












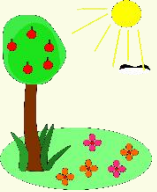











# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> <b>No Recreation</b>	<b>2</b> Get Crackin H1 9:15 Group Exercise 11:00 Bakin H3 1:30 Birthday Party H3 	<b>3</b> Get Crackin H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 HM Sportsfest (H1 vs. H3 vs H4)	<b>4</b> Get Crackin H4 9:15 Group Exercise 10:00 Catholic Church 1:30 HM Sportsfest (H1 vs. H3 vs H4)	<b>5</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>6</b> 	
<b>7</b> 	<b>8</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 Card & Games 	<b>9</b> Get Crackin H1 Individual Exercise 10:00 United Church 1:30 Canteen 2:00 Cribbage H3	<b>10</b> Get Crackin H3 Individual Exercise 10:30 Sit N' Be Fit 11:00 Bakin 1:30 Birthday Party H4 	<b>11</b> Get Crackin H4 9:15 Group Exercise 10:00 Anglican Church 1:30 Entertainment 'Multicultural Day'	<b>12</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>13</b> 	
<b>14</b> 	<b>15</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 Card & Games 	<b>16</b> Get Crackin H1 9:15 Group Exercise 10:30 Crossword 1:30 Ladies Afternoon "HM Resident Choir"	<b>17</b> Get Crackin H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Men's Afternoon 	<b>18</b> Get Crackin H4 9:15 Group Exercise 10:30 Crossword 1:30 Hangman H4 1:30 Cribbage H3	<b>19</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>20</b> 	
<b>21</b> 	<b>22</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 Card & Games 	<b>23</b> Get Crackin H1 9:15 Group Exercise 10:30 Crossword 1:30 Canadian Trivia	<b>24</b> Get Crackin H3 Individual Exercise 11:00 Lunch @ Porta Bella 1:30 Cribbage H3	<b>25</b> Get Crackin H4 9:15 Group Exercise 10:30 Crossword 1:30 Movie Afternoon 	<b>26</b> Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	<b>27</b> 	
<b>28</b> 	<b>29</b> Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 1:30 Card & Games 	<b>30</b> Get Crackin H1 9:15 Group Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Outdoor Activities	<b>31</b> Get Crackin H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Memorial Service 				Evelyn Griffiths July 3, 1937 Pauline Ornowka July 6, 1928

