



Shobrook Gardens

A "Seniors Only" Community in the picturesque town of Uxbridge ,
Ontario providing Independent and Quality Retirement
Living in a Christian atmosphere.

A Sample of Weekly Activities at Shobrook Gardens

Sunday	7:00 p.m.(Shobrook Hall) Evensong Devotional – Rev. Ted Thompson Special Music – Brittany Lawson
Monday	9:15-10:15 a.m. Aqua Fitness 11:00 a.m. (Shobrook Hall) Exercises 3:00 p.m. (Craft Room) Painting 7:00 p.m. (Games Room) Euchre
Tuesday	Footcare- book with Ruth 10:00 a.m. (Shobrook Hall) Second Cup 2:00 p.m. (Games Room) Scrabble 7:00 p.m. (Games Room) Bridge
Wednesday	9:15-10:15 a.m. Aqua Fitness 11:00 a.m. (Shobrook Hall) Exercises Noon – (Shobrook Hall) Bring Your Own Sandwich 7:00 p.m. (Games Room) Euchre
Thursday	1:30 p.m. (Shobrook Hall) Shobrook Singers 7:00 p.m. (Games Room) Crokinole, Shuffleboard 7:30 p.m. (Games Room) Shanghai Rummy
Friday	Hairdressing (men & ladies) – book with Ruth 9:15-10:15 a.m. Aqua Fitness 2:00 p.m. (Unit 207) Knitting for Charity
Saturday	10:00 a.m. (Shobrook Hall) Meet Your Neighbours