



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025						
		11:00 Morning Stretch - MP 12:00 – 1:30 Live Entertainment w/ Laura Nashman Duo - DR 3:00 Canadian Trivia w/Cindy – Bistro 7:30 New Movie - T	1 5 th Floor Tuck Shop 2:30-3:30 9:15 Aqua Fit- P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 3:00 Info Session w/Life Enrichment – MP 4-5 Happy Hour - B 7:30 Musical/Comedy - T	3 9:45 Rebus - GR 10 & 11 Total Body Workout – MP (Bands) 1:15 Depart to AGO – By Sign Up 2:00 Fall Prevention –MP 7:30 New Movie - T	4 9:30 Chair Yoga w/Paroma - MP 1:30 Art Workshop - GR 1:30 Docu-series –T 6:30 Bistro Hour w/ Doug Balfour - Bistro 7:45 Mys/Adv/Crime -T	5 1:30 Concert on Screen – T 1:30 Bridge – GR 2:00 Scrabble - GR 3:00 Sing-A-Long – Garden Patio 7:30 Drama -T
		Canada Day				
11:00 Stretch and Walk Around the Block – GP 1:30 Enrichment Lecture-T 3:00 Snooker – GR 7:30 Best Picture Oscar - T	6 9:15 Aqua Fit – P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 2:00 Move it to the Beat w/ Carolyn – MP 3:00 Dunfield Olympics - L 7:30 Movie: Star of the Month- Kim Novak -T	7 Vendor: Linda's Alterations 10-11 2 nd Floor – By Sign Up 10 & 11 Total Body Workout – MP (Bands) 10 - 12 1:1 Tech Time – By sign up 2:00 French Social -14 th FL 2:00 Fall Prevention – MP 3:00 Dunfield Olympics - L 7:30 New Movie - T	8 5 th Floor Tuck Shop 2:30-3:30 Vendor: Loila's Jewelry 10-4 2 nd Floor 9:15 Aqua Fit- P 10 & 11 Total Body Workout – MP (Weights) 1:30 Play Reading - T 1:30 Bridge – GR 3:00 Dunfield Olympics - DR 4-5 Happy Hour - B 7:30 Musical/Comedy - T	9 9:45 Rebus - GR 10 & 11 Total Body Workout – MP Bands) 2:00 Fall Prevention –MP 3:00 Dunfield Olympics- GR 3:30 Closing Ceremony – GP 7:30 New Movie - T	10 9:30 Chair Yoga w/Paroma - MP 1:30 Art Workshop - GR 1:30 Docu-series –T 2:00 Afternoon Game: Bean Bag Toss- GP 6:30 Piano Night w/ Paul Noonan - DR 7:45 Mys/Adv/Crime -T	11 1:30 Concert on Screen – T 1:30 Bridge - GR 2:00 Scrabble - GR 3:00 Entertainment w/ Ron Johnson Duo - MP 7:30 Drama -T
13 11:00 Stretch and Walk Around the Block – GP 1:30 Enrichment Lecture-T 2:00 Dog Therapy – 3 rd Floor 3:00 Bingo - GR 4:00 Snooker – GR 7:30 Best Picture Oscar - T	14 9:15 Aqua Fit – P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 1:30 National Geographic -T 2:00 Move it to the Beat w/ Carolyn – MP 3:00 French Café Social - B 7:30 Movie: Star of the Month- Kim Novak -T	15 10 & 11 Total Body Workout – MP (Bands) 10 - 12 1:1 Tech Time – By sign up 2:00 French Social -14 th FL 2:00 Fall Prevention – MP 4:00 Christopher DiCarlo Presents: Artificial Intelligence and the Future of Mankind - Zoom 7:30 New Movie - T	16 5 th Floor Tuck Shop 2:30-3:30 9:15 Aqua Fit- P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge - GR 4-5 Happy Hour - B 7:30 Musical/Comedy - T	17 9:45 Rebus - GR 10 & 11 Total Body Workout – MP Bands) 11:30 Depart to CN Tower Lunch – By Sign Up 2:00 Fall Prevention –MP 7:30 New Movie - T	18 Global Hearing Clinic 10-3 16 th Floor 9:30 Chair Yoga w/Paroma -MP 1:30 Art Workshop - GR 1:30 Docu-series –T 4:00 Trivia Hour w/Ian Thompson – MP 6:30 Bistro Hour- w/ Eli Pasic - Bistro 7:45 Mys/Adv/Crime -T	19 1:30 Concert on Screen – T 1:30 Bridge – GR 2:00 Scrabble - GR 3:00 Sing-A-Long - B 7:30 Drama -T
20 11:00 Stretch and Walk Around the Block – GP 1:30 Enrichment Lecture-T 2:00 Dog Therapy – 3 rd Floor 3:00 Snooker – GR 7:30 Best Picture Oscar – T	21 9:15 Aqua Fit – P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 1:30 National Geographic -T 2:00 Move it to the Beat w/ Carolyn – MP 3:30 Social: Gin O’Clock –GP 7:30 Movie: Star of the Month- Kim Novak -T	22 10 & 11 Total Body Workout – MP (Bands) 10 - 12 1:1 Tech Time – By sign up 2:00 Fall Prevention – MP 3:30 Jordan Klapman Presents: “Ray Charles” - MP 7:30 New Movie - T	23 5 th Floor Tuck Shop 2:30-3:30 Vendor: Arbonne 10-5 2 nd Floor 9:15 Aqua Fit- P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 3:00 Birthday Bash w/ David Skolnick - MP 7:30 Musical/Comedy - T	24 9:45 Rebus - GR 10 & 11 Total Body Workout – MP Bands) 12:30 Depart to Edwards Garden – By Sign Up 2:00 Fall Prevention –MP 7:30 New Movie - T	25 9:30 Chair Yoga w/Paroma - MP 1:30 Art Workshop - GR 1:30 Docu-series –T 2:00 Afternoon Game: Croquet- GP 6:30 Piano Night w/ Jennifer Smele - DR 7:45 Mys/Adv/Crime -T	26 1:30 Concert on Screen – T 1:30 Bridge - GR 2:00 Scrabble – GR 3:00 Sing-A-Long - B 7:30 Drama -T
27 11:00 Stretch and Walk Around the Block – GP 1:30 Enrichment Lecture-T 2:00 Dog Therapy – 3 rd Floor 3:00 Snooker – GR 3:30 Entertainment w/ Jabodo Trio - MP 7:30 Best Picture Oscar - T	28 9:15 Aqua Fit – P 10 & 11 Total Body Workout – MP (Weights) 1:30 Bridge – GR 1:30 National Geographic -T 2:00 Move it to the Beat w/ Carolyn – MP 4:00 Joseph Sharon Presents: “Bach and the Organ” - MP 7:30 Movie: Star of the Month Kim Novak -T	29 10 & 11 Total Body Workout – MP (Bands) 10 - 12 1:1 Tech Time – By sign up 2:00 Fall Prevention – MP 3:30 Current Events w/ John Huston - MP 7:30 New Movie - T	30 5 th Floor Tuck Shop 2:30-3:30 9:15 Aqua Fit- P 10 & 11 Total Body Workout – MP (Weights) 11:00 Depart to Stratford- “Dirty Rotten Scoundrels” – By Sign Up 1:30 Bridge - GR 4-5 Happy Hour - B 7:30 Musical/Comedy - T	31 Vendor: Sonita's Jewelry 10-3 2 nd Floor 9:45 Rebus - GR 10 & 11 Total Body Workout – MP Bands) 2:00 Fall Prevention –MP 3:00 Comedy Hour – T 4:00 Lemonade Social – Garden Patio 7:30 New Movie - T	 The Dunfield Retirement Residence	

