





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00am Food Committee with Nil-1st DR 10:00am Wheelchair Strolls - Walk 11:00am Armchair Travel - Dini 1:00pm Activities on the Go - Vari 2:00pm SandBags - Dini 3:00pm Scavenger Hunt- Outside 6:30pm Brewz & Tattooz - TR	2 10:00am Laundry Helpers - Dini 11:00am Ladder Ball - Dini 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures with Kam 6:30pm Learn a New Skill: DJing with Kam - Dini
3 10:00am Church Service - Dini 11:00am Bible Trivia - Dini 1:00pm Activities on the Go - Vari 2:00pm Music on the Patio - Fron 6:30pm Loretta Lynn Movie Night - 2DR - Dini	4 10:00am Sunshine Daycare visits - TR 1:00pm Activities on the Go - Vari 2:00pm Sing Along - Dini 3:00pm Hangman on the Patio 6:30pm Paul's Karaoke Party - 2 DINI	5 8:00am Breakfast Club - TR 10:30am Wheelchair Strolls - Walk 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 2:00pm Birthday Party with Georgie - Dini 6:30pm TV BINGO- 1st DR	6 11:15am Mall Lunch Outing - 1:00pm Wordsearch on the Go - Vari 3:30pm Visits with Allison - Vari 6:00pm Pet therapy visits with Daisy - Vari	7 10:00am Manicures - Vari 11:00am Hangman - Dini 2:00pm Christian Service- 1st Dini 2:00pm Calming Inmu - Dini	8 10:00am Tic Tac Toss on the Patio - Dini 11:00am Fun Facts - Dini 1:00pm Activities on the Go - Vari 2:00pm Music with Gerry- GR 6:30pm Fire Pit Party - Fron	9 10:00am Laundry Helpers - Dini 11:00am Wheelchair Strolls - Walk 2:00pm Bingo- 1st DR
10 10:00am Church Service - Dini 11:00am Doll Therapy - Vari 2:00pm SandBags - Dini	11 1:40pm Closet Clean Up - Vari 3:30pm Water Painting - Vari 6:30pm Popcorn social - TR	12 10:00am Wheelchair Strolls - Walk 10:30am Resident Council -1st DR 11:00am Bible Trivia - Dini 2:00pm Daily Delight 2:00pm Bingo -1st DR 3:30pm Puzzles on the Patio - Dini 6:30pm TV BINGO- 1st DR 7:00pm Arts in the Park Outing -	13 10:00am INMU - Vari 11:00am Exploring the sea - Dini 1:00pm Visits with Allison - Vari 1:00pm Activities on the Go - Vari 2:00pm Lutheran Service- 2nd Dini 3:00pm Cups of Connection - TR 6:30pm Fire Pit Party - Fron	14 10:00am Morning Tea - TR 11:00am Doll Therapy - Vari 2:00pm Catholic Service-1st Dini 2:00pm Sing Along - Dini 6:30pm Lemonade Social - TR	15 10:00am Matching Game - Dini 11:00am Activities on the Go - Vari 1:00pm Activities on the Go - Vari 2:00pm Bowling - Dini 3:00pm New Music Discovery Hour - 2DR 6:15pm Visits with Crumb - Vari	16 10:00am Laundry Helpers - Dini 11:00am Retro TV Show - Dini 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures - Vari 6:30pm Paul's Karaoke Party - 2 DINI
17 10:00am Church Service - Dini 11:00am Bible Trivia - Dini 1:00pm Activities on the Go - Vari 2:00pm SandBags - Dini 6:30pm DIY Mini Pizza Night! - TR	18 10:00am Sunshine Daycare visits - TR 1:00pm Visits with Allison - Vari 1:00pm Activities on the Go - Vari 6:30pm Fire Pit Party - Fron	19 11:00am Chip Truck Lunch - TR 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 3:00pm Trivia on the Patio 6:30pm TV BINGO- 1st DR	20 6:00pm Pet therapy visits with Daisy - Vari 6:30pm Sundown Social - Fron	21 10:00am Coffee Chats - Dini 11:00am Colouring - Vari 2:00pm Sensory Spa - TR 6:30pm Lemonade Social - Dini	22 All are welcome to come outside and enjoy the Carnival!! 10am - 3pm 10:00am Carnival Day 	23 10:00am Laundry Helpers - Dini 11:00am Doll Therapy - Vari 2:00pm Bingo- 1st DR
24 10:00am Church Service - Dini 11:00am House and Home - Dini 2:00pm Hour of Music - Dini	25 10:00am Short Stories - Dini 1:00pm Activities on the Go - Vari 2:00pm Summer in a Jar - TR 6:30pm Watermelon Social - TR	26 10:00am INMU- Sunroom 11:00am Bible Trivia - Dini 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 2:00pm Sing Along - Dini 6:30pm TV BINGO- 1st DR	27 10:00am Calendar Planning - 11:00am Sock Matching - Dini 1:00pm Activities on the Go - Vari 2:00pm Mega Bingo- GR 6:30pm Fire Pit Party - Fron	28 10:00am Ring Toss - Dini 11:00am Matching Game - Dini 2:00pm SandBags - Dini 6:30pm Lemonade Social - Dini	29 10:00am Manicures with Allison - Vari 11:00am Music on the Patio - Fron 1:00pm Activities on the Go - Vari 3:00pm Dessert Tacos! - TR 6:15pm Visits with Crumb - Vari	30 10:00am Laundry Helpers - Dini 11:00am Wheelchair Strolls - Walk 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures - Vari
31 10:00am Church Service - Dini 11:00am Sensory Inmu - Dini 1:00pm Activities on the Go - Vari 2:00pm Spin it - Dini 3:00pm Sing Along with Kam - 2DR - Dini 6:30pm Make Your Own Kentucky Derby Style Hat - TR						

