

August 1-2, 2025

Luther Village on the Park

Luther Village
On the Park

Friday 1

Saturday 2

8:30 to 2:30pm Fitness Centre 1:1 (FC)
 9:15 Outing: Breakfast at Dearborn Restaurant (AE)
 9:30 SMART High Intensity (GH)
 10:30 Dementia Friendly Hour (WEL)
 10:30 SMART Seated Exercise (GH)
 11:15 Gentle Strength (FC)
 1:30 Bridge (G)
 2:00 Group Biblical Study (MPR)
 2:30 Documentary: Mission Joy, Finding Happiness in Troubled Times (GH)
 4:00 Drop-in Technology Help with Sunil (AO)
 4:00 Social Hour (MPR)
 7:00 Movie Night: 'Downton Abbey' S5 E3 (GH)

10:00 Cornhole (GH)
 10:00 Outdoor Bocce Ball (O)
 12:30 -2:00PM - 1:1 Fitness (RS)
 2:30 Bingo (GH)
 7:00 Movie Night: 'Where the Crawdad's Sing' (2018) (GH)

Locations Legend

Great Hall (GH)	Gallery (G)
Multipurpose Room (MPR)	Resident Suite (RS)
Chapel (Ch)	SC 1st Floor Hall (SC-1)
Fitness Centre (FC)	Wellness Centre (WEL)
Atrium Entrance (AE)	Muskoka Lounge (ML)
Martin's Restaurant (MR)	SC Atrium (SCA)
Outdoors (O)	Atrium Activities Office (AO)

Please sign up for **OUTINGS** at the Front Desk

Fitness activities are now marked in **GREEN**

Resident Run activities are now marked in **BROWN**

Special events are marked in **BOLD**

During the month of August, The Village brings attention to the many forms of **JOY!**

Check out the events marked in **PINK**.

Aug 3 – 9, 2025

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Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
<p>10:15 Indoor Walking Group (SC-1)</p> <p>2:30 Sunday Documentary: How It's Made Episode 7 & 8 (GH)</p> <p>7:00 Worship Service (Ch)</p>	<p>Civic Holiday</p> <p>7:00 Movie Night: '50 First Dates' (2004) (GH)</p>	<p>Physio appointments on-site (FC)</p> <p>9:15 Outing: Food Basics Grocery Store (AE)</p> <p>9:30 SMART High Intensity (GH)</p> <p>9:30 KW Moms & Babies - Drop by to say hello! (G)</p> <p>10:30 Let's Talk Discussion Circle (MPR)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:45 Outing: Sobey's (Bridgeport) (AE)</p> <p>11:15 Therapy Dog Visit (SCA)</p> <p>1:00 Hearing Clinic (sign up at HC) (HC)</p> <p>1:30 Euchre (MPR)</p> <p>2:00 New Osteopath Information Session (GH)</p> <p>2:30 Ukulele Jam (G)</p> <p>5:00 Bistro Night: (MR)</p> <p>7:00 Solo (MPR)</p> <p>7:00 Shuffleboard (O)</p>	<p>9:30 Indoor Walking Group (SC-1)</p> <p>9:30 KW Moms & Toddlers - Drop by to say hello! (G)</p> <p>10:15 Outing: Schmidtsville Restaurant and Wellesley Walk (AE)</p> <p>1:30 Poker (MPR)</p> <p>2:00 Bingo (GH)</p> <p>2:00 Joyful Laughter Yoga with Andrea (Ch)</p> <p>3:00 Treat Cart: Ice Cream Sandwiches (A)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>7:00 Outdoor Bocce Ball (O)</p>	<p>9:15 Yoga (GH)</p> <p>9:15 Outing: Conestoga Mall (AE)</p> <p>9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Seated Exercise (GH)</p> <p>10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Women's Conversation Circle (MPR)</p> <p>12:30 Motion Control Program (FC)</p> <p>1:30 Euchre Time! (ML)</p> <p>2:00 Scrabble with Friends (G)</p> <p>2:00 Reading Group (MPR)</p> <p>2:00 Fireside Chat (Ch)</p> <p>3:00 Scoops of JOY! Ice Cream Sundaes (MR)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>5:00 Pub Night (MR)</p>	<p>8:30 to 2:30pm Fitness Centre 1:1 (FC)</p> <p>9:15 Outing: Antique Market St. Jacobs (AE)</p> <p>9:30 SMART High Intensity (GH)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>11:15 Gentle Strength (FC)</p> <p>1:30 Bridge (G)</p> <p>2:00 Group Biblical Study (MPR)</p> <p>2:30 Entertainment: The IncrediBirds Parrot Show (GH)</p> <p>4:00 Drop-in Technology Help with Sunil (AO)</p> <p>4:00 Social Hour (MPR)</p> <p>7:00 Movie Night: 'Downton Abbey' S5 E4 (GH)</p>	<p>10:00 Cornhole (GH)</p> <p>10:00 Outdoor Bocce Ball (O)</p> <p>12:30 -2:00PM - 1:1 Fitness (RS)</p> <p>7:00 Movie Night: 'The Miracle Club' (2022) (GH)</p>

