

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Active Games 3:15 1:1 Sit to Stand & Outdoor Walks	31 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Lory 3:15 1:1 Sit to Stand & Garden Walks						1 CANADA DAY 10:30 Outdoor Walk 11:00 Catholic Mass 1:30 Outdoor Walk 3:15 1:1 Sit to Stand & Garden Walks 5:00 Fly Ball
2 10:30 TV Show 11:45 Walking Program 1:30 Movie Time – “Grace and Frankie” 3:15 1:1 Sit to Stand & Outdoor Walks 	3 10:30 TV Show. 11:45 Walking program 11:45 Room visits 1:45 Sing Along with Pete 3:15 1:1 Sit to Stand & Garden Walks	4 10:30 TV Show. 10:45 Walking Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks	5 10:30 Outdoor Walks 10:45 Walking Program 11:45 Room visit 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	6 9:45 Outdoor Walks 10:45 Walking Program 1:45 Nail & Hand Care 1:45 Busy Hands 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	7 10:30 Outdoor Walks 11:00 Music Therapy 11:45 Room visits 1:45 Nail & Hand Care 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	8 10:30 Outdoor Walks 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Busy Hands 6:30 1:1 Connection	
9 10:30 TV Show 11:00 Polish Church Livestream Mass 11:45 Room visits 1:45 Bible Believers 3:15 1:1 Sit to Stand & Outdoor Walks	10 10:30 TV Show 10:45 Walking Program 11:45 Room visits 1:30 Movie Time 3:15 Sit to Stand & Garden Walks 	11 10:30 TV Show 11:45 Room visits 1:45 Entertainment by Lawless Firm Band 3:15 1:1 Sit to Stand & Garden Walks	12 10:30 Outdoor Walks 10:45 Walking Program 11:45 Room visits 1:30 Outdoor Walk 1:45 Magic in Words 3:15 1:1 Sit to Stand & Garden Walks 5:00 Fly Ball	13 10:30 Outdoor Walk 10:45 Walking Program 1:30 Nail & Hand Care 1:45 Art Therapy 3:15 1:1 Sit to Stand & Garden Walks 5:00 Fly Ball 6:30 1:1 Connection 	14 10:30 Outdoor Walks 10:45 Walking Program 1:30 Reading Club 1:45 Busy Hands 3:15 1:1 Sit to Stand & Garden Walks 5:00 Fly Ball 6:30 1:1 Connection	15 10:30 Outdoor Walk 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Social Tea 3:15 1:1 Sit to Stand & Garden Walks 5:00 Fly Ball 6:30 1:1 Connection	
16 10:30 Outdoor Walk 11:00 Polish Church Livestream Mass 11:45 Room visits 1:45 Bible Believers 3:15 1:1 Sit to Stand & Garden Walks	17 10:30 TV Show. 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Timeliners 3:15 1:1 Sit to Stand & Garden Walks	18 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:30 Nail & Hand Care 3:15 1:1 Sit to Stand & Garden Walks 	19 9:45 Exercise 10:45 Walking Program 1:30 Magic in Words 1:45 Sing Along 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	20 9:45 Exercise 10:45 Walking Program 1:45 Nail & Hand Care 1:45 Crafts 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	21 9:45 Exercise 11:00 Music Therapy 11:45 Room visits 1:30 Outdoor Walks 1:45 Active Games 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	22 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball	
23 9:45 Exercise 11:00 Polish Church Livestream Mass 1:30 Nail & Hand Care 1:45 Active Games 3:15 1:1 Sit to Stand & Outdoor Walks	24 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Slava 3:15 1:1 Sit to Stand & Outdoor Walks	25 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:30 Nail & Hand Care 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	26 9:45 Exercise 10:45 Walking Program 1:30 1:1 Interaction 1:30 Companion Walks 1:45 Sing Along 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	27 9:45 Exercise 10:45 Walking Program 1:45 Nail & Hand Care 1:45 Crafts 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	28 9:45 Exercise 11:00 Music Therapy 11:45 Room visits 1:30 Outdoor Walks 1:45 Reading Club 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection	29 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 	

** DAILY CHRONICLES 2023 ARE PROVIDED EACH MORNING

** CALENDAR IS SUBJECT TO CHANGE **



Hello Sunshine! Keep Shining and Smiling

