



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy Canada Day!! 10:00am Canada Day Craft - TR 2:00pm Bingo -1st DR 3:00pm Sea Glass Craft 6:30pm TV BINGO- 1st DR	2 10:00am Hockey Trivia - Dini 2:00pm Wheelchair Strolls - Walk 3:00pm Pina Colada Patio Party! 3:00pm INMU - Vari 6:30pm Fire Pit Party - Fron	3 10:00am Bible Trivia - Dini 11:00am Doll Therapy - Vari 1:00pm Activities on the Go - Vari 2:00pm Country Sing Along - Dini 2:30pm Christian Service-1st DR	4 10:00am Daily Delight 10:00am Food Committee with Nil-1st DR 11:00am Wheelchair Strolls - Walk 2:00pm Lilo & Stitch on the BIG Screen - GR - Dini 6:30pm Lemonade Social - TR	5 11:00am Sensory Stimulation - Dini 1:00pm Doll Therapy - Vari 2:00pm Bingo- 1st DR 3:00pm Painting on the Patio 6:15pm Visits with Bambi
6 10:00am Church Service - Dini 11:00am Bible Trivia - Dini 2:00pm Bowling - Dini 3:00pm Manicures 6:30pm The Gift- The Journey of Johnny Cash Movie	7 11:00am Armchair Travel - Dini 2:00pm SandBags - Dini 3:00pm Music & Art on the Patio 6:00pm Pet Therapy Visits with Daisy - Vari	8 10:30am Resident Council -1st DR 11:00am House and Home - Dini 2:00pm Bingo -1st DR 6:30pm TV BINGO- 1st DR	9 11:00am Visits with Penny - Vari 1:00pm Wordsearch on the Go - Vari 2:00pm Service with Lawrence - Dini 6:30pm Popcorn Social - TR	10 10:00am Wheelchair Strolls - Walk 11:00am Hangman - Dini 2:00pm Catholic Service - Dini	11 10:00am Coffee Chats with Ally - Dini 11:00am Colouring - Vari 2:00pm Taste Bud Travel - Dini 6:15pm Visits with Crumb - Vari	12 11:00am Coloring Group - Vari 2:00pm Bingo- 1st DR
13 10:00am Church Service - Dini 11:00am Bible Trivia - Dini 2:00pm Painting Group - TR	14 10:00am Matching Game - Dini 11:00am Gentle Touch - Vari 1:30pm Wordsearch on the Go - Vari 1:30pm Walmart Outing - 3:30pm Wheelchair Strolls - Walk 6:00pm Pet Therapy Visits with Daisy - Vari 6:30pm Sangria Social - Patio - Fron	15 10:00am Drumfit - Dini 11:30am Chip Truck Lunch - TR 2:00pm Music with Georgie- Dini 4:00pm Pictionary on the Patio - Dini 6:30pm TV BINGO- 1st DR	16 11:00am Wheelchair Strolls - Walk Visits with Allison - Vari 2:00pm Bingo -1st DR 3:00pm Giant Connect 4 on the patio - Dini 6:30pm Fire Pit Party - Fron	17 10:00am SandBags - Dini 11:00am INMU - Vari 1:00pm Activities on the Go - Vari 2:00pm The Flintstones Movie - Dini 2:30pm Anglican Service - Dini 6:30pm Lemonade Social - Dini	18 10:00am Hangman - Dini 11:00am Visits with Allison - Vari 2:00pm SandBags - Dini	19 11:00am Wheelchair Strolls - Walk 1:00pm Doll Therapy - Vari 2:00pm Bingo- 1st DR 4:00pm Bago on the Patio - Dini 6:30pm Nacho Night! - TR
20 10:00am Church Service - Dini 1:00pm Wheelchair Strolls - Walk 2:00pm Music with Rachelle - Dini 6:15pm Visits with Crumb - Vari	21 10:00am Coffee Club - TR 10:00am Just for Laughs - Dini 11:00am Colour Wheel - Vari 1:00pm Activities on the Go - Vari 6:00pm Pet Therapy Visits with Daisy - Vari 6:30pm Jumbo Wheel of Fortune - Dini	22 10:00am Coffee Club - TR 11:00am Doll Therapy - Vari 2:00pm Visits with Courtney - Vari 6:30pm TV BINGO- 1st DR	23 8:00am Breakfast Club - TR 10:30am Wheelchair Strolls - Walk 1:00pm Visits with Allison - Vari 1:30pm Ice Cream Cart - Vari 2:00pm Bingo -1st DR 6:30pm Cookies & Milk Social - TR	24 10:00am Coffee Chats - Dini 11:00am Visits with Allison - Vari 1:30pm Dairy Queen Outing - 2:00pm Outdoor Social - Fron 6:30pm Lemonade Social - Dini	25 10:00am Animal Trivia - Dini 11:00am Sock Matching - Dini 1:30pm Activities on the Go - Vari 2:00pm Petting Zoo Visits - Back 6:30pm Fire Pit Party - Fron	26 11:00am House and Home - Dini 2:00pm Bingo- 1st DR
27 10:00am Church Service - Dini	28 10:00am Armchair Travel - Dini 3:00pm Jumbo Snakes & Ladders on the Patio - Dini 6:00pm Pet Therapy Visits with Daisy - Vari	29 10:00am Short Stories - Dini 11:00am Wheelchair Strolls - Walk 2:00pm Strawberry Social with Jumpin Jimmy-GR 6:30pm TV BINGO- 1st DR	30 10:00am Coffee Club - TR 11:00am Doll Therapy - Vari 1:00pm Visits with Allison - Vari 2:00pm Bingo -1st DR 3:00pm Jumbo Ring Toss on the Patio 6:30pm Fire Pit Party - Fron	31 10:00am Armchair Travel - Dini 10:00am Music & Memories - Dini 11:00am Gentle Touch - Vari 6:30pm Lemonade Social - Dini		

