



# IRIS Court - June 2025

## Marshall Gowland Manor

| Sunday                                                                                                                                                 | Monday                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                 | Saturday                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 10:00 One to One Visits (NH)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>2:00 Church Service (GR)                                         | 19:30 RC Communion (RR)<br>9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:30 Musical Entertainment featuring Vic & the Campfire Band (GR)<br>6:15 Word/Card Games (GR) | 9:00 Morning Exercise (GR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>12:00 New Elder Welcome Lunch (PR)<br>1:30 Library Book Exchange (GR)<br>1:30 Potting Flowers on Poppy Patio (PP)<br>6:15 Group Program (GR)                                            | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:00 Great Lakes Jazz Class (CH)<br>1:00 General Store Open (GR)<br>1:30 BINGO! (GR)<br>2:00 Pub Hour (PR)<br>6:15 Recreational Activities (GR)       | 9:00 Morning Exercise (GR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:30 Music with Don Robertson (GR)<br>5:45 Rosary Group (CH)<br>6:15 Evening Bingo! (PR)                                    | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:00 Ice Cream Galore (RR)<br>1:30 Euchre / Card Games (GR)<br>2:00 Pub Hour (PR)                                   | 10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:30 Friendly Visits (RR)<br>1:15 Seated Yoga (GR)   |
| 10:00 One to One Visits (NH)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>2:00 Church Service (GR)                                         | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Hymn Sing (GR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:30 Outdoor Walks & Friendly Visits (IP)<br>6:15 Word/Card Games (GR)                            | 9:00 Morning Exercise (GR)<br>10:00 Residents' Council Meeting - Iris D/R (IDR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>12:00 Senior's Choice Luncheon (GR)<br>6:15 Group Program (GR)                                                                     | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:45 Music with Lise Michaud (GR)<br>2:00 Pub Hour (PR)<br>6:15 Recreational Activities (GR)                           | 9:00 Morning Exercise (GR)<br>10:00 Rummage Bin (IN)<br>10:00 Coffee Social (PR)<br>1:15 Equine Therapy- A Stable Life (PP)<br>5:45 Rosary Group (CH)<br>6:15 Evening Bingo! (PR)                               | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:00 Ice Cream Galore (RR)<br>1:30 Euchre / Card Games (GR)<br>2:00 Pub Hour (PR)                                   | 10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:30 Friendly Visits (RR)<br>1:30 Group Program (GR) |
| 10:00 One to One Visits (NH)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>12:00 Father's Day Soday Social (GR)<br>2:00 Church Service (GR) | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:30 Music with New Timers! (GR)<br>6:15 Word/Card Games (GR)                                                             | 9:00 Morning Exercise (GR)<br>9:30 Intergenerational visits (GR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:15 Music with Laura (IN)<br>1:30 Parkinson's Group (GR)<br>6:15 Group Program (GR)                                                              | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:30 BINGO! (GR)<br>2:00 Pub Hour (PR)<br>2:00 Recipe Champions (GR)<br>6:15 Recreational Activities (GR)              | 9:00 Morning Exercise (GR)<br>10:00 Rummage Bin (IN)<br>10:00 Celebrating Seniors Month Coffee & Cake Social! (GR)<br>1:30 Virtual Crossword/Trivia (IRR)<br>5:45 Rosary Group (CH)<br>6:15 Evening Bingo! (PR) | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:00 Roman Catholic Mass (GR)<br>1:00 General Store Open (GR)<br>1:00 Ice Cream Galore (RR)<br>1:30 Euchre / Card Games (GR)<br>2:00 Pub Hour (PR) | 10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:30 Friendly Visits (RR)<br>1:30 Group Program (GR) |
| 10:00 One to One Visits (NH)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>2:00 Church Service (GR)                                         | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Hymn Sing (GR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>1:30 Outdoor Walks & Friendly Visits (IP)<br>6:15 Word/Card Games (GR)                            | 9:00 Morning Exercise (GR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>6:15 Group Program (GR)                                                                                                                                                                 | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:00 Library Program with Lisa! (GR)<br>1:00 General Store Open (GR)<br>1:30 BINGO! (GR)<br>2:00 Pub Hour (PR)<br>6:15 Slice & Dice Strawberries (PR) | 9:00 Morning Exercise (GR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:30 Strawberry Social (GR)<br>5:45 Rosary Group (CH)<br>6:15 Evening Bingo! (PR)                                           | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:00 Library Craft (GR)<br>1:00 General Store Open (GR)<br>1:00 Ice Cream Galore (RR)<br>1:30 Euchre / Card Games (GR)<br>2:00 Pub Hour (PR)       | 10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>10:30 Friendly Visits (RR)<br>1:30 Group Program (GR) |
| 10:00 One to One Visits (NH)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>2:00 Church Service (GR)                                         | 9:30 Group Exercise (IRR)<br>10:00 Coffee Social (PR)<br>10:00 Rummage Bin (IN)<br>1:00 General Store Open (GR)<br>6:15 Word/Card Games (GR)                                                                                                 | <div>Locations Legend</div> <div>Great Room (GR)<br/>Pub Room (PR)<br/>Iris Neighbourhood (IN)<br/>Iris Recreation Room (IRR)<br/>Resident Room (RR)</div> <div>Neighborhoods (NH)<br/>Chapel (CH)<br/>Poppy Patio (PP)<br/>Ivy Patio (IP)<br/>Iris Dining Room (IDR)</div> |                                                                                                                                                                                                                                           | <div>June</div>                                                                                                            |                                                                                                                                                                                                                                        |                                                                                                             |