

| June 2026  |  |   |   |   |  |   |
|--|--|---|---|---|--|---|
| Sun  | Mon  | Tue   | Wed   | Thu   | Fri  | Sat   |
|  | 1  | 2<br><b>MENTAL HEALTH &amp; WELLNESS</b><br>1 pm—3 pm<br><br>Sunshine & Self-Care: Recharging for Summer                      | 3<br>Meal: Chicken Souvlaki with Lemon Potato Wedges & Salad<br>11 am—2 pm<br>Chair Yoga & Movie Day<br><br>         | 4<br><b>CLOSED</b>  | 5<br>Concurrent Disorders Group<br>10 am—11 am<br>Creative Playdates<br>1 pm—3 pm<br>Beach Watercolor Scene<br><br> | 6<br>Deli Wraps/Pickles & Potato Chips<br><b>Summer BINGO</b><br><br>  |
| 7<br>10:30 am<br><br>                       | 8<br><b>MEN'S DAY BBQ &amp; GAMES</b><br>11 am—3 pm<br><br> | 9<br><b>MENTAL HEALTH &amp; WELLNESS</b><br>1 pm—3 pm<br><br>Letting Go of Stress We Carry                                    | 10<br>Meal: Burgers & Fries<br>11 am—2 pm<br>BBQ Themed Party<br>Come enjoy some games and our photobooth<br><br>    | 11<br>Fill your Cup Women's Group<br>Beach Walk,<br>Out For Ice cream<br>Wyevale 1 pm—3:30 pm<br><br> | 12<br>Orillia Boat Show 11 am—4 pm<br>Bag lunch \$4.00<br>Or buy own lunch<br><br>                                  | 13<br>Soup and Sandwich<br>11 am—3 pm<br>AFTER LUNCH<br><b>Butter Tart Festival</b><br><br>  |
| 14   | 15   | 16<br><b>MENTAL HEALTH &amp; WELLNESS</b><br>1 pm—3 pm<br><br>Moving for Mental Wellness (Chair Movement & Gentle Stretching) | 17<br>Meal: Lasagna with Salad<br>11AM -2PM<br>Chair Yoga<br>Love & Gratitude Cards for the Special Person<br><br> | 18<br><b>Birds of Prey Nature Walk</b><br>1:00p.m-3:00p.m<br><br>                                   | 19<br>Concurrent Disorders Group<br>10 am—11 am<br>Creative Playdates<br>1 pm—3 pm<br><b>GAME DAY!!!</b><br><br>  | 20<br><b>23rd Annual Pow Wow</b><br>11 am—3:30 pm<br>Bag lunch for \$4.00 or you can purchase food from vendors on sight<br><br> |
| 21<br>Fathers Day<br><br>10:30 am<br><br> | 22   | 23<br><b>MENTAL HEALTH &amp; WELLNESS</b><br>1 pm—3 pm<br><br>Bloom Where You Are Planted                                     | 24<br>Meal: Simply Sausage Penne w/ Garlic Bread<br>11 am—2 pm<br>Chair Yoga & Summer Button Scenes<br><br>        | 25<br>Fill your Cup Women's Group<br>Coldwater Walkabout<br>Coffee Shoppe Social<br>10:30 am—2:30 pm<br>Leaving club at 10:30 am  | 26<br>Wye Marsh<br>1:00 pm—3:00 pm<br>Feed the Birds<br>Nature Walk<br><br>                                       | 27<br>10 am—4 pm.<br>Bag Lunch \$4.00<br>Couchiching park Picnic & Value Village<br><br>   |
| 28   | 29   | 30<br><b>MENTAL HEALTH &amp; WELLNESS</b><br>1 pm—3 pm<br><br>Summer Bucket List for Mental Wellness                          | Proud Fundraising Partner with Delta Bingo Penetanguishene<br><br> <b>Delta</b><br>BINGO GAMING                   |   |  |   |