

Cottonmill (CM)
Seaway (SW)
Patio (PT)

Legend



Main Activity Room (MA)

TreeHaven (TRH)
Trillium (TL)
Highland (HL)

July 2025

Southbridge Cornwall



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Canada Day Trivia (TH) 10:00 Name 10 Canada (CM) 10:00 Pet Therapy with St. John's Ambulance (All Floors) 2:00 Canada Day Social 1	9:00 Recreation Staff Meeting 2:00 Strawberry Social (Patio)  2	10:00 Chair Yoga (MA) 10:00 Butterflies (All Floors) 2:00 Price is Right: Retro Toy Edition (CM) 2:00 Cornhole (SW) 2:00 Balloon Tennis (TR) 2:00 Colourful Creations (HL) 2:00 Music Request Hour (TH) 3	10:00 Let's Learn: Cats (CM) 10:00 Green Thumbs (SW) 10:00 Horse Races (TH) 10:00 Sing-Along (TR) 2:00 BINGO (All Floors) 4	10:00 What's Your Verdict? (TH) 10:00 Balloon Tennis (HL) 10:00 Cornhole (CM) 2:00 Wheel of Fortune (TR) 2:00 Garden Strolls (TH) 5
10:00 Catholic TV Mass (MA) 2:00 Patio Social (All Floors) 6	10:00 Cornhole (TR) 10:00 Cornhole (TH) 10:00 Name 10 Trivia (SW) 10:00 Bowling (HL) 2:00 BINGO (All Floors) 7	10:00 Over or Under (SW) 10:00 Mini Golf (TR) 10:00 Riddle Me This (HL) 10:00 Pet Therapy with St. John's Ambulance (All Floors) 2:00 Spencer Performs (MA) 8	10:00 Tim Horton's Drive-Thru (MA) 2:00 Guy Brisson Performs (TH) 9	10:00 Chair Yoga On The Patio (3rd Fl.) 10:00 Garden Strolls (All Floors) 1:30 Movie Matinee: Parent Trap (MA) 10	10:00 Shuffleboard (TH) 10:00 Balloon Tennis (SW) 10:00 Wheel of Fortune (HL) 2:00 BINGO (All Floors) 11	10:00 Name 10 Trivia (TR) 10:00 Balloon Tennis (CM) 2:00 Shuffleboard (HL) 2:00 Colourful Creations (SW) 12
10:00 Catholic TV Mass (MA) 2:00 Patio Social (All Floors) 13	10:00 Sounds A Bit Fishy (CM) 10:00 Mini Golf (TH) 10:00 Over or Under (HL) 2:00 BINGO (All Floors) 14	10:00 Who am I ? Sir Edmund Hillary (TH) 10:00 Bike Ride (2nd Floor) 10:00 Tea & Trivia (SW) 10:00 Pet Therapy with St. John's Ambulance (All Floors) 2:00 Horse Races (TR) 2:00 Let's Laugh (TH) 2:00 Cornhole (CM) 2:00 Balloon Tennis (HL) 15	10:00 Friendly Visits (All Floors) 10:00 Residents' Council 2:00 Cherry Cola Slush Social (All Floors) 16	10:00 Chair Yoga (MA) 10:00 Butterflies (All Floors) 2:00 Dot Painting (CM) 2:00 Cards (SW) 2:00 Cornhole (TR) 2:00 Music Request Hour (HL) 2:00 Name 10 Trivia (TH) 17	10:00 Bike Rides (3rd Floor) 10:00 Manicures (HL) 10:00 Over or Under (TR) 2:00 BINGO (All Floors) 18	10:00 Current Events (TH) 10:00 Manicures (TR) 10:00 Tea & Trivia (HL) 2:00 Colourful Creations (SW) 2:00 Bowling (TR) 2:00 Mustangs (CM) 19
10:00 Catholic TV Mass (MA) 2:00 Patio Social (All Floors) 3:30 Garden Strolls (All Floors) 4:45 Supper Club (TR) 6:30 Friendly Visits (TH) 20	10:00 Bike Rides (TH) 10:00 Current Events (TR) 10:00 Bowling (SW) 2:00 BINGO (All Floors) 21	10:00 Balloon Tennis (SW) 10:00 Guess Who? (TR) 10:00 Sing-Along (CM) 10:00 Tea & Trivia (HL) 2:00 Ring Toss (HL) 2:00 Guess Who? (SW) 2:00 Cornhole (TR) 2:00 Wheel of Fortune (TH) 3:30 Garden Strolls (All Floors) 6:30 Mustangs (TR) 22	10:00 Chapelet (MA) 10:00 Friendly Visits (All Floors) 11:45 Lunch Club (TR) 2:00 Baking: Cheesecake (3rd Floor) 2:00 Bike Rides (TH) 2:00 Music Request Hour (TR) 2:00 Colourful Creations (HL) 4:45 Supper Club (SW) 6:30 Wheel of Fortune (HL) 23	10:00 Chair Yoga On The Patio 10:00 Garden Strolls (All Floors) 11:45 Lunch Club (SW) 2:00 Cards (SW) 2:00 Men's Club: Formula 1 Races (MA) 2:00 Board Games (TR) 2:00 Scrabble (TH) 4:45 Supper Club (CM) 6:30 Guess Who? (TH) 24	10:00 Sandbags (SW) 10:00 Board Games 10:00 Sing-Along (TR) 11:45 Lunch Club (TH) 2:00 BINGO (All Floors) 4:45 Supper Club (HL) 25	10:00 Walkin' On Sunshine (CM) 10:00 Mini Golf (TR) 10:00 Riddle Me This (SW) 2:00 Fishing (CM) 2:00 Green Thumbs Club (HL) 2:00 Board Games (TH) 26
10:00 Catholic TV Mass (MA) 2:00 Patio Social (All Floors) 27	10:00 Manicures (CM) 10:00 News & Views (SW) 10:00 Name 10 Trivia (TR) 11:45 Lunch Club (CM) 2:00 BINGO (All Floors) 4:45 Supper Club (TR) 6:30 Shuffleboard (HL) 28	10:00 Bike Rides (3rd Floor) 10:00 Round Table Reading : The Knitting Tree (TH) 10:00 Pet Therapy with St. John's Ambulance (All Floors) 11:45 Lunch Club (HL) 3:30 Garden Strolls (All Floors) 4:45 Supper Club (TH) 6:30 Guess Who? (CM) 29	10:00 Chapelet (MA) 10:00 Friendly Visits (All Floors) 11:45 Lunch Club (SW) 2:00 Sundae Social (MA) 3:30 Garden Strolls (All Floors) 4:45 Supper Club (HL) 6:30 Wheel of Fortune (TH) 30	10:00 Chair Yoga (MA) 10:00 Butterflies (All Floors) 11:45 Lunch Club (CM) 2:00 Paint N' Sip (3rd Floor) 2:00 Bike Ride (2nd Floor) 3:30 Garden Strolls (All Floors) 4:45 Supper Club (TH) 6:30 Balloon Tennis (HL) 31		



