



Happy Canada Day!!

We are so lucky to live in Canada! We may be the 2<sup>nd</sup> largest country in the world, but we are also a country of freedom, diversity and unity! We are the True North Strong and Free! Happy 158<sup>th</sup> Birthday Canada!!

## July Birthdays

### Residents

- Janet E. July 6<sup>th</sup>
- Eileen D. July 12<sup>th</sup>
- Bill July 17<sup>th</sup>
- Jim July 22<sup>nd</sup>
- Janet S. July 24<sup>th</sup>
- Mary Mc. July 27<sup>th</sup>
- Mary G. July 28<sup>th</sup>
- Murray July 30<sup>th</sup>

### Staff

- Annette July 3<sup>rd</sup>
- Elaina July 10<sup>th</sup>
- Tania July 17<sup>th</sup>
- Max July 20<sup>th</sup>
- Shannon July 28<sup>th</sup>

You may have noticed we have a lot of new resident faces around Goderich Place! In the past month we have welcomed; Jackie, Marie, Doug, Janet, David, and Sandra!

Welcome to Goderich Place!

# Calendar & Newsletter

Goderich Place | Melanie Nurse, Activity Manager | 519-524-4243 ext.221 | activationgp@huron.tel.on.ca



## Celebrating July

### Canada Day!!

July 1<sup>st</sup>

### Music with Steve Cook

July 3<sup>rd</sup>

### Tour of Lynn's Garden!

July 7<sup>th</sup>

### Music with Meggi Faye

July 10<sup>th</sup>

### Bonnie Sitter Presentation

July 14<sup>th</sup>

### Trip to the Beach

July 15<sup>th</sup>

### Music with Martin Gelinas

July 16<sup>th</sup>

### Mystery Ice Cream Road Trip

July 17<sup>th</sup>

### Christmas Eve in July

July 24<sup>th</sup>

## Welcome to July!!

This month begins with a proud celebration of our nation's birthday!

On July 1<sup>st</sup>, 1867, Canada became a confederation, and every year since we have come together to celebrate!

With longer days, and warmer weather, July is perfect for sitting outdoors! You may have noticed the new gazebo in the back garden, another spot to enjoy the fresh air yet stay out of the sun. reminder to stay hydrated (drink plenty of water), wear a wide brimmed hat and enjoy the shaded areas during peak sun hours.

We had a very successful Strawberry Social, raising over \$300 for the Huron Women's Shelter. Thank you!

We have Bonnie Sitter coming in to have a chat with us on the Farmerettes! Bonnie is a well-known author and historian in the area, and we are very fortunate to have her come in!

For music this month we have Steve Cook, Meggi Faye, and Martin Gelinas coming in to entertain us. The Irish Cowboys are taking a much-needed break this month.

For outings this month, we will be venturing out to see Lynn's Garden (she brought us in the beautiful flowers to arrange last year), trips to the beach and of course our ice cream adventure (it's a mystery location!).

Reminder that Cycling without Age is on Monday and Thursday. Take advantage of the bike ride, with someone else doing the pedaling!

I hope you have a great July, make sure to go outside and enjoy our beautiful gardens!!

