

July 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Canada Day 1

Note Activities Are Subject to Change

9:30am Catholic 2

Rosary (GR)



3

No Activities Today

10:00am Chair 4

Cardio & Walking (GR)

10:45am Hymn Singing (GR)

2:00pm Coffee Social (GR)



2:30pm Bingo (GR)

BINGO				
10	18	40	53	74
3	23	37	56	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

10:00am Chair 5

Yoga & Guided Meditation (GR)

2:00pm Ice Cream on the Patio (P3)



3:15pm Sing Along with AI (GR)



10:00am Core & Balance Exercises (GR) 6

10:45am Hymn Singing

2:00pm Travel Cinema: Celebrating Canada (GR)



3:00pm Canadian Craft (GR)



10:00am Chair 7

Dancing & Walking (GR)

10:45am Hymn Singing (GR)

2:00pm-4:00pm Country Drives



2:00pm

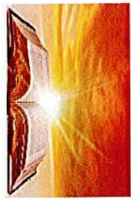
Entertainment: The "Wine Not" Band (GR)



8



9:30am 9
Bible Fellowship
Service (GR)



10:00am 10
Strength Training
Exercises (GR)
10:45am Hymn
Singing (GR)



2:00pm Shirley
Temple Social (GR)

2:30pm Bingo (GR)

BINGO				
10	18	40	53	74
3	23	37	56	70
15	24	★	51	62
5	30	43	54	65
1	26	33	58	67

10:00am Chair 11
Cardio & Walking
(GR)
10:45am Hymn
Singing (GR)



2:00pm Resident
Council Meeting
(GR)

3:00pm Smores on
the Patio (FP)



10:00am Chair 12
Yoga & Guided
Meditation (GR)
1:30pm Rosary with
Jane (GR)



1:30pm Baking with
Wanda (H1)



2:30pm Did You
Know? All About
Cheese (P3)



10:00am Core & 13
Balance
Exercises (GR)
10:45am Hymn
Singing



2:00pm Chess
Tutorial/ Games
(GR)

10:00am Chair 14
Dancing &
Walking (GR)
10:45am Hymn
Singing (GR)



2:00pm- 4:00pm
Country Drives

2:00pm

Entertainment: Don
Balzer (GR)



9:30am 16
Catholic Rosary
(GR)



3:00pm Warman
Gospel Church
Service (GR)



10:00am 17
Strength Training
Exercises (GR)
10:45am Hymn
Singing (GR)



2:00pm Iced Tea
Social (GR)

2:30pm Bingo (GR)

BINGO				
10	18	40	53	74
3	23	37	56	70
15	24	★	51	62
5	30	43	54	65
1	26	33	58	67

10:00am Chair 18
Cardio & Walking
(GR)
10:45am Hymn
Singing (GR)



2:00pm Bible Study
& Hymn Singing
(GR)

3:00pm Coffee
Social (GR)



10:00am Chair 19
Yoga & Guided
Meditation (GR)
1:30pm Rosary with
Jane (GR)



2:00pm Happy Hour
(P3 & CY4)



2:30pm Bean bag
Toss (P3 & CY4)



10:00am Core & 20
Balance
Exercises (GR)
10:45am Hymn
Singing



2:00pm Summer
Craft (GR)

3:30pm Sangria on
the Patio (P3)



10:00am Chair 21
Dancing &
Walking (GR)
10:45am Hymn
Singing (GR)



2:00pm- 4:00pm
Country Drives

2:00pm

Entertainment: Old
Time Rhythm
Makers (GR)