Aug 10 – 16, 2025

Luther Village on the Park

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Sunday 10

10:15 Indoor Walking Group (SC-1)
2:30 Sunday Documentary: How It's Made Episode 9 & 10 (GH)
7:00 Worship Service (Ch)

Monday 11

8:30 to 2:30pm Fitness Centre 1:1 (FC)
10:00 Coffee Hour (GH)
11:15 Gentle Strength (FC)
2:00 Emerging Ideas Group (Formerly Emeritus Group) (MPR)
2:00 SMART Seated Exercise (GH)
3:00 Presentation: **Waterloo Taxi Senior Services (GH)**
7:00 Movie Night 'Love is in the Air' (2023) (GH)
7:00 Outdoor Bocce Ball (O)

Tuesday 12

Physio appointments on-site (FC)
9:15 Outing: Food Basics Grocery Store (AE)
9:30 SMART High Intensity (GH)
10:30 Let's Talk Discussion Circle (Ch)
10:30 SMART Seated Exercise (GH)
10:45 Outing: **Zehr's/Dollarama (Beechwood) (AE)**
11:15 Therapy Dog Visit (SCA)
1:30 Euchre (MPR)
2:00 **Hymn Sing with Marilyn: Hymns of JOY! (Ch)**
3:00 Guest Treat Vendor: Misha's Bakehouse (A)
5:00 Bistro Night: (MR)
7:00 Solo (MPR)
7:00 Shuffleboard (O)
7:30 Twin City Harmonizers Rehearsal (GH)

Wednesday 13

Guest Vendor: EZ Fit Shoes: 10am-2pm (MR)
9:15 Outing: Goderich Beach/Lunch at 'Beach Street Station' (AE)
9:30 Blood Pressure Clinic 9:30 to 11:30 (WEL)
9:30 Indoor Walking Group (SC-1)
9:30 KW Moms & Toddlers - Drop by to say hello! (MPR)
10:00 DROM (GH)
10:00 Catholic Mass (Ch)
10:00 **Larry's Travel Adventures: Turkey (G)**
1:30 Poker (MPR)
2:00 **Breathing, Relaxing and Gentle Yoga Practices with Andrea (G)**
2:30 **Meet & Mingle (MR)**
2:30 **Starling Foundation Social: Entertainment & Ice Creams (OA)**
3:00 **Laughter is the Best Medicine: JOYFUL videos (GH)**
3:00 **Treat Cart: Shrimp Springrolls with Sauce (A)**
3:30 -4:30PM - 1:1 Fitness (RS)
7:00 Outdoor Bocce Ball (O)

Thursday 14

9:15 Yoga (GH)
9:15 Outing: St. Jacobs Farmer's Market (AE)
9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)
10:00 **Jars of JOY! Making & Canning Salsa (CK)**
10:30 Seated Zumba (GH)
10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)
10:30 Women's Conversation Circle (MPR)
11:30 NEW Standing Zumba (GH)
12:30 Motion Control Program (FC)
1:30 Euchre Time! (ML)
2:00 Scrabble with Friends (G)
2:00 Reading Group (MPR)
2:30 **Meet and Mingle: Floor 1 & 3 (MR)**
3:30 **Entertainment: Flutist Laura Nashman (GH)**
3:30 -4:30PM - 1:1 Fitness (RS)
5:00 Pub Night (MR)

Friday 15

8:30 to 2:30pm Fitness Centre 1:1 (FC)
9:15 Outing: Boardwalk at Mike Schout Wetlands Preserve (AE)
9:30 SMART High Intensity (GH)
10:30 SMART Seated Exercise (GH)
10:45 Singing Group (ML)
11:15 Gentle Strength (FC)
1:30 Bridge (G)
2:00 Group Biblical Study (MPR)
2:30 **Presentation: Dr. Shonk on Healthy Humor (GH)**
4:00 Drop-in Technology Help with Sunil (AO)
4:00 Social Hour (MPR)
7:00 Movie Night: 'Downton Abbey' S5 E5 (GH)