Melanie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:15 <b>Exercises</b> 10:00 Shopping – Walmart 10:00 <b>Walking Group</b> 1:30 <b>Canada Day Parade</b> 6:30 Scrabble/Cribbage 	9:15 <b>Chair Yoga</b> 10:00 Communion Service 10:00 <b>Tuck Shop</b> 2:00 <b>Monthly Chronicles and Trivia</b> 6:00 Cards	9:15 <b>Exercises</b> 9:45 <b>Ladies Group</b> 2:00 <b>Sing and Dance with Steve Cook!</b> 6:30 Tea Time in the Dining Room	9:15 <b>Exercises</b> 10:00 <b>Men's Group</b> 10:00 Free Bingo! 2:00 <b>Junkdrawer Detective</b> 6:30 Colouring <b>Caesar Salad Day!</b> <small>Independence Day (US)</small>	10:00 Coffee Group 10:30 <b>Exercises</b>  1:00 Afternoon Movie
10:00 <b>Mind Joggers</b>  10:30 <b>St Peter's Church Ch 1 (Hurontel)</b> 1:00 Lake Shore United Church Service Ch 1 (Hurontel)	9:15 <b>Exercises</b> 9:45 <b>Knitting Group</b> 10:30 <b>Book Club</b> 1:15 <b>Tour to Lynn Godkin's Garden!!</b> 6:30 Tea Time in the Dining Room	9:15 <b>Exercises</b> 10:00 Shopping – The Square 10:00 <b>Walking Group</b> 2:00 Ice Cream in the Backgarden 6:30 Scrabble/Cribbage	9:15 <b>Chair Yoga</b> 10:00 Communion Service 10:00 <b>Tuck Shop</b> 2:00 <b>Wacky Wednesday Happy Hour!</b> 6:00 Cards	9:15 <b>Exercises</b> 9:45 <b>Ladies Group</b> 2:00 <b>Sing and Dance with Meggi Faye!</b> 6:30 Tea Time in the Dining Room	9:15 <b>Exercises</b> 10:00 <b>Men's Group</b> 10:00 Free Bingo! 2:00 <b>Armchair Travel – Canada Parks</b> 6:30 Colouring	10:00 Coffee Group 10:30 <b>Exercises</b> 1:00 Afternoon Movie 
10:00 <b>Mind Joggers</b> 10:30 <b>St Peter's Church Ch 1 (Hurontel)</b>  1:00 Lake Shore United Church Service Ch 1 (Hurontel)	9:15 <b>Exercises</b> 9:45 <b>Knitting Group</b> 10:30 <b>Book Club</b> 2:00 <b>Farmerettes Presentation with Bonnie Sitter</b> 6:30 Tea Time in the Dining Room <b>National Mac and Cheese Day!</b>	9:15 <b>Exercises</b> 10:00 Shopping – Walmart 10:00 <b>Walking Group</b> 1:30 <b>Beach Trip</b> 6:30 Scrabble/Cribbage	9:15 <b>Chair Yoga</b> 10:00 Communion Service 10:00 <b>Tuck Shop</b> 2:00 <b>Sing and Dance with Martin Gelinas!</b> 6:00 Cards <b>Fresh Spinach Day!</b>	9:15 <b>Exercises</b> 9:45 <b>Ladies Group</b> 1:30 <b>Mystery Ice Cream Road Trip!</b> 6:30 Tea Time in the Dining Room Melanie Off	9:15 <b>Exercises</b> 10:00 <b>Men's Group</b> 10:00 Free Bingo! 2:00 <b>Show and Tell</b> 6:30 Colouring Melanie Off	10:00 Coffee Group  10:30 <b>Exercises</b> 1:00 Afternoon Movie