- Dini - Dining Room Fron - Front Entrance TR - Tea Room Vari - Varied/Resident Rooms



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00am Food Committee with Nil-1st DR 11:00am Short Stories - Dini 1:00pm Activities on the Go - Vari 2:00pm Wheelchair Strolls - Walk 6:30pm Brewz & Tattooz - TR	2 10:00am Laundry Helpers - Dini 11:00am Calendar Planning - 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures with Kam 6:30pm Learn a New Skill: DJing with Kam - Dini
3 10:00am Church Service - Dini 11:00am House and Home - Dini 1:00pm Activities on the Go - Vari 2:00pm Music on the Patio - Fron 6:30pm Loretta Lynn Movie Night - 2DR - Dini	4 10:00am Sunshine Daycare visits - TR 1:00pm Activities on the Go - Vari 2:00pm Spin it - Dini 3:00pm Hangman on the Patio 6:30pm Paul's Karaoke Party - 2 DINI	5 8:00am Breakfast Club - TR 10:00am Manicures - Vari 10:30am Wheelchair Strolls - Walk 11:00am Short Stories - Dini 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 6:30pm TV BINGO- 1st DR	6 11:15am Mall Lunch Outing - 1:00pm Wordsearch on the Go - Vari 6:00pm Pet therapy visits with Daisy - Vari	7 10:00am Parachute Game - Dini 1:00pm Visits with Kaitlyn - Vari 2:00pm Christian Service- 1st Dini 6:30pm Golden Girls - Dini	8 10:00am Tic Tac Toss on the Patio - Dini 11:00am Name That Tune - Dini 1:00pm Activities on the Go - Vari 2:00pm Music with Gerry- GR 6:30pm Fire Pit Party - Fron	9 10:00am Wheelchair Strolls - Walk 11:00am Gentle Touch - Vari 2:00pm Bingo- 1st DR
10 10:00am Church Service - Dini 11:00am Hymn Sing - Dini 2:00pm Painting Group -	11 10:00am Bird Watching on the Patio - Fron 10:00am Reeba Show - Dini 11:00am House and Home - Dini 11:00am Wheelchair Strolls - Walk 2:00pm Coffee Club - TR 2:00pm Spin It - Dini 6:30pm Popcorn social - TR	12 10:30am Resident Council -1st DR 2:00pm Daily Delight 2:00pm Bingo -1st DR 3:30pm Puzzles on the Patio - Dini 6:30pm TV BINGO- 1st DR 7:00pm Arts in the Park Outing -	13 10:00am Coloring - Vari 11:00am Matching Games - Dini 1:00pm Activities on the Go - Vari 2:00pm Lutheran Service- 2nd Dini 2:00pm Plinko - Dini 3:00pm Cups of Connection - TR 6:30pm Fire Pit Party - Fron	14 10:00am Morning Tea - TR 2:00pm Catholic Service-1st Dini 6:30pm Lemonade Social - TR	15 10:00am Doll Therapy - Vari 11:00am Color Wheel - Vari 1:00pm Activities on the Go - Vari 2:00pm Painting Group - TR 3:00pm New Music Discovery Hour - 2DR 6:15pm Visits with Crumb - Vari	16 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures - Vari 6:30pm Paul's Karaoke Party - 2 DINI
17 10:00am Church Service - Dini 1:00pm Activities on the Go - Vari 2:00pm SandBags - Dini 6:30pm DIY Mini Pizza Night! - TR	18 10:00am Sunshine Daycare visits - TR 1:00pm Activities on the Go - Vari 6:30pm Fire Pit Party - Fron	19 11:00am Chip Truck Lunch - TR 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 3:00pm Trivia on the Patio 6:30pm TV BINGO- 1st DR	20 10:00am Coffee Club - TR 11:00am House and Home - Dini 2:00pm Birthday Party with Heather - Dini 6:00pm Pet therapy visits with Daisy - Vari 6:30pm Sundown Social - Fron	21 10:00am SandBags - Dini 1:00pm Visits with Kaitlyn - Vari 2:00pm Let's Take a Walk Outside! - Dini 6:30pm Lemonade Social - Dini	22 All are welcome to come outside and enjoy the Carnival! 10am - 3pm 10:00am Carnival Day 	23 10:00am Manicures - Vari 11:00am Short Stories - Dini 2:00pm Bingo- 1st DR
24 10:00am Church Service - Dini 11:00am Hymn Sing - Dini 2:00pm Painting Group - TR	25 11:00am Wheelchair Strolls - Walk 1:00pm Activities on the Go - Vari 6:30pm Watermelon Social - TR	26 1:00pm Activities on the Go - Vari 2:00pm Bingo -1st DR 6:30pm TV BINGO- 1st DR	27 10:00am Balloon swat - Dini 11:00am Wheelchair Strolls - Walk 1:00pm Activities on the Go - Vari 2:00pm Mega Bingo- GR 6:30pm Fire Pit Party - Fron	28 10:00am Armchair Travel - Dini 1:00pm Activities on the Go - Vari 2:00pm Spin it! - Dini 3:00pm Fishing game - Dini 6:30pm Lemonade Social - Dini	29 10:00am Visits with Penny - Vari 11:00am Doll Therapy - Vari 1:00pm Activities on the Go - Vari 2:00pm Movies - Dini 3:00pm Dessert Tacos! - TR 6:15pm Visits with Crumb - Vari	30 10:00am Laundry Helpers - Dini 11:00am Short Stories - Dini 1:30pm Harvesting Veggies with Kam - Fron 2:00pm Bingo- 1st DR 3:00pm Manicures - Vari
31 10:00am Church Service - Dini 11:00am House and Home - Dini 1:00pm Activities on the Go - Vari 2:00pm SandBags - Dini 3:00pm Sing Along with Kam - 2DR - Dini 6:30pm Make Your Own Kentucky Derby Style Hat - TR						

