



Activities Calendar July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Happy Canada Day! 1:30 Visits on the Patio with Meghan 2:30 Outdoor Concert: JC Smith *Please accompany your loved one down to this program*	2. 10:00 Outdoor Walks with Lindsie	3. 10:30 Music and Manicures with Steph 11:15 Walking Group
4. 10:30 Worship Service in the Great Hall with Chaplain Rick *Please accompany your loved one down to this program*	5. 10:15 Gentle Fitness Class 11:00 Garden Care on the Patio 2:00 Outdoor Walks 3:30 Hymn Sing on the TV	6. 10:00 Brain Games 11:00 Balloon Toss 2:15 Helping Hands 3:30 Relaxing on the Patio	7. 10:00 Worship Service with Rick 11:00 Music and Manicures 2:30 Bingo 3:30 Walking Group	8. 9:15 Visits with Frankie the Dog 10:15 Gentle Fitness Class 11:00 Finishing Lines 2:30 Janet to Perform on the Piano 3:30 Creative Colouring	9. 10:00 Balloon Toss 11:00 Friendly Visits with Mason 2:30 Painting Group 3:30 Friendly Visits with Meghan	10. 10:30 Brain Games with Meghan 11:15 Walking Group
11. 10:30 Worship Service in the Great Hall with Chaplain Rick *Please accompany your loved one down to this program*	12. 10:00 Hymn Sing with Carolyn 11:00 Garden Care on the Patio 2:00 Outdoor Walks	13. 10:00 Brain Games 11:00 Walking Group 2:15 Bingo 3:30 Relaxing on the Patio	14. 10:00 Lemonade and Music on the Patio 11:00 Music and Manicures 2:30 Coffee and Afternoon Chat/ Funny Stories	15. 9:15 Visits with Frankie the Dog 10:15 Gentle Fitness Class 11:00 Reading Group 2:30 Reminiscing Group: All Things Weddings 3:30 Word Puzzles	16. 10:00 Outdoor Walks 11:00 Friendly Visits with Mason 2:30 July Birthday Social: Cake and Ice Cream and Sing-Along 3:30 Friendly Visits with Meghan	17. 10:30 Creative Colouring Group with Steph 11:15 Walking Group
18. 10:30 Worship Service in the Great Hall with Chaplain Rick *Please accompany your loved one down to this program*	19. 10:15 Gentle Fitness Class 11:00 Garden Care on the Patio 2:00 Outdoor Walks 3:30 Hymn Sing on the TV	20. 10:00 Brain Games 11:00 Balloon Toss 2:30 Ice Cream Social 3:30 Relaxing on the Patio	21. 10:00 Worship Service with Rick 11:00 Music and Manicures 2:30 Bingo 3:30 Walking Group	22. 9:15 Visits with Frankie the Dog 10:15 Gentle Fitness Class 11:00 Finishing Lines 2:30 Painting Group: Sunsets 3:30 Outdoor Walks	23. <u>Tokyo Summer Olympics Begin</u> 10:00 Music Therapy with Brian 11:00 Friendly Visits with Mason 1:30 Concert by Janet and Kira in the Lounge 3:30 Friendly Visits with Meghan	24. 10:00 Hymn Sing with Carolyn
25. 10:30 Worship Service in the Great Hall with Chaplain Rick *Please accompany your loved one down to this program*	26. 10:15 Reminiscing Group 11:00 Garden Care on the Patio 2:00 Outdoor Walks	27. 10:00 Brain Games 11:00 Walking Group 2:15 Helping Hands 3:30 Relaxing on the Patio	28. 10:00 Hymn Sing with Carolyn 11:00 Music and Manicures 2:30 Coffee and Afternoon Chat/ Funny Stories	29. 9:15 Visits with Frankie the Dog 10:15 Balloon Toss 11:00 Reading Group 2:15 Bingo 3:30 Friendly Visits with Meghan	30. 10:00 Ring Toss 11:00 Friendly Visits with Mason 2:30 Trivia 3:30 Friendly Visits with Meghan	31. 10:30 Painting Group with Steph 11:15 Walking Group