















July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Canada Day 
2 	3 NO RECREATION	4 Get Crackin' H2 09:30 Group Exercises H1/H2 11:00 Lunch @ Casino (Gents)	5 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 Wine Makin' 1:00 CANTEEN	6 Get Crackin' H4 10:00 Catholic Mass 10:30 Crossword Puzzle 1:30 "Entertainment" ERIN FOREMAN	7 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	8 
9 	10 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 1:30 Birthday Party H2 1:30 Dominoes H3	11 Get Crackin' H2 09:30 Group Exercises H1/H2 11:00 Lunch @ Casino (ladies) 2:00 Dominoes	12 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 Birthday Party H4 1:30 Name Games	13 Get Crackin' H4 10:00 Anglican/ Interdenominational Service 10:00 Group Exercises 1:30 Cards & Games	14 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 3:30 Staff BBQ Party 	15 
16 	17 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 1:30 Painting Class 1:30 Bowling Games	18 10:30 Group Exercises H3/H4 1:30 Name Games 1:30 Dominoes/kaiser 05:00 House 1 & 2 BBQ Supper	19 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 Entertainment "Keegan Isaac"	20 10:30 Crossword Puzzle 1:30 Wine Makin' 1:30 Balloon/Ring Toss Games 05:00 House 3 & 4 BBQ Supper	21 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	22 
23 	24 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 Cards & Games	25 Get Crackin' H2 09:30 Group Exercises H1/H2 10:15 Group Exercises H3/H4 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Cards & Bowling Games	26 Get Crackin' H3 Individual Exercises 10:30 Sit N' Be Fit 1:30 Birthday Party H1 1:30 Kaiser H2/3	27 Get Crackin' H4 09:30 Group Exercises H1/H2 10:15 Group Exercises H3/H4 10:30 Crossword Puzzle 1:30 Birthday Party H3 1:30 Shuffleboard H4	28 Individual Exercises 10:30 Sit N' Be Fit 1:30 BINGO 	29 
30 	31 Get Crackin' H1 Individual Exercises 10:30 Sit N' Be Fit 1:30 Movie Afternoon	Evelyn Griffiths July 3rd, 1937 Robert Colliar July 9th, 1930		Pauline Ornawka July 6th, 1928 Betty Grill July 24th, 1941		