Heartwood Long Term Care



August Newsletter 2025



Entertainment

- August 5th: Birthday Party with Georgie—2pm
- August 8th: Music with Gerry—2pm
- August 20th: Music with Heather—2pm
- August 24th: Hour of Music—2pm



Resident Birthdays

- Debra Burrows - August 6th
- Frederick Martens - August 7th
- Doreen Cameron-Bard - August 12th
- Marie “Anne” Ruest - August 22nd
- Jadwiga Stadnik - August 23rd
- Aline McDonald - August 25th
- Diane Turcot - August 27th
- Jacques Lecuyer - August 31st

Family Council 50/50 Draw.

Family Council will be selling 50/50 tickets to raise money for the Residents’ Christmas presents.

The tickets are:
\$0.99 each or
6 tickets for \$5.00.

Family Council will be selling the tickets on the following dates at the front entrance on the patio:

Sunday August 10th from
1:00pm to 3:30pm

Friday August 15th from
1:00pm to 3:30pm

Saturday August 23 from
1:00pm to 3:30pm

The draw will be held at the Family Council meeting on August 26th.



Please join us in warmly welcoming Chelsea Pecore, our new Executive Director who has been with us so far since July 28th.

Although Lilibeth Medina’s time as Interim Executive Director has come to an end, we wish her well in her future endeavours and thank her for the effortless compassion and change she’s brought to our residents’ home since May.

We look forward to making more memories and positive changes with Chelsea!

Welcome to the team!



Join us for the following Special Events in August

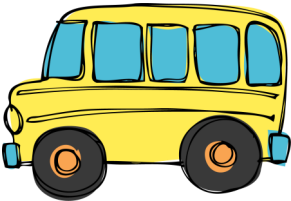
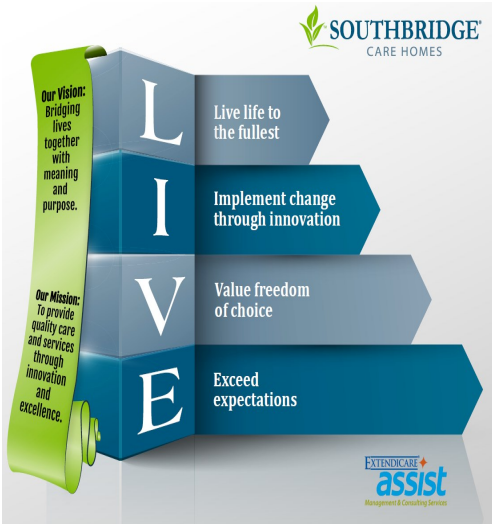
Carnival Day—All residents, family, and



Meal tickets for visitors will increase from \$5 to \$6 starting August 11th, 2025. All meal tickets can be purchased at the front office from 8am—4pm .



Join us for
Campfires
August 8th,
13th, 18th,
and 27th



Outings

August 6th: Mall Lunch Outing
(11:30—3pm)

August 12th: Arts in the Park-
Switchgear (7pm-9pm)

Heartwood Long Term Care



June Newsletter 2025

Southbridge Professional Care Team

Chelsea Pecore—Executive Director
cpecore@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

Bernard Asare—Office Manager
basare@southbridgecare.com

Kelly Denny—Environmental Services Manager
kdenny@southbridgecare.com

TBD—Ward Clerk

Amanda Longchamps—IPAC Manager
alongchamps@southbridgecare.com

Resident council Leaders

Jacques Lecuyer—President

Donna Laporte— Board member

Carol Ann Don Elysyn—Board member

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: August 26th 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 ENCOURAGED TO ATTEND!