Saturday 16

10:00 Cornhole (GH)
10:00 Outdoor Bocce Ball (O)
12:30 -2:00PM - 1:1 Fitness (RS)
2:30 Bingo (GH)
7:00 Movie Night: 'My Girl' (1991) (GH)

August 17 – 23, 2025

Luther Village on the Park

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Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
<p>10:15 Indoor Walking Group (SC-1)</p> <p>2:30 Sunday Documentary: How It's Made Episode 11 & 12 (GH)</p> <p>7:00 Worship Service (Ch)</p>	<p>8:30 to 2:30pm Fitness Centre 1:1 (FC)</p> <p>10:00 Coffee Hour (GH)</p> <p>11:15 Gentle Strength (FC)</p> <p>2:00 SMART Seated Exercise (GH)</p> <p>2:00 NDE (Near Death Experience) Testimonial & Discussion (Ch)</p> <p>3:00 DJ: JOY! (A)</p> <p>7:00 Concert: The Waterloo Concert Band (GH)</p> <p>7:00 Outdoor Bocce Ball (O)</p>	<p>Physio appointments on-site (FC)</p> <p>9:15 Outing: Food Basics Grocery Store (AE)</p> <p>9:30 SMART High Intensity (GH)</p> <p>9:30 KW Moms & Babies - Drop by to say hello! (MPR)</p> <p>9:30 Making Bread Dough (CK)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:30 Let's Talk Discussion Circle (Ch)</p> <p>10:45 Outing: Herrle's Country Farm Market (AE)</p> <p>11:15 Therapy Dog Visit (SCA)</p> <p>1:30 Euchre (MPR)</p> <p>2:00 Loaves of JOY! Preparing Bread for Oven (CK)</p> <p>2:00 Movie & Popcorn: 'Singin' in the Rain' (1952) (GH)</p> <p>2:30 Ukulele Jam (G)</p> <p>3:00 Guest Treat Vendor: Sweet n' Savory Pie Company (A)</p> <p>3:30 Sampling Buns with our Homemade Strawberry Jam (CK)</p> <p>5:00 Bistro Night: (MR)</p> <p>7:00 Solo (MPR)</p> <p>7:00 Shuffleboard (O)</p> <p>7:30 Twin City Harmonizers Rehearsal (GH)</p>	<p>9:15 Outing: Elora Shopping & Lunch at Shepherd's Pub (AE)</p> <p>9:30 Indoor Walking Group (SC-1)</p> <p>10:00 DROM (GH)</p> <p>2:00 Bingo (GH)</p> <p>2:00 The Writing Group (FDR)</p> <p>3:00 Treat Cart: Bacon Taters (A)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>7:00 Outdoor Bocce Ball (O)</p>	<p>9:15 Yoga (GH)</p> <p>9:15 Outing: Fairview Mall (AE)</p> <p>9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Seated Exercise (GH)</p> <p>10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</p> <p>10:30 Women's Conversation Circle (MPR)</p> <p>12:30 Motion Control Program (FC)</p> <p>1:30 Euchre Time! (ML)</p> <p>2:00 Scrabble with Friends (G)</p> <p>2:00 Reading Group (MPR)</p> <p>2:30 Meet & Mingle: Floor 2 & 4 (MR)</p> <p>3:30 -4:30PM - 1:1 Fitness (RS)</p> <p>5:00 Pub Night (MR)</p> <p>5:00 Country Summer BBQ: Live Entertainment, Petting Zoo & Line Dancing (GH)</p>	<p>8:30 to 2:30pm Fitness Centre 1:1 (FC)</p> <p>9:15 Outing: Stacked Breakfast House (AE)</p> <p>9:30 SMART High Intensity (GH)</p> <p>10:30 SMART Seated Exercise (GH)</p> <p>10:45 Singing Group (ML)</p> <p>11:15 Gentle Strength (FC)</p> <p>1:30 Bridge (G)</p> <p>2:00 Group Biblical Study (MPR)</p> <p>2:30 Concert: LYNS Piano Duo (GH)</p> <p>4:00 Drop-in Technology Help with Sunil (AO)</p> <p>4:00 Social Hour (MPR)</p> <p>7:00 Movie Night: 'Downton Abbey' S5 E6 (GH)</p>	<p>10:00 Cornhole (GH)</p> <p>10:00 Outdoor Bocce Ball (O)</p> <p>12:30 -2:00PM - 1:1 Fitness (RS)</p> <p>7:00 Movie Night: 'Irish Wish' (2024) (GH)</p> <p>7:00 Games Night (MPR)</p>