Southbridge Star

JULY 2025
NEWSLETTER

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SOUTHBRIDGECORNWALL.COM

Reach The Team

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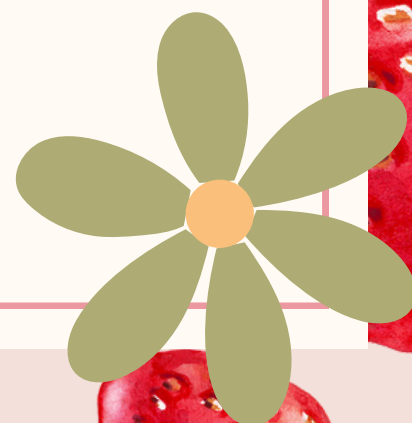
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Cheryl Parisotto | Nurse Practitioner
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Dr. Ashley Cook | Medical Director
by appointment only





Resident Council Leaders

KRYS F | PETER M | ESTELLE S
MARGARET A | SUE D | GARFEILD D
LARRY M | CLAUDE M

MEGAN MARSOLAIS
RESIDENT COUNCIL ASSISTANT

NEXT MEETING : JULY 15
LOCATION: MAIN ACTIVITY ROOM
TIME: 10:00 AM

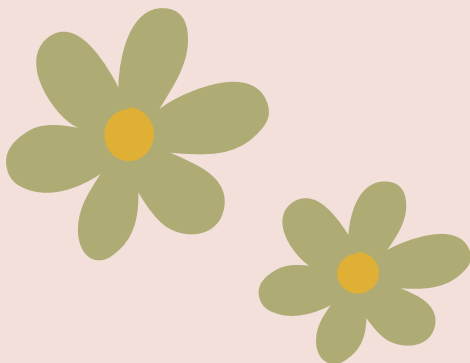


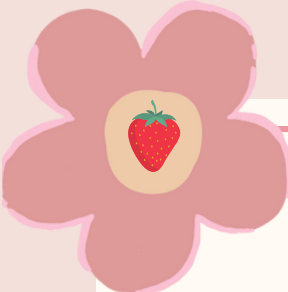
Family Council

ALAN WOOLLEY | FAMILY COUNCIL CHAIR
DAWN MCKEOWN | VICE CHAIR

FamilySC800@gmail.com

FAMILY COUNCIL IS ADJOURNED FOR
THE SUMMER MONTHS AND WILL
RESUME IN SEPTEMBER, HOWEVER
ANY INQUIRIES CAN BE SENT TO THE
EMAIL ABOVE





June Recap



Always In Our Hearts

Robert L.
Laurier R.
Carole L.
Johnny C.
Mariette M.

