

Weekly Activities at The Manor

Monday July 21 - Happy Birthday Carolyn!

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
11:45 Picnic at Willingdon Beach (Meet at Entrance)
2:15 Afternoon Snacks & Social Time (Dining Rm.)



Tuesday July 22

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 Games Tournament (Fireside Lounge)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



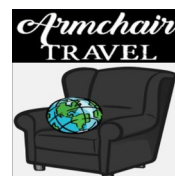
Wednesday July 23

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Bingo with Jenni (Dining Rm.)
2:15 Birthday Cake & Music by Carolyn (Dining Rm.)



Thursday July 24

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
2:00 Armchair Travel to Austria (Fireside Lounge)
*Afternoon snacks served during Armchair Travel



Friday July 25

9:15 Morning Coffee & Snacks (Dining Rm.)
10:45 Peak Newspaper Reading (Activity Rm.)
1:15 Cribbage with Rae & Nan (Dining Rm.)
2:15 Ice Cream Cones on the Patio (Courtyard)



Saturday July 26

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



Sunday July 27

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

The Manor Weekly

July 21 to July 27, 2025



Picnic to Willingdon Beach

Our picnic to Willingdon beach is on Monday July 21st from 11:45-1:45.

The sign-up sheet is full so if you decide not to come, please remove your name from the list.



We will bring sandwiches and salads to enjoy at the beach.

Games Tournament

Jenni is leading a fun games tournament on Tuesday after lunch. There will be 5 different games we will play and collect points for each one, whoever has the most points at the end, wins!

The games include:

- Seated Foot Race (no walking involved)
- Golf Putting
- Guess the Object by Feel
- Name that Tune
- Charades



Summer BBQ



Our Summer BBQ Event is next Monday July 28th.

Family members or friends are welcome to join for dinner. Guests will require a meal voucher which can be purchased for \$15.00 per person, available in the office.

Dinner will be hamburgers or veggie burgers, salads, corn on the cob, chips & dip and cupcakes.

Guests will need to purchase their meal vouchers by Friday July 25th.

If any family or friends are interested in volunteering to help at this event, we would love the help. Please see our Activity Coordinator Jenni if interested.



Armchair Travel to Austria

This month's Armchair Travel is heading to Austria! Join us to have a look at the culture and way of life of this European country nestled in the Alps.

Thursday July 24th @ 2:00 PM