August 24 – 30, 2025

Luther Village on the Park

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On the Park

Sunday 24

10:15 Indoor Walking Group (SC-1)
2:30 Sunday Documentary: How It's Made Episode 13 & S2 E1 (GH)
7:00 Worship Service (Ch)

Monday 25

8:30 to 2:30pm Fitness Centre 1:1 (FC)
10:00 Coffee Hour (GH)
11:15 Gentle Strength (FC)
2:00 SMART Seated Exercise (GH)
2:30 Afternoon Trivia & Refreshments (MR)
7:00 Movie Night: 'Mrs. Harris Goes to Paris' (2022) (GH)
7:00 Outdoor Bocce Ball (O)

Tuesday 26

Physio appointments on-site (FC)
9:15 Outing: Food Basics Grocery Store (AE)
9:30 SMART High Intensity (GH)
9:30 KW Moms and Babies - Drop by say hello! (G)
10:30 SMART Seated Exercise (GH)
10:30 Let's Talk Discussion Circle (MPR)
10:45 Outing: Zehr's (Glenridge) (AE)
11:15 Therapy Dog Visit (SCA)
1:30 Euchre (MPR)
2:30 Wellness Presentation: Cultivating JOYful Outlook (GH)
3:00 Guest Treat Vendor: Petite Patties - Jamaican beef and dessert patties! (A)
5:00 Bistro Night: (MR)
7:00 Solo (MPR)
7:00 Shuffleboard (O)

Wednesday 27

9:30 Blood Pressure Clinic 9:30 to 11:30 (WEL)
9:30 Indoor Walking Group (SC-1)
10:00 DROM (GH)
10:45 Singing Group (ML)
1:00 Outing: St. Jacobs Hildebrand Theatre "Million Dollar Quartet" (AE)
1:30 Poker (MPR)
2:30 Armchair Travel: The Netherlands (GH)
3:00 Treat Cart: Peach Pie (A)
3:30 -4:30PM - 1:1 Fitness (RS)
7:00 Outdoor Bocce Ball (O)

Thursday 28

Dental Hygiene Clinic (Sign-up) (HC)
9:15 Yoga (GH)
9:15 Outing: MCC Thrift on Kent (AE)
9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)
10:30 Seated Zumba (GH)
10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)
10:30 Women's Conversation Circle (MPR)
11:30 NEW Standing Zumba (GH)
12:30 Motion Control Program (FC)
1:30 Euchre Time! (ML)
2:00 Scrabble with Friends (G)
2:00 Reading Group (MPR)
2:30 Cups of JOY! Pina Colada Party (CK)
3:30 -4:30PM - 1:1 Fitness (RS)
3:30 Entertainment: Bill Speer on the Piano (GH)
5:00 Pub Night (MR)

Friday 29

Guest Vendor: Traditions Alive Clothing & Accessories 10am-2pm (G)
8:30 to 2:30pm Fitness Centre 1:1 (FC)
9:15 Outing: Belmont Village & Brunch at Checkerboard Restaurant (AE)
9:30 SMART High Intensity (GH)
10:30 Dementia Friendly Hour (WEL)
10:30 SMART Seated Exercise (GH)
11:15 Gentle Strength (FC)
1:30 Bridge (G)
2:00 Group Biblical Study (MPR)
2:30 Entertainment: Jack Kalendrian (GH)
4:00 Drop-in Technology Help with Sunil (AO)
4:00 Social Hour (MPR)
7:00 Movie Night: 'Downton Abbey' S5 E7 (GH)

Saturday 30

10:00 Cornhole (GH)
10:00 Outdoor Bocce Ball (O)
12:30 -2:00PM - 1:1 Fitness (RS)
2:30 Bingo (GH)
7:00 Movie Night: 'Bob Dylan, A Complete Unknown' (2024) (GH)