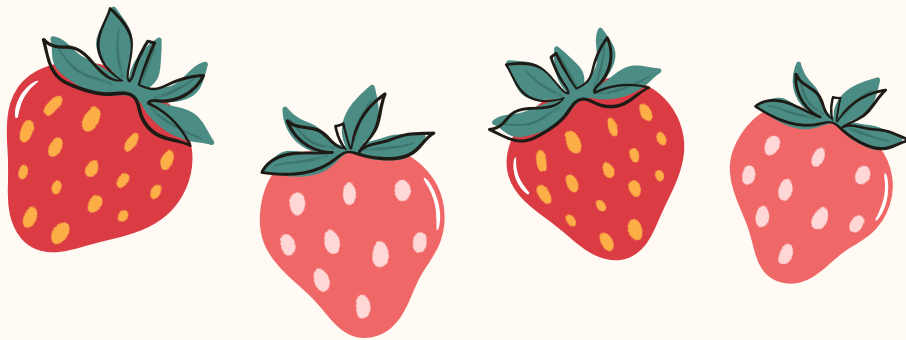
Welcome Home

Anton S.
Kathleen C.
Jean Marc L.
Roger L.
Frank W.

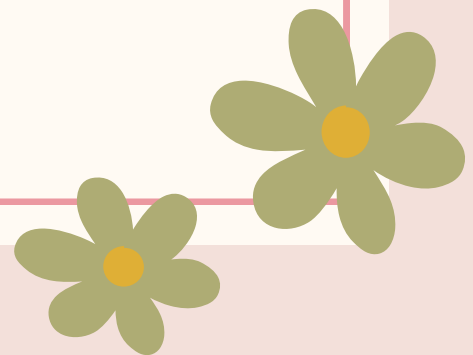


Reminders

Reminder to please refrain from using over the door wreath hooks on your loved ones doors, if you require a hook to hang door decorations please speak to the activities department.



We also kindly remind everyone to please close and secure all umbrellas when you are done using the outdoor amenity spaces.





July Birthdays

JULY 3	CLAIRE R.
JULY 8	FRAN W.
JULY 10	RHEA S.
JULY 11	ANNA S.
JULY 13	WENDY J.
JULY 14	ALLAN W.
JULY 15	MADELINE M.
JULY 16	NORM B.
JULY 17	RITA B.
JULY 19	LORRAINE M.
JULY 19	ESTELLE S.
JULY 25	WILMA B.
JULY 30	CLAUDE B.



Upcoming Events

JULY 1
CANADA DAY CELEBRATIONS

JULY 2
STRAWBERRY SOCIAL

JULY 7
FONDUE SOCIAL

JULY 8
SPENCER PERFORMS
DECADES DAY DRESS IN YOUR FAVOURITE ERA

JULY 9
GUY BRISSON PERFORMS

JULY 16
CHERRY COLA SLUSH SOCIAL

JULY 23
COWBOY SOCIAL

JULY 24
MENS CLUB

JULY 27
SUNDAE SOCIAL

See activity calendar for more details

Welcome

Joël Campeau

Director Of
Life Enrichment



Hello residents, families, and staff of Southbridge Cornwall,

My name is Joël Campeau, and I am incredibly excited to begin my new role as Director of Life Enrichment. With over a decade of experience in recreation, hospitality, and senior care, I bring a passion for creating engaging, inclusive, and meaningful experiences that enhance the lives of residents every day.

Throughout my career, I've worn many hats—Recreologist, Manager, Team Leader, Content Creator—and every role has been rooted in one mission: to uplift and connect people. I have spent the last decade at the Glen Stor Dun Lodge, where I proudly led initiatives that celebrated individuality while fostering community. From launching resident-led programming to coordinating large-scale events, I have always aimed to combine creativity with compassion.

I'm especially proud of my ability to blend innovation with tradition—whether it's organizing memorable events that foster connection and joy among residents and capture our community spirit; integrating technology into enrichment programming; or simply being a friendly, dependable presence in the lives of residents, families, and staff.

Joining the Southbridge team represents a new and exciting chapter for me—one where I can continue to grow professionally while contributing to a culture of care, dignity, and joy. I look forward to collaborating with staff, families, and our residents to ensure our home is not just a place to live, but a place to thrive.

I'm eager to meet everyone and contribute to the continued success of Southbridge Cornwall.

July Word Hunt

K	C	H	E	R	R	Y	Q	N	Q	I	S
J	S	T	R	A	W	B	E	R	R	Y	U
Y	A	N	C	O	W	B	O	Y	O	D	M
F	A	M	I	L	Y	M	U	S	I	C	M
N	A	C	T	I	V	I	T	Y	W	V	E
S	O	U	T	H	B	R	I	D	G	E	R
E	D	S	X	B	I	C	Y	C	L	E	V
E	G	A	R	D	E	N	E	Q	G	G	L

ACTIVITY
BICYCLE
CHERRY
COWBOY
FAMILY

GARDEN
MUSIC
SOUTHBRIDGE
STRAWBERRY
SUMMER

