

Available Appointments

Fletchers Dry Cleaning

Pick Up Every Monday

Drop Off Every Thursday

Dr. Simpson Every Tuesday

10:15 am -11:00 am Harbourside

11:00 am -12:30 pm Independent

Appointments

Reflections Salon

Appointments Available Tuesdays

and Saturdays

Please Sign up at Reception in
Advance For All Outings in Order to
Secure your Seat!



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Volunteer Opportunities - Making a Difference

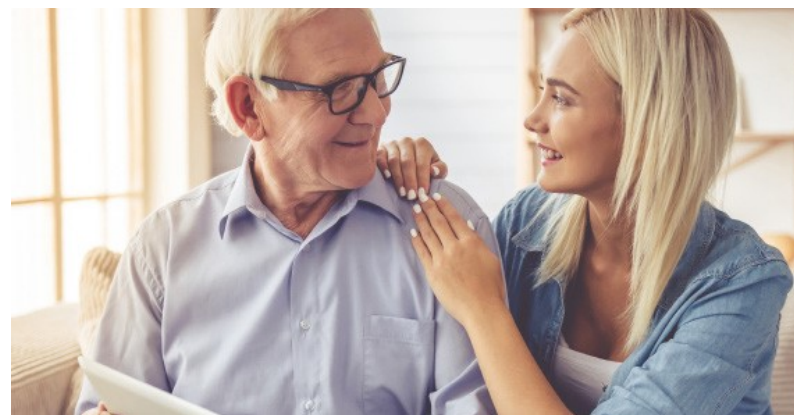
If you are creative, innovative, and love building relationships we would love for you to join our volunteer team!

Becoming a volunteer you can help our mission and make someone's life easier and more meaningful in the process. A few hours - days, evenings or weekends makes a huge difference!

Some of the many volunteer activities you can participate in include:

Games and cards, community outings, computer and iPad engagement, entertainment, book club, and community events.

To discuss the opportunities outlined in this brochure, or for more information, please contact the Recreation Manager.



Highlights

July 1st 2:00

Ted Bachmeier will be here to Celebrate Canada Day in the Main Lounge

July 2 1:30

Town Hall Meeting in the Chapel all Resident's Welcome

June 2 3:00

Happy Hour Drink of the Month at the Spiked Tomato

June 4 1:00

Seacliff Shuttle is Heading to Devonshire Mall Sign up at Reception

June 8 6:15

We are Heading Down to the Marina to Listen to the Baileys Perform Sign up at Reception

June 9 3:00

Ice Cream Floats on the Patio

June 11 1:00

Lemonade Social at Seacliff Park
Weather Permitting!

June 12 11:00

Lets kick off our BBQ with a Cornhole Tournament on the Patio Come Cheer one Another on!

June 18 1:00

We are heading to Mastronardi for a Wine Tasting Cost \$5.00
June 18 6:30

George Boden will be in the Main Lounge Entertaining

June 23 3:00

Wine an Cheese Social with Terry Lobzun Entertaining

June 25 1:00

Casino Outing Sign Up at Reception

June 25 6:30

The Baileys are Back to Entertain us!

Monthly Events Calendar

July 2019

Join us for BBQ's on the Patio Every Friday

Guests Welcome For \$5.00

No Reservations Necessary



Stay For Happy Hour at the Spiked Tomato

All Welcome!



