

## Weekly Activities at The Manor

### Monday July 6

9:15 Morning Coffee & Snacks (Dining Rm)  
 10:00 Exercise Class (Dining Rm.)  
 1:30 Line Dancing Performance (Dining Rm.)  
 2:30 Afternoon Snacks & Social Time (Dining Rm.)



### Tuesday July 7

9:15 Morning Coffee & Snacks (Dining Rm)  
 10:00 Exercise Class (Dining Rm.)  
 1:30 Baking Cookies for the Picnic (Dining Rm.)  
 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### Wednesday July 8

9:15 Morning Coffee & Snacks (Dining Rm)  
 10:00 Exercise Class (Dining Rm.)  
 1:15 Bingo with Annie (Dining Rm.)  
 2:30 Afternoon Snacks & Social Time (Dining Rm.)



### Thursday July 9

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 11:30 Picnic to Willingdon Beach  
 2:15 Self-Serve Afternoon Snacks (Dining Rm.)



### Friday July 10

9:15 Morning Coffee & Snacks (Dining Rm.)  
 10:00 Exercise Class (Dining Rm.)  
 1:15 Cribbage with Rae & Nan (Dining Rm.)  
 1:30 Colouring & Drawing (Fireside Lounge)  
 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### Saturday July 11

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)  
 1:15 Bingo with Phil & Kathy (Dining Rm.)  
 2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



### Sunday July 12

9:15 & 2:30 Self-Serve Coffee & Snacks (Dining Rm.)

# The Manor Weekly

## July 6 to July 12, 2026



### Line Dancers

The Savary Island line dancers will be here to dance for us on Monday afternoon. Please join us in the dining room after lunch.

**Monday July 6th  
at 1:30 PM**



### Summer Party!

Our Summer party is coming up on Wednesday July 22nd in the afternoon.

This year it is Hawaiian Theme!

Pull out your Hawaiian shirts and muumuu dresses!

The afternoon will be festive and fun with games, activities, music and of course drinks and goodies!



### Picnic to Willingdon Beach

Our annual picnic at Willingdon beach is this Thursday!

The Kiwanis bus will take us down to the Rotary Pavillion at the beach and we will enjoy our lunch and the ocean scenery.

Sign-up on Monday morning if you would like to come.

**Thursday  
July 9th  
11:30 - 2:00**



### Baking

We are making cookies for our picnic! Join us on Tuesday after lunch to bake!



### New Patio Cushions

We have new chair cushions for the patio! With the wonderful generosity of a donation made to Kiwanis, we were able to purchase nice thick outdoor cushions for our patio chairs, as well as storage boxes for them.

We hope this makes our patio an inviting space for residents and friends to enjoy.