10:00 <b>Mind Joggers</b> 10:30 <b>St Peter's Church Ch 1 (Hurontel)</b> 1:00 Lake Shore United Church Service Ch 1 (Hurontel)	9:15 <b>Exercises</b> 9:45 <b>Knitting Group</b> 10:30 <b>Book Club</b> 2:00 <b>Cranium Crunches</b> 6:30 Tea Time in the Dining Room Melanie Off	9:15 <b>Exercises</b> 10:00 Shopping – The Square 10:00 <b>Walking Group</b> 2:00 <b>Backyard Games</b> 6:30 Scrabble/Cribbage Melanie Off	9:15 <b>Chair Yoga</b> 10:00 Communion Service 10:00 <b>Tuck Shop</b> 2:00 <b>Craft with Betty!!</b> 6:00 Cards <b>Peanut Butter and Chocolate Day!</b>	9:15 <b>Exercises</b> 9:45 <b>Ladies Group</b> 10:00 <b>Resident Meeting</b> 1:30 <b>Christmas Eve in July!</b> 6:30 Tea Time in the Dining Room	9:15 <b>Exercises</b> 10:00 <b>Men's Group</b> 10:00 Free Bingo! 1:30 <b>Lutheran Church Service</b> 1:30 <b>Rock Painting in the Back Garden</b> 6:30 Colouring	10:00 Coffee Group 10:30 <b>Exercises</b> 1:00 Afternoon Movie 
10:00 <b>Mind Joggers</b> 10:30 <b>St Peter's Church Ch 1 (Hurontel)</b> 1:00 Lake Shore United Church Service Ch 1 (Hurontel) <b>Chicken Finger Day!</b>	9:15 <b>Exercises</b> 9:45 <b>Knitting Group</b> 10:30 <b>Book Club</b> 2:00 <b>Cardmaking with Harriet</b> 6:30 Tea Time in the Dining Room	9:15 <b>Exercises</b> 10:00 Shopping – Walmart 10:00 <b>Walking Group</b> 2:00 <b>Monthly Birthday Party and Welcome Tea</b> 6:30 Scrabble/Cribbage	9:15 <b>Chair Yoga</b> 10:00 Communion Service 10:00 <b>Tuck Shop</b> 2:00 <b>Wacky Wednesday Happy Hour and Food Tasting!</b> 6:00 Cards <b>Cheesecake Day!</b>	9:15 <b>Exercises</b> 9:45 <b>Ladies Group</b> 2:00 <b>Word Games</b> 6:30 Tea Time in the Dining Room Melanie Off	<b>SPECIAL EVENT FOR JULY- FARMERETTES PRESENTATION WITH BONNIE SITTER!</b> 	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 <b>Daily Chronicles</b> 1 10:30 Indoor Roll and Stroll 2:00 Jigsaw Puzzles 6:30 <b>Cards (Scrabble/ Euchre/ Uno)</b> 	9:30 <b>Daily Chronicles</b> 2 10:00 <b>Communion Service</b> 10:30 Garden Time 2:00 Monthly <b>Chronicles and Trivia</b> 6:30 <b>Foot Soaks</b>	9:30 <b>Daily Chronicles</b> 3 10:00 Exercises 2:00 <b>Sing and Dance with Steve Cook!</b>  6:30 <b>Trivia</b>	9:30 <b>Daily Chronicles</b> 4 10:00 Garden Time 10:30 <b>Montessori Time</b> 2:00 <b>Junkdrawer Detective</b> 6:30 <b>Movie Night</b> <small>Independence Day (US)</small>	9:15 Walk and Roll 5 10:00 Coffee Social and Bingo 3:00 <b>Drawing</b>  6:30 Stories
9:15 <b>Church Service</b> 6 10:00 Garden Time 3:00 <b>Afternoon Walks</b> 6:30 <b>Sort the Stuff</b> 	9:30 <b>Daily Chronicles</b> 7 10:00 Drive to the Beach 2:00 <b>Montessori Time</b> 6:30 <b>Bean Bag Toss</b> 	9:30 <b>Daily Chronicles</b> 8 10:30 Indoor Roll and Stroll 2:00 Ice Cream in the Backgarden 6:30 <b>Cards (Scrabble/ Euchre/ Uno)</b>	9:30 <b>Daily Chronicles</b> 9 10:00 <b>Communion Service</b> 10:30 Garden Time 2:00 Wacky Wednesday Happy Hour! 6:30 <b>Foot Soaks</b>	9:30 <b>Daily Chronicles</b> 10 10:00 Exercises 2:00 <b>Sing and Dance with Meggi Faye!</b> 6:30 <b>Trivia</b>	9:30 <b>Daily Chronicles</b> 11 10:00 Garden Time 10:30 <b>Montessori Time</b> 2:00 <b>Armchair Travel – Canada Parks</b> 6:30 <b>Movie Night</b> <b>Caesar Salad Day!</b>	9:15 Walk and Roll 12  10:00 Coffee Social and Bingo 3:00 <b>Drawing</b> 6:30 Stories
