

# July 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Canada Day 1

**No Activities Today!**



10:00am Strength 2

Training (GR)  
10:00am Hymn Singing (GR)

2:00pm Canada Day Facts (GR)



2:30pm Bingo (GR)



10:00am Chair 3

Dancing: Country (GR)  
10:45am Hymn Singing (GR)

2:00pm Garden Club

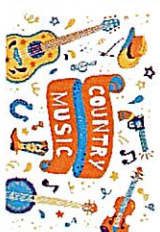


3:15pm Sing Along with AI (GR)



**No Morning Activities** 4

2:00pm Brain Teasers: Country Music Facts (GR)



10:00am Core & 5

Balance (GR)  
10:00am Hymn Singing (GR)

2:00pm

Entertainment: The Pied Piper (GR)



6

9:30am Catholic 7

Communion & Devotion (GR)



10:00am Chair 8

Cardio (GR)  
10:00am Hymn Singing (GR)

2:00pm Ice Cream Sundaes Social (GR)



2:30pm Bingo (GR)



Western Day 9

10:00am Calgary Stampede Shenanigans (GR)

2:00pm Petting Zoo



10:00am 10

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

1:30pm Baking with Wanda (H1)

2:00pm Summer Craft (GR)



10:00am 11

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

2:00pm Dog Days of Summer Social (P2 & P3)

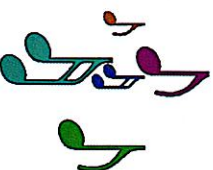


10:00am Chair 12

Dancing: Pop (GR)  
10:00am Hymn Singing (GR)

2:00pm

Entertainment: Memory Lane (GR)





13

**14**  
10:00am Chair **15**  
Yoga & Guided Meditation (GR)  
2:00pm Lemonade Social (GR)  
2:30pm Bingo (GR)



10:00am Chair **16**  
Dancing: Jive (GR)  
10:00am Hymn Singing (GR)  
2:00pm Garden Club  
2:30pm Sangria Social

10:00am Chair **17**  
Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Patio Games (P2 & P3)  
3:15pm Sing Along with AI (GR)




10:00am Chair **18**  
Yoga & Guided Meditation (GR)  
2:00pm Cultural Day: France




10:00am Chair **19**  
10:00am Resident Birthday Party & Bingo (GR)  
**House 2, 4 & 6**





10:00am Chair **20**  
10:00am Resident Birthday Party & Bingo (GR)  
**House 1, 3 & 5**

**21**  
9:30am Catholic Communion & Devotion (GR)



10:00am Core & **22**  
Balance (GR)  
10:00am Hymn Singing (GR)  
2:00pm Mojito Social (GR)  
2:30pm Bingo

10:00am Chair **23**  
Yoga & Guided Meditation (GR)  
2:00pm Take Me Out to the Ball Game (GR)



10:00am Chair **24**  
Dancing: Hip Hop (GR)  
10:45am Hymn Singing (GR)  
1:30pm Baking with Wanda (H4)  
3:00pm Popsicles on the Patio (P2 & P3)




10:00am Chair **25**  
Cardio (GR)  
10:00am Hymn Singing (GR)  
2:00pm Pool Noodle Fishing (P2 & P3)  
2:30pm Iced Tea Social (P2 & P3)



10:00am Chair **26**  
Strength Training (GR)  
10:00am Hymn Singing (GR)  
2:00pm Entertainment: The Wine Not Band (GR)




**27**

**28**


10:00am Chair **29**  
Dancing: Salsa (GR)  
10:00am Hymn Singing (GR)  
2:00pm Margarita Social (GR)  
2:30pm Bingo (GR)




10:00am Chair **30**  
Strength Training (GR)  
10:00am Hymn Singing (GR)  
2:00pm Did You Know: International Tiger Day (GR)



10:00am Chair **31**  
Cardio (GR)  
10:45am Hymn Singing (GR)  
2:00pm Frisbee Competition (CY1 & CY2)  
3:15pm Sing Along with AI (GR)



**CY 1 - Courtyard House 1**  
**CY 4 - Courtyard House 4**

**P2 - Patio House2**  
**P3 - Patio House 3**  
**H1 - House 1**  
**House 4 - House 4**