August 31 2025

Luther Village on the Park

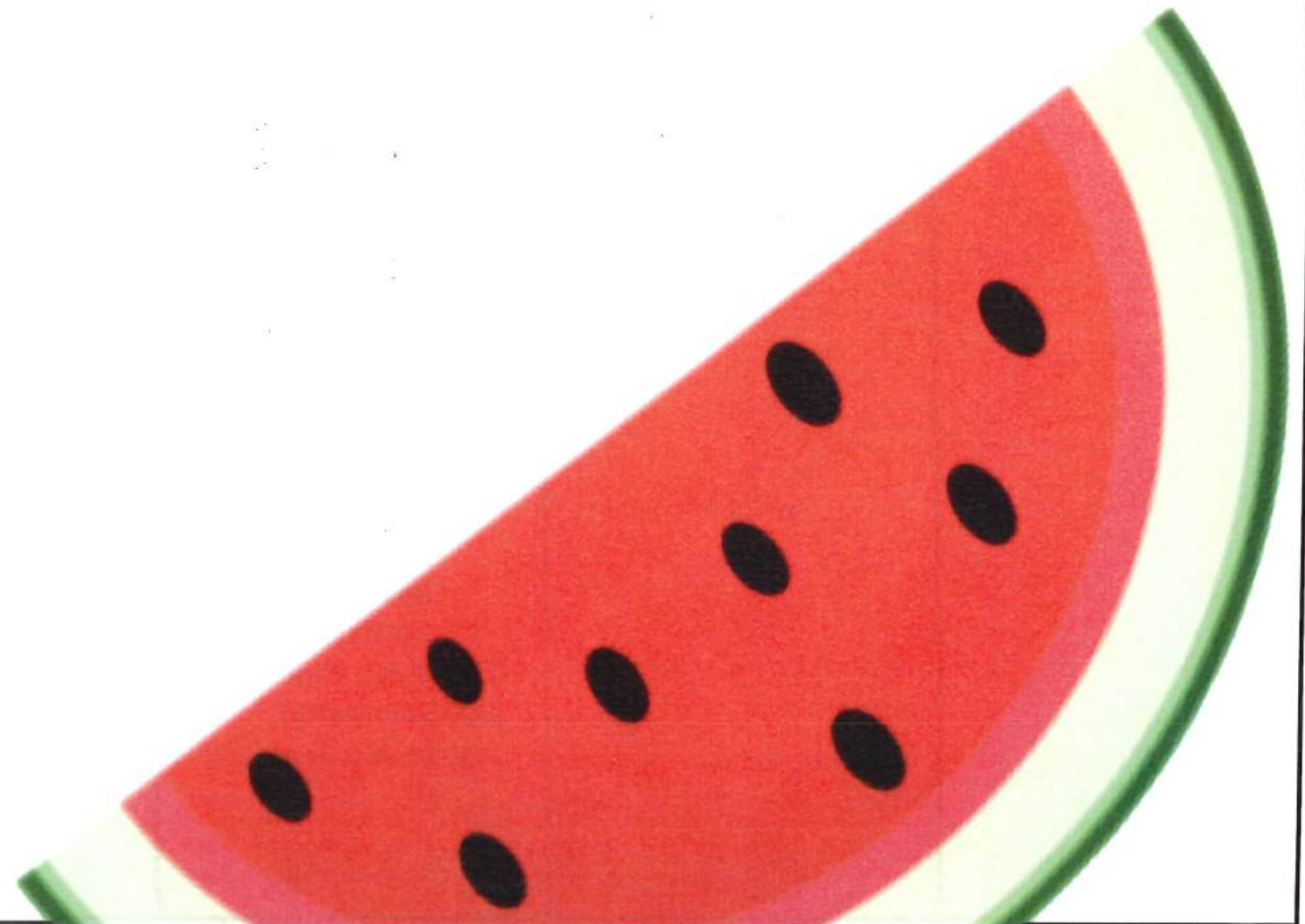
Luther
Village
On the Park

Sunday 31

10:15 Indoor Walking
Group (SC-1)

2:30 Sunday
Documentary: How
It's Made S2
Episode 2 & 3 (GH)

7:00 Worship Service
(Ch)





Village Activities & Special Events for August 2025

Hello, I am Mason Carroll the Life Lease Activities Coordinator. In the Month of August we are celebrating JOY! Check out some highlights below...

Country Summer BBQ — Thursday August 21st at 5:00pm on the Sunshine Centre Patio in The Great Hall — *RESERVE YOUR SPOT*

Come enjoy a classic country hoedown fit for the family! Up to 4 guests per resident, can sign-up through the Front Desk, for the BBQ by August 15th — meal is \$12 plus tax which includes a locally-sources butcher-style hamburger or Ballpark hotdog, chips, drink, and ice cream dessert. Evening festivities will include live music and line-dancing lessons!