9:15 <b>Church Service</b> 13  10:00 Garden Time 3:00 <b>Afternoon Walks</b> 6:30 <b>Sort the Stuff</b>	9:30 <b>Daily Chronicles</b> 14 10:00 Drive to the Beach 2:00 <b>Farmerettes Presentation with Bonnie Sitter</b> 6:30 <b>Bean Bag Toss</b>	9:30 <b>Daily Chronicles</b> 15 10:30 Indoor Roll and Stroll 2:00 Word Games 6:30 <b>Cards (Scrabble/ Euchre/ Uno)</b>	9:30 <b>Daily Chronicles</b> 16 10:00 <b>Communion Service</b> 10:30 Garden Time 2:00 Sing and Dance with Martin Gelinas! 6:30 <b>Foot Soaks</b> <b>Fresh Spinach Day!</b>	9:30 <b>Daily Chronicles</b> 17 10:00 Exercises 2:00 Jigsaw Puzzles  6:30 <b>Trivia</b>	9:30 <b>Daily Chronicles</b> 18 10:00 Garden Time 10:30 <b>Montessori Time</b> 2:00 Show and Tell 6:30 <b>Movie Night</b>	9:15 Walk and Roll 19 10:00 Coffee Social and Bingo  3:00 <b>Drawing</b> 6:30 Stories
9:15 <b>Church Service</b> 20 10:00 Garden Time  3:00 <b>Afternoon Walks</b> 6:30 <b>Sort the Stuff</b>	9:30 <b>Daily Chronicles</b> 21 10:00 Indoor Roll and Stroll 10:30 <b>Montessori Time</b> 2:00 <b>Cranium Crunches</b> 6:30 <b>Bean Bag Toss</b>	9:30 <b>Daily Chronicles</b> 22 10:30 Indoor Roll and Stroll 2:00 Backyard Games 6:30 <b>Cards (Scrabble/ Euchre/ Uno)</b>	9:30 <b>Daily Chronicles</b> 23 10:00 <b>Communion Service</b> 10:30 Garden Time 2:00 Craft with Betty!! 6:30 <b>Foot Soaks</b> <b>Peanut Butter and Chocolate Day!</b>	9:30 <b>Daily Chronicles</b> 24 10:00 Exercises 1:30 Anglican Church Service 1:30 <b>Christmas Eve in July!</b> 6:30 <b>Trivia</b>	9:30 <b>Daily Chronicles</b> 25 10:00 Garden Time 10:30 <b>Montessori Time</b> 1:30 <b>Lutheran Church Service</b> 1:30 Rock Painting in the Back Garden 6:30 <b>Movie Night</b>	9:15 Walk and Roll 26 10:00 Coffee Social and Bingo 3:00 <b>Drawing</b> 6:30 Stories 
9:15 <b>Church Service</b> 27 10:00 Garden Time 3:00 <b>Afternoon Walks</b>  6:30 <b>Sort the Stuff</b> <b>Chicken Finger Day!</b>	9:30 <b>Daily Chronicles</b> 28 10:00 Indoor Roll and Stroll 2:00 Cardmaking with Harriet 6:30 <b>Bean Bag Toss</b>	9:30 <b>Daily Chronicles</b> 29 10:30 Indoor Roll and Stroll 2:00 Monthly Birthday Party and Welcome Tea 6:30 <b>Cards (Scrabble/ Euchre/ Uno)</b>	9:30 <b>Daily Chronicles</b> 30 10:00 <b>Communion Service</b> 10:30 Garden Time 2:00 Wacky Wednesday Happy Hour and Food Tasting! 6:30 <b>Foot Soaks</b> <b>Cheesecake Day!</b>	9:30 <b>Daily Chronicles</b> 31 10:00 Exercises 2:00 Matching Game 6:30 <b>Trivia</b>	<div>             SPECIAL EVENT FOR JULY-              FARMERETTES PRESENTATION WITH              BONNIE SITTER!           </div> 	