

# July

SUNDAY	1	MONDAY	2	TUESDAY	3	WEDNESDAY	4	THURSDAY	5	FRIDAY	6	SATURDAY
	9:00	<b>CANADA DAY</b> WORD GAMES - PICK UP AT THE FRONT DESK	9:45	SIT & STRETCH - 2ND FLOOR LOUNGE	9:45	YOGA FOR SENIORS 2ND FLOOR LOUNGE	9:45	SIT & STRETCH - 2ND FLOOR LOUNGE	9:45	YOGA FOR SENIORS 2ND FLOOR LOUNGE	10:00	MOVIE - 2ND FLOOR LOUNGE
	2:00	MOVIE - 2ND FLOOR LOUNGE	10:30	CLAY POT PAINTING - PATIO	2:00	LADDER TOSS - PATIO	10:30	DUTCH SHUFFLEBOARD - PATIO	10:30	GROUP WALK - MEET IN THE LOBBY	2:00	DOMINOES - ACTIVITY ROOM
7	8		9		10		11		12		13	
10:00	10:00	BINGO - ACTIVITY ROOM	9:45	MANICURES - 2ND FLOOR LOUNGE	10:00	BUBBLY FOOT BATHS - 2ND FLOOR LOUNGE	9:45	SIT & STRETCH - ACTIVITY ROOM	9:45	YOGA FOR SENIORS ACTIVITY ROOM	10:00	MOVIE - 2ND FLOOR LOUNGE
2:00	2:00	SPINNER TOY MAKING PATIO	2:00	ICE CREAM SUNDAE BAR - DINING ROOM	2:00	DUTCH SHUFFLEBOARD ACTIVITY ROOM	10:30	MUSIC THERAPY WITH MALLORY - ACTIVITY ROOM	10:30	GROUP WALK with U of W ASSOCIATES ICE CREAM TREATS 	2:00	TEA & DISCUSSION - DINING ROOM
	3:30	YOGA FOR SENIORS ACTIVITY ROOM	3:00	SIT & STRETCH - ACTIVITY ROOM	3:00	YOGA FOR SENIORS ACTIVITY ROOM	2:00	HAPPY HOUR with ROGER JOYCEY - FRONT LOBBY	2:00	DRUM FIT FUN - MUSIC ON THE PATIO	3:00	CROKINOLE - ACTIVITY ROOM
14	15		16		17		18		19		20	
10:00	10:00	BINGO - ACTIVITY ROOM	9:45	SIT & STRETCH ACTIVITY ROOM	9:45	YOGA FOR SENIORS ACTIVITY ROOM	9:45	SIT & STRETCH - ACTIVITY ROOM	9:45	YOGA FOR SENIORS ACTIVITY ROOM	10:00	MOVIE - 2ND FLOOR LOUNGE
2:00	2:00	DUTCH SHUFFLEBOARD ACTIVITY ROOM	10:30	PAINTING with WATER COLOURS & SALT - PATIO	11:00	BUS TRIP - LUNCH THE RIGHT SPOT - ALMA 	10:30	CARD BINGO ON THE PATIO	10:30	HAPPY HOUR with BRENT MEIDINGER	2:00	DOMINOES - ACTIVITY ROOM
	3:30	YOGA FOR SENIORS 2ND FLOOR LOUNGE	2:00	POOL NOODLE FUN - MUSIC ON THE PATIO			2:00	BEACH BALL TOSS - NAME GAME - ACTIVITY ROOM	2:00	GROUP WALK - MEET IN THE LOBBY		
21	22		23		24		25		26		27	
10:00	10:00	BINGO - ACTIVITY ROOM	9:45	SIT & STRETCH ACTIVITY ROOM	9:45	YOGA FOR SENIORS ACTIVITY ROOM	9:45	SIT & STRETCH - ACTIVITY ROOM	9:45	YOGA FOR SENIORS ACTIVITY ROOM	10:00	MOVIE - 2ND FLOOR LOUNGE
2:00	2:00	COLOURING ON THE PATIO	10:30	DUTCH SHUFFLEBOARD ACTIVITY ROOM	10:30	TBA	10:30	MUSIC THERAPY WITH MALLORY - ACTIVITY ROOM	10:30	GROUP WALK MEET IN THE LOBBY	2:00	TEA & DISCUSSION - DINING ROOM
	3:30	YOGA FOR SENIORS 2ND FLOOR LOUNGE	2:00	TBA	2:00	TBA	2:00	LADDER TOSS - PATIO	2:00	ICE CREAM TREATS ON THE PATIO - MUSIC	2:00	CROKINOLE - ACTIVITY ROOM
28	29		30		31							
10:00	10:00	BINGO - ACTIVITY ROOM	9:45	SIT & STRETCH 2ND FLOOR LOUNGE	9:45	YOGA FOR SENIORS ACTIVITY ROOM						
	2:00	BEACH PARTY ON THE PATIO 	10:30	HAPPY HOUR with LEAVIN TRACKS - FRONT LOBBY	10:30	DUTCH SHUFFLEBOARD ACTIVITY ROOM						
			1:30	TOWN HALL - DINING ROOM	2:00	ACTIVITY DRAW FOR JULY - FRONT LOBBY						