

Join us!

Thursday, July 13, 2023
1:30 p.m. - 3:00 p.m.

Around Rotary Villas' Walking Path

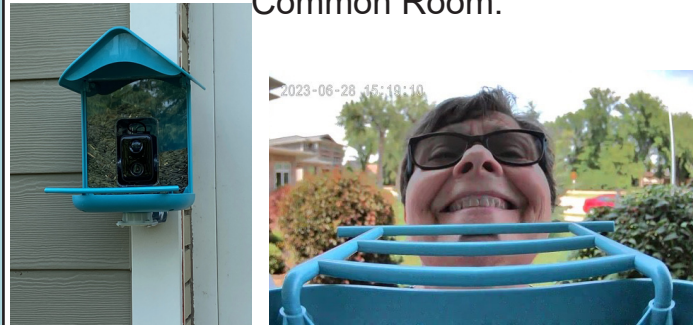
Donations to MB Alheimers Society are optional and will be accepted near the Front Desk.

Starting point is at the front door. Get your poker sheet to start.

Walk around the building as many times as you'd like. Stop at the stations along the way to pick a card to add to your poker hand. Hand in your completed sheet to Joyce when you're done. The best poker hand will win a prize!

Let's Go Bird Watching!

What kind of bird is that?!
Our new live stream bird feeder is mounted, filled, and ready to take pictures and videos! Now we wait for the birds to come and enjoy some yummy treats!
Come take a look on the iPad in the Common Room.



Hats off to the Garden Club for all your hard work. All of the flower and plant arrangements are stunning and thriving!



ROTARY
VILLAS
AT CROCUS GARDENS



The Retirement Lifestyle You Deserve

July 2022

A Note from the Wellness Department

Summer is here and so are the outside programs! As Manitobans we all know winter will be here all too soon, so your Wellness team are making sure we take advantage of all the outdoors we can enjoy! A few programs coming up include our annual water fight, the car show in our parking lot, picnicking at Oak Lake Beach, lawn darts, and Music in the Park!

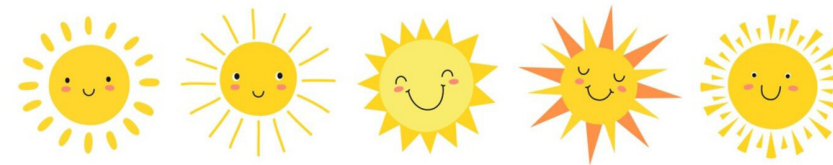
Being outdoors improves short term memory, restores mental energy, relieves stress, reduces inflammation, improves vision, improves concentration, sharpens thinking and creativity, boosts the immunity system, and improves mental health. We all need to spend time outdoors so plan to attend some of our outside programs this summer and get your Vitamin D.

Joyce Scantlebury and Jacquie Koromah

Welcome HOME!

In July, we welcome a few new residents. On the second floor, we have Carmen Grasby and Dot Burgess. On the third floor, Catherine Carter and Edith Russell will be joining the Rotary Community. Please be sure to stop and wish our newest residents a warm welcome. Currently, all the suites are rented and there is a waiting list, so thank you to the staff and residents for making Rotary Villas such a wonderful place to live. I hope you can all soak up some sun and enjoy the summer.

Tanis Low
Leasing Coordinator



3RD ANNUAL ROTARY VILLAS CARNIVAL FAMILY & FRIENDS WELCOME!