Documentary: Mission JOY, Finding Happiness in Troubled Times — Friday August 1st at 2:30pm in The Great Hall: We are kicking off August's Theme of JOY with a documentary that started it all. This film showcases the remarkable friendship between Archbishop Desmond Tutu and His Holiness the Dalai Lama.

Presentation: New Osteopath Information Session — Tuesday August 5th at 2:00pm in The Great Hall: Come meet Adam Fitzpatrick, our new on-site Osteopathy provider. Learn about what Osteopathy is, the health benefits and the services offered!

Laughter Yoga with Andrea — August 6th at 2:00pm in The Chapel and August 13th at 2:00pm in The Gallery: Join local yoga instructor Andrea Wingelaar as she takes us through the joyful practice of Laughter Yoga. You may start off faking a laugh but you'll be rolling in the aisles by the end!

Presentation: Waterloo Taxi Senior Services — Monday August 11th at 3:00pm in The Great Hall

Join Toni Rodrigues as he has an open Q&A on the systems and discounts Waterloo Taxi Service has designed with senior clients in mind!

Guest Treat Cart: *NEW* Misha's Bakehouse — Tuesday August 12th, Sweet n' Savoury Pie Company — Tuesday, August 19th and *NEW* Petite

Patties — Tuesday August 26th, in the Atrium.: We love supporting our local community and small businesses! Come purchase delicious pizzelles from Misha's Bakehouse, pies from Sweet n' Savoury Pie Company and Jamacian Patties from Petite Patties.

Vendors in August: EZ Fit Shoes — Wednesday August 13th from 10am-2pm in Martin's Restaurant. Traditions Alive Clothing & Accessories 10am-2pm in The Gallery: Let's go shopping! Check out the selection of seasonal footwear of *EZ Fit shoes* and the Stylish new looks of *Traditions Alive*!

Cooking Programs: Jars of JOY! Making & Canning Salsa — Thursday August 14th at 10:00am, and Loaves of JOY! Preparing Bread for Oven — Tuesday August 19th at 2:00pm, in The Community Kitchen: Join in for the JOYful practice of cooking together — and eating delicious fresh salas and warm bread — at this month's Community Kitchen programs!

Presentation: Dr. Shonk on Healthy Humor — Friday August 15th at 2:30pm in The Great Hall: Join local physician and author Dr. Ken Shonk as brings his wisdom from a 40 year medical practice to share humorous anecdotes and the science of laughter, as he challenges audiences to actively find humour in order to increase their well being!

Concert with The Waterloo Concert Band — Monday August 18th at 7:00pm in the Great Hall

Join us for an evening of Bing Band music by 30 of Waterloo's finest brass percussion performers! A repertoire of movie scores and instrumentals!

Wellness Presentation: Cultivating a Joyful Outlook — Tuesday August 26th at 2:30 in the Great Hall

Join Wellness Coordinator, Joy Hancock, for strategies and health benefits of creating a JOYful outlook in life!

Important Numbers

Front Desk: 519-783-3710

Maggie Fislova: Wellness Manager
Ext. 2030 - mfislova@luthervillage.org

Joy Hancock: Wellness Coordinator
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Nancy Munn: Fitness Coordinator
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Mason Carroll: Activities Coordinator
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Bonnie Rylance: Resident Liaison
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Marianne Barnes: Registered Massage
Therapist - 226-989-4557 — mariannebarnes@live.com

Adam Fitzpatrick: Osteopath afitzpatrickosteopathy@gmail.com — or Booking system fitzpatrickosteopathy.janeapp.com

Allison Smith: Physiotherapist — 519-885-4211 ext.0 — admin@pathwaystherapy.ca

Chiler's Little Boutique: Chiler Zammit
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Kanvas Nails: Kenya Rios
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Foot Care by Michael: Michael Okubazghi
226-989-6762 — Mikeot1978@gmail.com

Dental Hygiene Service: Lovin Kahlon
519-721-5221 — info@mobiledentalontario.com

Hear Canada: Andrew Wellman
226-989-6762 — anrew.wellman@hearcanada.com

Direct Denture Services: Mark Blanch
885-482-3700 — mark@directdenture.ca

Newtex Cleaners: 519-744-4411

Please contact Bonnie Rylance, the Resident Liaison, regarding any Resident Run Programs.

Please contact Mason Carroll, The Life-Lease Activities Coordinator regarding LVP Run programs.