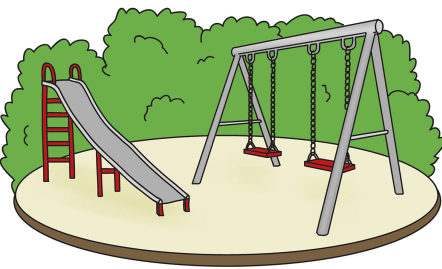
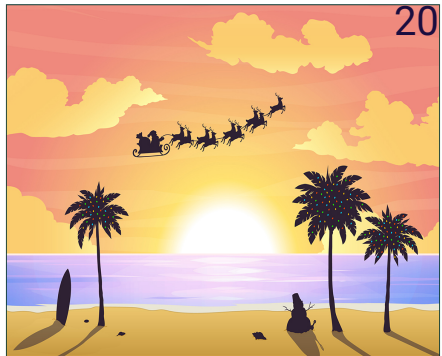


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30- July Calendar 1 10:00- Noodle Soccer 10:30 Table Tennis 1:45- Canada Day Social and Trivia with 4east CANADA DAY	2 9:30 Fun & Fitness 10:00 Bingo 11:00 Reading Stories 1:30 Card Games 2:30 Music with Bill in the Courtyard	3 9:45- Stretch Fit 10:15- Word Games Bus Trip Lone Star 11:30 2w, 3w, 4e, 3e 2:30- Movie Time	4 8:30- SPECIAL BREAKFAST- 2e 3e 4e 10:30- Sit and Stand 11:00- Name any 5 1:45- Hand Massages and Nails Care 2:30- Look out the window Independence Day (U.S.)	5 2:30 Sing A Long with Robert in the Courtyard
6 	7 9:45- Morning Stretch 10:30- SDA Church 11:00- Musical Time 2:00 Sing Along with Patricia in the Auditorium	8 9:45- Noodle Soccer 10:15- Words on the Board 11:00- Walking Group 2:00- Yoga with Betty 3:30- Visit to our Plants	9 9:45- Exercise Time 10:15- Coloring to Music 11:00- UNO Cards 2:00 Judy and Robin	10 9:30 Fun & Fitness 10:00 Word Game 11:00 Let's Walk and Talk 2:00 Young at Heart 2e, 4e, 3e	11 9:45- Yoga Practice 10:15- Words on the Board 11:00- Walking group 1:45- Arts and Crafts 2:30- Let's Decor	12 9:45- Noodle Exercise 10:15- Words on the board 11:00- 2:30 Music with Doug
13 9:45- Power of Hour 10:45- Bingo 1:45- Piccolo Pranzo 2:30- Taste Test 3:30- Trivia Time	14 No Programs in the morning 1:45- Slushie making 2:30- Taste Test 3:30- Wonderful Day	15 9:45- Bowling 10:30- Search for word 11:00- 1:1 Visits 1:45- Aerts and Crafts 3:00- Courtyard Visits	16 2:30 Bell Choir Concert	17 9:45- Table Tennis 10:15- Helping Hand 11:00- Visits to our Plants 2:30 Sing A Long with Roseanne and Friends	18 8:30- SPECIAL BREAKFAST- 4e 10:30- Sit and Stand 11:00- Name any 5 1:45- Hand Massages and Nails Care 2:30- Look out the window	19 
20 	21 9:45- Stretch time 10:30 SDA Church 12:30- 4E BBQ 2:30- Movie and Snacks	22 9:45- Noodle Fight 10:15- Dot to Dot 11:00- Fishing game 1:45- Courtyard Visit 2:30- Group 2nd 3:30- Juicy Gossips	23 9:45- Light Exercise 10:15- Name it 11:00- Coloring to music 1:30 Residents Council and Food Committee	24 9:30 Fun & Fitness 10:00 Coloring to Music 11:00 Friendly Visits 1:30 Plinko 2:30 Sing A Long with Country Kenny	25 9:45- Exercise Time 10:15- Coloring to Music 11:00- Walking Group 1:45- Courtyard Visit 2:30- Group 2nd 3:30- Snacks Time	26 9:45- Meditation Time 10:15- Bingo 11:00- Colouring to Music 1:45- Looking out the window 2:30- Weekend Movie
27 9:45- Power of Hour 10:45- Bingo 1:45- Slushie making 2:30- Taste Test 3:30- Wonderful Day	28 9:45- Sit and Stand 10:30- SDA Church 11:00- Musical Time 1:45- Nachos Social 2:30- Funny us 3:30- 1:1 Visits	29 9:45- Meditative Morning 10:15- Colouring to Music 11:00- Sit and Stand 2:00 Yoga with Betty	30 	31 9:45- Seated Exercise 10:15- Bowling 11:00- Nosy Us 2:30 Caribbean Festival	 Thursday: - Catholic Communion; Saturday: Pet Visit	