

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day	2 8:00 Coffee & Chat 10:00 Carpet Bowling 11:15 Walking Program 12:30 Canada Day BBQ with Slava	3 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Table Games	4 8:00 Coffee & Chat 10:00 Active Games 11:00 Mass 1:30 Walking Program 1:45 Entertainment by Pete 2:30 1:1 Visits 6:00 Happy Hour	5 8:00 Coffee & Chat 9:30 Walking Program 11:00 Exercises 1:45 Art Therapy	6 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Sing Along with Lory
7 8:00 Coffee & Chat 9:30 Walking Program 11:00 Mass 1:45 Aroma Therapy / Beauty Time	8 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Karaoke with Gwen	9 8:00 Coffee & Chat 10:00 Carpet Bowling 11:15 Walking Program 1:45 Bingo	10 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Father's Day with Koro	11 8:00 Coffee & Chat 10:00 Active Games 11:00 Mass 1:30 Walking Program 1:00 Scenic Drive 2:30 1:1 Visits 6:00 Pizza Night	12 8:00 Coffee & Chat 9:30 Walking Program 11:00 Exercises 1:45 Art Therapy	13 8:00 Coffee & Chat 10:00 Music Therapy with Mike 11:15 Walking Program 1:45 Hymn Sing / Outdoor Walks
14 8:00 Coffee & Chat 9:30 Walking Program 11:00 Mass 1:45 Aroma Therapy / Beauty Time	15 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Entertainment by Greg	16 10:00 Carpet Bowling 11:15 Walking Program 1:45 Bingo	17 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Entertainment by Time Liners	18 8:00 Coffee & Chat 10:00 Active Games 11:00 Mass 1:30 Walking Program 1:45 Birthday Party with Slava 2:30 1:1 Visits 6:00 Social Tea	19 8:00 Coffee & Chat 9:30 Walking Program 11:00 Exercises 1:30 Scenic Drive	20 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 11:45 Hymn Sing / Outdoor Walks
21 8:00 Coffee & Chat 9:30 Walking Program 11:00 Mass 1:45 Aroma Therapy / Beauty Time	22 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Bingo	23 8:00 Coffee & Chat 10:00 Carpet Bowling 11:15 Walking Program 1:45 Table Games	24 8:00 Coffee & Chat 10:00 Exercises 10:30 Shopping Bus Outing 11:15 Walking Program 1:45 Movie Time	25 8:00 Coffee & Chat 10:00 Active Games 11:00 Mass 1:30 Walking Program 1:45 Entertainment by Peter 2:30 1:1 Visits 6:00 Happy Hour	26 8:00 Coffee & Chat 9:30 Walking Program 11:00 Exercises 1:45 Baking	27 8:00 Coffee & Chat 10:00 Music Therapy with Mike 11:15 Walking Program / Visits 1:45 Hymn Sing / Outdoor Walks
28 8:00 Coffee & Chat 9:30 Walking Program 11:00 Mass 1:45 Aroma Therapy / Beauty Time	29 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Bingo	30 8:30 Special Breakfast 8:00 Coffee & Chat 10:00 Carpet Bowling 11:15 Walking Program 1:45 Entertainment by Ed	31 8:00 Coffee & Chat 10:00 Exercises 11:15 Walking Program 1:45 Table Games			