- Back - Back Garden Dini - Dining Room Fron - Front Entrance TR - Tea Room

Vari - Varied/Resident Rooms Walk - Walking Path

***Programs are subject to change. Please ask recreation department for more details.*



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		1 Happy Canada Day!! 10:00am Canada Day Craft - TR 2:00pm Bingo -1st DR 3:00pm Sea Glass Craft 6:30pm TV BINGO- 1st DR	2 10:00am Trivia - Dini 11:00am Balloon Swat - Dini 2:00pm Drumfit - Dini 3:00pm Pina Colada Patio Party! 6:30pm Fire Pit Party - Fron	3 10:00am Name That Tune - Dini 1:00pm Activities on the Go - Vari 2:30pm Christian Service-1st DR 6:30pm Lemonade Social - Dini	4 10:00am Board Games on the Go! 10:00am Food Committee with Nil- 1st DR 11:00am Doll Therapy - Vari 2:00pm Coffee Club - TR 2:00pm Lilo & Stitch on the BIG Screen - GR - Dini 6:30pm Lemonade Social - TR	5 11:00am House and Home - Dini 1:00pm Doll Therapy - Vari 2:00pm Bingo- 1st DR 3:00pm Painting on the Patio 6:15pm Visits with Bambi
6 10:00am Church Service - Dini 11:00am Calendar Planning - 2:00pm SandBags - Dini 3:00pm Manicures 6:30pm The Gift- The Journey of Johnny Cash Movie	7 10:00am Manicures with Allison - Vari 3:00pm Music & Art on the Patio 6:00pm Pet Therapy Visits with Daisy - Vari	8 10:00am Coffee Club - TR 10:30am Resident Council -1st DR 2:00pm Bingo -1st DR 6:30pm TV BINGO- 1st DR	9 10:00am Balloon Swat - Dini 1:00pm Wordsearch on the Go - Vari 2:00pm Service with Lawrence - Dini 6:30pm Popcorn Social - TR	10 10:00am How's That Made! - Dini 2:00pm Catholic Service - Dini	11 10:00am Let's Take a Walk Outside! - Walk 11:00am House and Home - Dini 2:00pm Bird Watching on the Patio - Fron 2:00pm Taste Bud Travel - Dini 6:15pm Visits with Crumb - Vari	12 10:00am Color Wheel - Vari 11:00am Short Stories - Dini 2:00pm Bingo- 1st DR
13 10:00am Church Service - Dini 11:00am Hymn Sing - Dini 2:00pm Painting Group - TR	14 10:00am The Carol Burnett Show - Dini 11:00am House and Home - Dini 1:30pm Wordsearch on the Go - Vari 1:30pm Walmart Outing - 2:00pm Plinko - Dini 3:30pm Wheelchair Strolls - Walk 6:00pm Pet Therapy Visits with Daisy - Vari 6:30pm Sangria Social - Patio - Fron	15 11:30am Chip Truck Lunch - TR 2:00pm Drumfit - Dini 4:00pm Pictionary on the Patio - Dini 6:30pm TV BINGO- 1st DR	16 10:00am Manicures - Vari 2:00pm Bingo -1st DR 3:00pm Giant Connect 4 on the patio - Dini 6:30pm Fire Pit Party - Fron	17 10:00am Coffee Club - TR 1:00pm Activities on the Go - Vari 2:30pm Anglican Service - Dini 6:30pm Lemonade Social - Dini	18 10:00am Summer Craft - TR 11:00am Wheelchair Strolls - Walk 2:00pm Spin it - Dini	19 2:00pm Bingo- 1st DR 6:30pm Nacho Night! - TR
20 10:00am Church Service - Dini 11:00am Doll Therapy - Vari 6:15pm Visits with Crumb - Vari	21 10:00am Board Games on the go - Dini 11:00am Coloring on the go - Vari 11:00am Short Stories - Dini 1:00pm Activities on the Go - Vari 6:00pm Pet Therapy Visits with Daisy - Vari 6:30pm Jumbo Wheel of Fortune - Dini	22 10:00am Fishing game - Dini 11:00am Gentle Touch - Vari 2:00pm Music with Heather - Dini 6:30pm TV BINGO- 1st DR	23 8:00am Breakfast Club - TR 10:00am Doll Therapy - Vari 10:30am Wheelchair Strolls - Walk 11:00am Golden girl - Dini 1:30pm Ice Cream Cart - Vari 2:00pm Bingo -1st DR 6:30pm Cookies & Milk Social - TR	24 10:00am SandBags - Dini 1:00pm 1 - 1 Visits - Vari 1:30pm Dairy Queen Outing - 2:00pm Outdoor Social - Fron 6:30pm Lemonade Social - Dini	25 10:00am Name That Tune - Dini 11:00am House and Home - Dini 1:30pm Activities on the Go - Vari 2:00pm Petting Zoo Visits - Back 6:30pm Fire Pit Party - Fron	26 10:00am Manicures - Vari 11:00am Balloon Swat - Dini 2:00pm Bingo- 1st DR
27 10:00am Church Service - Dini 11:00am Hymn Sing - Dini 2:00pm Painting Group - TR	28 10:00am Let's Take a Walk Outside! - Dini 11:00am Visits with Penny - Vari 2:00pm Coffee Club- 1st Dini 3:00pm Jumbo Snakes & Ladders on the Patio - Dini 6:00pm Pet Therapy Visits with Daisy - Vari	29 10:00am SandBags - Dini 10:00am Short Stories - Dini 11:00am Color Wheel - Vari 11:00am Wheelchair Strolls - Walk 2:00pm Strawberry Social with Jumpin Jimmy-GR 6:30pm TV BINGO- 1st DR	30 10:00am Trivia - Dini 11:00am We Love Lucy - Dini 2:00pm Bingo -1st DR 3:00pm Jumbo Ring Toss on the Patio 6:30pm Fire Pit Party - Fron	31 10:00am Armchair Travel - Dini 1:00pm Visits with Kaitlyn - Vari 2:00pm Music with Andy De Campos - Dini 6:30pm Lemonade Social - Dini		

