errands 6:30 Backyard Fire with S'mores April 12-8	10 9:00 Beach Walking Club 10:00 Memory Care Unit Country Drive 1:00 Mystery Ice Cream Outing 3:00 1:1 Visits	11  April Off
12  April Off	13 9:00 Beach Walking Club 10:30 Picnic at Goderich Beach 2:00 Memory Care Unit Drive to Port Albert	14  April Off Bastille Day	15 1:00 Trail Ride at McNaughton Park in Exeter 3:30 1:1 Visits 7:00 Quarter BINGO April 12-8	16 9:00 Beach Walking Club 10:00 Errands 1:30 Memory Care Unit Road Trip to Zurich 3:00 1:1 Visits	17 9:00 Beach Walking Club 10:00 Goderich Library 1:00 Memory Care Unit Lakeside Drive 3:00 1:1 Visits	18 9:00 Outdoor Walking Club 10:00 Memory Care Unit Water Gun Painting 1:00 1:1 Visits 2:00 Walk to McDonalds for Ice Cream
19 9:00 Beach Walking Club 10:00 Memory Care Unit Road Trip to Brucefield Time to be Determined: Goderich Girls Fastball Tournament	20 9:00 Beach Walking Club 10:30 Picnic at Falls Reserve and Mystery Ice Cream Outing 2:30 1:1 Visits	21  April Off	22 1:00 Gorrie Walking Trail 4:00 1:1 Visits 6:00 Cruise Night at Park House April 12-8	23 9:00 Beach Walking Club 10:00 Memory Care Unit Country Drive 1:30 Goderich Library & Errands 3:00 1:1 Visits	24  April Off	25  April Off
26  April Off	27 9:00 Beach Walking Group 10:00 Memory Care Unit Country Drive 12:45 YMCA Walking Track 1:30 Bayfield Berry Farm	28  April Off	29 9:00 Beach Walking Group 10:00 Picnic and Lighthouse Museum in Point Clark 2:00 Memory Care Unit Scenic Drive 3:00 1:1 Visits	30 1:00 Memory Care Unit Road Trip to Teeswater 3:00 Goderich Library 6:45 Thursday Evening Concert Series April 12-8	31 9:00 Beach Walking Club 10:00 Memory Care Unit Drive to Bayfield 1:00 2nd Streetlight Estate Winery	 <h2>Outings Calendar</h2>

This colour is for Retirement Home

This colour is for Memory Care Unit

This colour is for all of Goderich Place Residents