Saturday, July 22
1:00 - 3:00 p.m.
Front Parking Lot



FOOD
GAMES
PRIZES

FACE
PAINTING
BOUNCY
CASTLE

JULY 2023 RECREATION CALENDAR



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|--|
| <p>Brandon Embroiderers will be here in the Library at 1:30 p.m. on Wednesday: July 12, 19, 26</p> | <p>Lions TV Bingo is every Wednesday at 3:00 p.m. Cards are sold at the the Front Desk for \$3 each.</p> | <p>GelMoment Nails will be here here 9:00 - 1:00 in the Library on Wednesday: July 5 and 19</p> | | | | <p>1 CANADA DAY Wear Red & White</p> |
| <p>2 8:45 Church Shuttle - SB 7:00 Youth Choir - C</p> | <p>3 9:30 Balloon Volleyball - M 10:00 Coffee with Ekaterina - C 2:00 Piano Music by Jordan - C</p> | <p>4 9:30 Tai Chi - M 10:00 Coffee with Jody - C 2:00 Wet & Wild Water Fight & Slip n Slide - FL 3:30 Rotary Happy Hour - B 6:30 Music in the Park - SB</p> | <p>5 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Hymn Sing - C</p> | <p>6 9:30 Drumming to be Fit - M 10:00 Coffee with Jason - C 11:00 Lunch Out at Opa 2:00 Bingo - DR 3:15 Music by Keith & Gary - C 7:15 Music by the Firepit - FP</p> | <p>7 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:45 Sit & Be Fit - M 2:30 Ice Cream Floats - DR</p> | <p>8 11:00 Trip to Oak Lake - Beach & Picnic - SB</p> |
| <p>9 8:45 Church Shuttle - SB 2:30 Worship & Devotional - C</p> | <p>10 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 2:00 Watermelon & Music - P 6:00-8:00 BACE Car Show - P</p> | <p>11 9:30 Chair Yoga - M 10:00 Coffee with Joyce - C 2:00 Resident Council - M 3:30 Rotary Happy Hour with Mocktails & Snacks - B 7:15 Entertainment by The Cousins - DR</p> | <p>12 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p> | <p>13 9:30 Drumming to Be Fit - M 10:00 Coffee with Tanis - C 1:30 Walk for Alzheimers Poker Derby 7:15 Lawn Darts - FL</p> | <p>14 9:30 Stretching - M 10:00 Coffee with Jacquie - C 11:30/12:45 Grill Gone Wild BBQ 1:45 Sit & Be Fit - M 2:30 Ice Cream Treats - DR</p> | <p>15 10:00 Project Humane Society - M 1:00 The Batchery (\$3/cone) 2:00 Bingo - M</p> |
| <p>16 8:45 Church Shuttle - SB 10:00 The Alliance of Dog Therapy - C</p> | <p>17 9:30 Chair Dancing - M 10:00 Coffee with Lisa - C 2:00 Bee City Brandon Presentation - M 7:15 Music by TCB - C</p> | <p>18 9:30 Tai Chi - M 10:00 Coffee with Jody - C 10:30 Garden Club - S 1:30 Staff VS Residents VS Students Competition - M 3:30 Rotary Happy Hour - B 7:15 Scavenger Hunt Drive-SB</p> | <p>19 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p> | <p>20 9:30 Drumming to Be Fit - M 10:00 Coffee with Jason - C 2:00 Bingo - DR 2:00 St. Matthew's Communion - PDR 3:00 Tiny World Ep. 5 - M 7:15 Trivia by the Firepit - FP</p> | <p>21 10:00 Coffee with Jacquie - C 1:45 Sit & Be Fit - C 2:30 Banana Splits - DR</p> | <p>22 1:00 - 3:00 3RD ANNUAL ROTARY VILLAS FRIENDS & FAMILY CARNIVAL - Front Parking Lot</p> |
| <p>23 8:45 Church Shuttle - SB 2:30 Worship & Devotional - C</p> | <p>24 9:30 Chair Dancing - M 10:00 Coffee with Shradha - C 10:00 Make Cherry Cha Cha - M 2:00 Birthday Celebration with Lyle Baldwin - DR</p> | <p>25 9:30 Chair Yoga - M 10:00 Coffee with Joyce - C 2:00 Meet & Greet - DR 3:30 Rotary Happy Hour - B 6:30 Music in the Park - SB</p> | <p>26 9:30 Stretching - M 10:00 Coffee with Bev - C 12:00 50/50 Draw 2:00 Sit & Be Fit - M 3:00 Sing-a-long - C</p> | <p>27 9:30 Drumming to Be Fit - M 10:00 Coffee with Ella - C 2:00 Bingo - DR 2:00 Men's Coffee Club - M 7:30 Music by The Ukulele Strum - DR</p> | <p>28 9:30 Stretching - M 10:00 Coffee with Jacquie - C 1:45 Sit & Be Fit - M 2:30 Ice Cream Sundaes - DR</p> | <p>29 9:30 Project Humane Society - M 10:30 Trip to Elkhorn - Lunch & MB Antique Automobile Museum - SB</p> |
| <p>30 8:45 Church Shuttle - SB 2:00 Movie Matinee - M</p> | <p>31 9:30 Chair Yoga - M 10:00 Coffee with Lisa - C 2:00 Draw to the Button Shuffleboard - BL 4:30 Supper Club (Albert's) - SB</p> | | | | | |

July Birthdays

| | |
|-------------------|---------|
| Margaret Lovstrom | July 5 |
| Dan Gayowsky | July 5 |
| Liz Grant | July 10 |
| Grace Flynn | July 11 |
| Don Roy | July 15 |
| Marj Roney | July 22 |
| John Naylen | July 26 |
| Glenn Erskine | July 31 |

July Anniversaries

| | |
|----------------------------|---------|
| Harvey & Heather Bridgeman | July 3 |
| John & Betty Naylen | July 4 |
| Marilyn & Jerry Ross | July 6 |
| Robert & Linda Lane | July 22 |

Shuttle Schedule

Monday to Friday
8:15 a.m. - 4:15 p.m.
Sunday Church Shuttle
8:45 a.m. - 12:15 p.m.

Locations

| | |
|----------------------------------|-----|
| Common Room | C |
| Fitness Centre | FC |
| Front Lawn | FL |
| Multipurpose Room | M |
| Dining Room | DR |
| Private Dining Rm. | PDR |
| Solarium | S |
| Fireside Patio | FP |
| Library (2 nd Floor) | L |
| Workshop (2 nd floor) | W |
| Billiards Lounge | BL |
| Shuttle Bus | SB |
| Bar | B |
| Pergola | P |

Calendar is subject