MP=Multi-Purpose Room GP= Garden Patio GR= Games Room T=Theatre 14th FL = Library Lounge P=Pool B=Bistro CL= Computer Lab DR= Dining Room AL- Alcove L- Lobby

O Canada!

It's Canada Day, and The Dunfield is ready to celebrate!



Come celebrate on Tuesday, July 1st from 11:30 AM to 2:00 PM at our festive Canada Day BBQ! *Chef Mark Elsner and his culinary team will be firing up the grill with all your BBQ favourites hot and ready!*

Live Entertainment 12:00pm – 1:30pm

“Laura Nashman Duo”

3:00pm Canadian Trivia w/Cindy – Bistro

Stretch and Block Walk



We are happy to resume our summer “10-15 minute” stretch, followed by a lovely walk around the block!

Meet one of the Life Enrichment staff, every Sunday at **11am** in the Garden Patio.

Note: If it is raining or too humid, we will continue with a 30 min Morning Stretch in the Multi-Purpose Room (Elevator Itineraries would indicate this).

Dunfield Olympics 2025 Monday, July 7th – Thursday, July 10th

It's time for a week of fun, friendly competition at **The Dunfield Olympics!**

Come cheer on your favourite department as they go head-to-head in exciting challenges throughout the week.

Thursday, July 10th at 3:30pm we will have a closing ceremony with Ice Cream and announce our winning team!



**Friday, July 11th & 25th
at 2:00 pm**

Join us for a fun afternoon in the **garden patio** to play croquet, bocce, and bean bag toss! We will be choosing a different game each week. Please refer to the calendar for details.



Transport yourself to the heart of Paris at our French Café Social! Enjoy the cozy ambiance of a classic Parisian bistro right here at The Dunfield. Delight in fresh pastries, rich coffee, and elegant café treats.



Residents are invited to dress in their finest French-inspired style.

Monday, July 14th at 3:00pm – Bistro

SOCIAL: GIN O'CLOCK

**Monday, July 21st at 3:30pm
– Garden Patio**

Step into a world of botanical bliss with perfectly chilled Gin & Tonics, served with a selection of tasty appetizers. Whether you're a seasoned gin aficionado or simply here for the good vibes, this is your hour to sip, snack, and sing along to the smooth sounds of Billy Joel.



Let the good times *be-gin!*

JORDAN KLAPMAN
PRESENTS: “RAY CHARLES”



Known as “The Genius”, this dynamic, innovative pianist/singer hugely influenced the development and sound of modern Pop music from Jazz, R&B and Soul to Country.

Tuesday, July 22nd at 3:30pm – MP

July Birthday Bash

Let the Music & Birthday Magic Begin!

Celebrate with us on Wednesday, July 23rd as we honour this month's birthdays!

Enjoy delicious cake, fresh coffee, and a lively hour of toe-tapping music with David Skolnick. Get ready to sing along, sway to the rhythm, and maybe even hit the dance floor!



Everyone is welcome!

JOSEPH SHARON PRESENTS: “BACH AND THE ORGAN ”

During his lifetime, Bach was more appreciated as an organist than as a composer, practicing an art that was already on the decline. But from a modern perspective, his organ works, which represent a significant portion of his output, include some of his most inventive creations.

In this lecture we will encounter three main German organ genres, all culminating in the works of a single individual.

Monday, July 28th at 4:00pm – MP

Excursions

Go forth! This month we have some wonderful excursions in store for you. Here are the trips we will be taking in July:

Thursday, July 3rd - AGO: Reality & Reverie:
Canadian and European Painting Beyond Impressionism

Thursday, July 17th - CN Tower + 360 Restaurant

Thursday, July 24th - Edwards Garden

Wednesday, July 30th - Stratford: Dirty Rotten
Scoundrels (Avon Theatre)



Get ready to sip, smile, and soak up the sunshine!

We're serving up **ice-cold lemonade, sweet summer vibes**, and plenty of laughter in our gorgeous garden.

Whether you're here to chat, enjoy the fresh air, or just cool off with a citrusy treat — this is one summer moment you won't want to miss!

Thursday, July 31st at 4:00pm – GP

Staff Contact Information

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For questions and inquiries regarding building services please contact the Reception Desk by pressing "0" and they will be happy to answer your questions or redirect you to the appropriate person.