Social & Recreational Activities - July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 2:00 Canada Day Music with Ted Bachmeier ML 4:00 Seacliff Social Hour (\$) TST	2 9:00 Dice with Dan HH 10:00 Social Visits with Betty HH 10:30 Dice with Dan BL 1:30 Town Hall C 2:15 SMART Exercises FC 3:00 Happy Hour Social TST 6:30 Euchre Club BL	3 10:00 July IQ R 10:30 Scenic Drive Outing 1:30 Chair Yoga with Melanie FC 2:15 Sing with Me HH 3:00 \$2 Bingo BL 4:00 Seacliff Social Hour (\$) TST 6:30 Grace & Frankie C	4 9:00 Fancy Nails HH 10:30 Boxercise with Andre FC 1:00 Devonshire Mall Outing 1:00 Fitness with Carol HH 4:00 Seacliff Social Hour (\$) TST 6:30 Bob Hope Show C	5 9:00 Painting Palooza HH 10:45 SMART Exercise FC 12:00 BBQ Lunch on the Patio 2:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Jeopardy ML	6 10:00 Coffee & Conversation ML 4:00 Seacliff Social Hour (\$) TST 6:30 Night at the Movies: A Dog's Purpose C
7 10:00 Word Unscramble ML 2:00 Hall Walkers Club 4:00 Seacliff Social Hour (\$) TST	8 1:30 Harbour Baking Club HH 2:00 \$1.50 Horse Races BL 3:15 St. John's Church Service C 4:00 Seacliff Social Hour (\$) TST 6:15 Music at the Marina	9 9:00 Painting Palooza HH 10:00 Social Visits with Betty HH 10:30 Dice with Dan BL 2:15 SMART Exercise FC 3:00 Ice Cream Floats TST 6:30 Euchre Club BL	10 9:00 Trivia Challenge HH 10:00 Search & Solve R 1:30 Chair Yoga with Melanie FC 2:15 Karaoke Korner HH 3:00 \$2 Bingo FC 4:00 Seacliff Social Hour (\$) TST 6:30 Our Planet TC	11 9:00 Fancy Nails WC 10:30 Boxercise with Andre FC 1:00 Fitness with Carol HH 1:00 Stroll Seacliff Park Outing 6:30 Lawrence Welk Show C	12 9:00 Uno HH 10:45 SMART Exercise FC 11:00 Cornhole Tournament CY 12:00 BBQ Lunch on the Patio 2:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Trivia Challenge ML	13 10:00 Coffee & Conversation ML 4:00 Seacliff Social Hour (\$) TST 6:30 Night at the Movies: Murder Mystery C
14 10:00 What Am I? ML 2:00 Hall walkers Club 4:00 Seacliff Social Hour (\$) TST	15 9:30 Morning Stretch HH 10:30 Errand Run Outing 1:30 Harbour Baking Club HH 2:00 \$1.50 Horse Races BL 3:15 St. John's Church Service C 4:00 Seacliff Social Hour (\$) TST	16 9:00 Painting Palooza HH 10:00 Social Visits with Betty HH 10:30 Dice with Dan BL 2:15 SMART Exercise FC 6:30 Euchre Club BL	17 10:00 Categories Challenge R 10:30 Scenic Drive Outing 1:30 Chair Yoga with Melanie FC 2:15 Sing with Me HH 3:00 \$2 Bingo FC 4:00 Seacliff Social Hour (\$) TST 6:30 Grace & Frankie C	18 9:00 Fancy Nails HH 10:30 Boxercise with Andre FC 1:00 Fitness with Carol HH 1:00 Wine Tasting Outing (\$) 6:30 Evening Music with George Boden ML	19 9:00 Sort it Out HH 10:45 SMART Exercise FC 12:00 BBQ Lunch on the Patio 2:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Jeopardy ML	20 10:00 Coffee & Conversation ML 4:00 Seacliff Social Hour (\$) TST 6:30 Night at the Movies: Mission Impossible FALLOUT C
21 10:00 Who Am I? ML 2:00 Hall walkers Club 4:00 Seacliff Social Hour (\$) TST	22 9:30 Morning Stretch HH 10:30 Tim Hortons Outing 1:30 Harbour Baking Club HH 2:00 \$1.50 Horse Races BL 3:15 St. John's Church Service C 4:00 Seacliff Social Hour (\$) TST	23 9:00 Painting Palooza HH 10:00 Social Visits with Betty HH 10:30 Dice with Dan BL 2:15 SMART Exercise FC 3:00 Wine & Cheese Social 6:30 Euchre Club BL	24 9:00 Picture it HH 10:00 Word Elimination R 1:30 Chair Yoga with Melanie FC 2:15 Karaoke Korner HH 3:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Our Planet TC	25 9:00 Fancy Nails WC 10:30 Boxercise with Andre FC 1:00 Casino Outing 3:00 Leamington Christian Service C 6:30 Evening Music with the Bailey's ML	26 9:00 Remember When HH 10:45 SMART Exercise FC 12:00 BBQ Lunch on the Patio 2:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Trivia Challenge ML	27 10:00 Coffee & Conversation ML 4:00 Seacliff Social Hour (\$) TST 6:30 Night at the Movies: Dumplin' C
28 10:00 Word Mining ML 2:00 Hall walkers Club 4:00 Seacliff Social Hour (\$) TST	29 9:30 Morning Stretch HH 10:30 Errand Run Outing 1:30 Harbour Baking Club HH 2:00 \$1.50 Horse Races BL 3:15 St. John's Church Service C 4:00 Seacliff Social Hour (\$) TST	30 9:00 Painting Palooza HH 10:00 Social Visits with Betty HH 10:30 Dice with Dan BL 2:15 SMART Exercise FC 3:00 Minute to Win it ML 6:30 Euchre Club BL	31 10:00 In the Pink R 1:30 Chair Yoga with Melanie FC 2:15 Sing with Me HH 3:00 \$2 Bingo C 4:00 Seacliff Social Hour (\$) TST 6:30 Grace & Frankie C	<p style="text-align: center; color: purple; font-weight: bold;">Daily Harbourside Hangouts</p> <p style="text-align: center; color: purple;">11:00 am</p> <p style="text-align: center; color: purple;">3:00pm</p> <p style="text-align: center; color: purple;">7:00pm</p>		

TST: The Spiked Tomato
CR: Craft Room
R: Reception
FC: Fitness Centre
WC: Spa & Wellness Center
C: Chapel/Theatre
L: Library
TC: The Cove
BS: Beauty Salon
LL: Lighthouse Lounge
ML: Main Lounge
CY: Courtyard
G: Galley
BL: Billiards Lounge
Events in Blue: Sign Up
Events in Red: Open to Public