



# JUNE

DROP IN PROGRAM OPEN 9:00AM - 3:00PM MONDAY TO FRIDAY

# 2026



## MONDAY

## TUESDAY

## WELLNESS WEDNESDAY

## THURSDAY

## FRIDAY

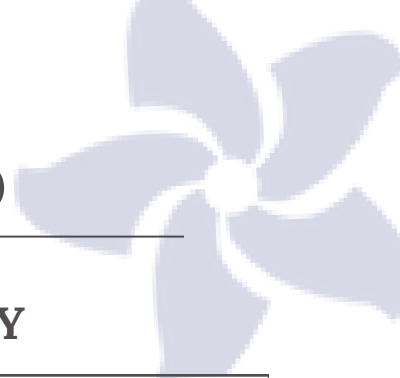
<b>1</b> <b>10:30</b> Line Dancing <b>1:00</b> Movie & Popcorn: Remarkably Bright Creatures	<b>2</b> <b>10:30</b> Member's Meeting <b>1:00</b> Bingo Register by 12:45	<b>3</b> <b>10:30</b> Chair Fitness <b>1:00</b> "Being There" Program Presentation	<b>4</b> <b>10:30</b> Strength & Balance <b>1:00</b> Crib & Scrabble Register by 12:45	<b>5</b> <b>10:30</b> Garden Club <b>1:00</b> 'Stuff and Nonsense' Two Houses Theatre
<b>8</b> <b>10:30</b> TV Travel: Iran <b>1:00</b> Clay Play with Art & Soul: Sign Up Required	<b>9</b> <b>10:30</b> Med-Pal Info Session <b>1:00</b> Bingo Register by 12:45	<b>10</b> <b>10:30</b> Chair Fitness <b>1:00</b> Self Defense Class	<b>11</b> <b>10:30</b> Strength & Balance <b>1:00</b> Crib & Scrabble Register by 12:45	<b>12</b> <b>10:00</b> Public Gardens Outing: Walking Tour <b>1:00</b> Spa Afternoon
<b>15</b> <b>10:30</b> Line Dancing <b>1:00</b> Clay Play with Art & Soul: Sign Up Required	<b>16</b> <b>10:30</b> TV Trivia <b>1:00</b> Bingo Register by 12:45	<b>17</b> <b>10:30</b> Chair Fitness <b>1:00</b> Managing Pain Presentation	<b>18</b> <b>10:30</b> Strength & Balance <b>1:00</b> Crib & Scrabble Register by 12:45	<b>19</b> <b>10:30:</b> Garden Club <b>1:00</b> Jeopardy: Father's Day Edition
<b>22</b> <b>10:30</b> TV Travel: Phillipines <b>1:00</b> Clay Play with Art & Soul: Sign Up Required	<b>23</b> <b>10:30</b> Music Trivia <b>1:00</b> Bingo Register by 12:45	<b>24</b> <b>10:30</b> Book Club <b>1:00</b> Fraud Bingo with Nova Scotia Government	<b>25</b>  <b>10:30</b> Strength & Balance <b>1:00</b> Crib & Scrabble Register by 12:45	<b>26</b> <b>10:30</b> Garden Club <b>1:00</b> Concerts in Care
<b>29</b> <b>10:00</b> Line Dancing <b>1:00</b> Clay Play with Art & Soul: Sign Up Required	<b>30</b> <b>10:30</b> TV Trivia <b>1:00</b> Bingo Register by 12:45	<b>1 July</b>  <b>CLOSED</b> <b>Canada Day</b>	<b>2</b> <b>10:30</b> Strength & Balance <b>1:00</b> Crib & Scrabble Register by 12:45	<b>3</b> <b>10:30</b> Garden Club <b>1:00</b> Movie & Popcorn: Coal Miner's Daughter

# JUNE

9:00-10:00AM BREAKFAST. \$2.

12:00-12:30PM LUNCH. \$10 MEMBERS. \$12 NON-MEMBERS.

# 2026



MONDAY	TUESDAY	Wellness WEDNESDAY	THURSDAY	FRIDAY
1 <b>Homestyle Mac &amp; Cheese Dinner Rolls Salad</b>	2 <b>Chicken Pot Pie Dinner Rolls</b>	3 <b>Sweet &amp; Sour Pork Basmati Rice</b>	4 <b>Salisbury Steak Baked Potato Veggies</b>	5 <b>NO BREAKFAST Community BBQ! 11:30</b>
8 <b>TV TRAVEL: IRAN Kotlet (Ground Meat &amp; potato patties) French Fries &amp; Yogurt Sauce</b>	9 <b>Pork Chop Dinner Mashed Potatoes Veggies</b>	10 <b>Cod Cakes Garden Salad Dinner Rolls</b>	11 <b>Chunky Chicken Stew Homemade Biscuits</b>	12 <b>NO BREAKFAST Community BBQ! 11:30</b>
15 <b>Spaghetti &amp; Meat Sauce Garlic Bread &amp; Salad</b>	16 <b>Hot Chicken Sandwiches w Mash &amp; Peas</b>	17 <b>Baked Ham &amp; Scalloped Potatoes Veggies</b>	18 <b>Homestyle Meatloaf Mashed Potatoes Veggies</b>	19 <b>NO BREAKFAST Community BBQ! 11:30</b>
22 <b>TV TRAVEL: PHILLIPINES Adobo Chicken Garlic Fried Rice</b>	23 <b>Roast Pork Tenderloin Mashed Potatoes Veggies</b>	24 <b>Salmon Dinner Roasted Potatoes Veggies</b>	25 <b>Lasagna Caesar Salad Garlic Bread</b>	26 <b>NO BREAKFAST Community BBQ! 11:30</b>
29 <b>Chicken Burgers Oven Fries Creamy Coleslaw</b>	30 <b>Shepherd's Pie Dinner Rolls Salad</b>	1 <b>CLOSED Canada Day</b>	2 <b>Battered Haddock Roast Potatoes Veggies</b>	3 <b>NO BREAKFAST Community BBQ! 11:30</b>