Heartwood Long Term Care



July Newsletter 2025



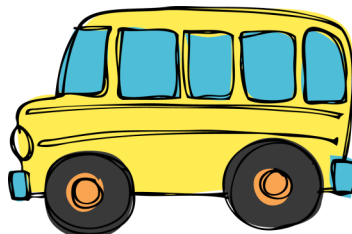
Happy Canada Day to all friends and family!

Whether you're rocking the red and white, indulging in some poutine, or belting out "O Canada" at the top of your lungs, this is the time to celebrate everything awesome about the Great White North.

Enjoy your Canada Day Celebrations!



The Hairdresser is be here **Tuesday & Thursday**



Outings

14th Walmart
24th Dairy Queen

Entertainment

15th: Music with Georgie—
2pm
20th: Hour of Music with
Rachelle— 2pm
22nd: Music with
Heather—2pm
29th: Strawberry Social with
Jumpin Jimmy—2pm
31st: Music with Andy De
Campos—2pm



Resident Birthdays

5th—Paul Ducharme
8th—Carol Ann Don-Elysyn
12th—Robert Whitford
14th—Marie Alice Levere
16th—Gerald Lalonde
21st—Perry Leger
22nd Lily Bissonnette
28th—Gilles Bernier
30th—Marian Hoogwerf



July Camp- fire Dates:

**2nd, 16th,
25th, 30th**



Breakfast Club

July 23rd

Special Events:

Bee's Meadow Farm will be join-
ing us Friday July 25th at 2pm in
the front entrance.

PARTICIPATION



Heartwood Long Term Care



July Newsletter 2025

Southbridge Professional Care Team

Lilibeth Medina—Interim Executive Director

lmolina@southbridgecare.com

Susan Coderre—Director of Care

Scoderre@southbridgecare.com

Crystal-Lee Russell—Associate Director of Care

crussell@southbridgecare.com

Caroline Seguin—Recreation Manager

cseguin@southbridgecare.com

Lynda Cuthbertson—Resident Services Coordinator

lcuthbertson@southbridgecare.com

Nilesh Chavda—Food Services Manager

nchavda@southbridgecare.com

Keerthi Reddy—Office Manager

kchangal@southbridgecare.com

Kelly Denny—Environmental Services Manager

kdenny@southbridgecare.com

Christine Carter—Ward Clerk

ccarter@southbridgecare.com

Amanda Longchamps—IPAC Manager

alongchamps@southbridgecare.com

Resident council Leaders

Jacques Lecuyer—President

Madeleine Cheffer— Secretary

Donna Laporte—Treasurer

Caroline Seguin—Residents’ Council Assistant

- Meetings are held every 2nd Tuesday of each month at 10:30am
- Food Committee Meetings are held every 1st Friday of each month at 10am

Family Council Meeting Leaders

Next Meeting: TBD at 6:30pm

Joanne Carbonnell—President

We are currently looking for a secretary and other members to join Family Council.

- Meetings are held monthly

**ALL FAMILY MEMBERS AND FRIENDS ARE
ENAGED TO ATTEND!**