









# July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Happy Canada Day</b> <b>3:30pm-5:00pm</b> <b>Canada Day Party</b> with Entertainer <b>Debbie Bechamp!</b>	<b>2</b> 9:15am: <b>Wordle</b> 9:30am: <b>Resident Walk</b> 10:30am: <b>Get Energized</b> 2-4pm: <b>Card Bingo Act Hall</b>	<b>3</b> 9:30am: <b>Making Music Together</b> 2pm: Euchre -2 <sup>nd</sup> Fl terrace 3pm: <b>BINGO (note change in day this week only)</b> 7pm: 'Teach & Tech' with <i>Brian</i>	<b>4</b> 9:30am: <b>Words IN a Word</b> 10am: <b>Drumming Class-Gym</b> 10:30am: Communion 2pm: Knit 'N Chat-2 <sup>nd</sup> Fl 3pm: <b>Music N Motion</b>	<b>5</b> 10:30am: <b>Get Energized</b> 3pm: <b>Golf</b> 4pm: Happy Hour & Pina Coladas! 	<b>6</b> 1pm: Euchre 3pm: <b>Golf</b>
<b>7</b> 10:00am: 'St Marks' Anglican Church Live stream service TV room 2 <sup>nd</sup> floor  "World Chocolate Day!"	<b>8 It's Elizabeth's Birthday!</b> <small>(Hairdresser)</small> 9:30am: <b>Making Music Together</b> 10am: <b>Resident Walk</b> 10:30: <b>Get Energized</b> 1pm: <b>Chess 2<sup>nd</sup> Fl</b> 3pm: <b>Bingo -Act Hall</b>	<b>9</b> 9:30am: <b>Resident Walk</b> 10:30am: <b>Happy Hearts</b> 2-4pm: <b>Card Bingo Act Hall</b>	<b>10 It's Chris's Birthday!</b> 9:15am: <b>'Zumba Gold'</b> <small>With Marifa -Gym</small> 10am: <b>Beekeeping with Shari!</b> <small>1st Floor Lounge</small> 2pm: Euchre -2 <sup>nd</sup> Fl 7pm: 'Teach & Tech' with <i>Brian</i>	<b>11</b> 9:30am: <b>Wordle</b> 10am: <b>Resident Walk</b> 10:30am: <b>Therapy Paws</b> 2pm: Knit 'N Chat 2 <sup>nd</sup> Fl 3pm: <b>Dominoes</b>	<b>12</b> 9:30am: <b>Get Energized</b> 3pm: <b>Golf</b> 4pm: Happy Hour & Pina Coladas!  <b>Strawberry Dessert Day!</b>	<b>13 It's Lisa's Birthday!</b> 1pm: Euchre 3pm: <b>Golf</b>
<b>14</b> 10:00am: 'St Marks' Anglican Church Live stream service TV room 2 <sup>nd</sup> floor	<b>15</b> 9:30am: <b>Making Music Together</b> 10am: <b>Resident Walk</b> 1pm: <b>Chess 2<sup>nd</sup> Fl</b> 3pm: <b>Bingo -Act Hall</b>	<b>16</b> 9:15am: <b>Wordle</b> 9:30am: <b>Resident Walk</b> 10:30am: <b>Get Energized</b> 1pm: <b>Hear Well Be Well</b> 2-4pm: <b>Card Bingo Act Hall</b>	<b>17</b> <b>9:30am:</b> <b>'Chair Yoga' with Janet</b> 2pm: <b>Euchre -2<sup>nd</sup> Fl</b> 3pm: <b>Ice-Cream Sundaes!</b> 7pm: 'Teach & Tech' <i>Brian</i>	<b>18 It's Isabelle's Birthday!</b> 10am: <b>Drumming-Gym</b> 11am: <b>Church Service</b> with Rev Lynn 2 <sup>nd</sup> Fl 1pm: <b>Baking with Christine</b> 2pm: Knit 'N Chat-2 <sup>nd</sup> Fl 3pm: <b>Bean Bag Toss</b>	<b>19</b> 10:30am: <b>Get Energized</b> 3pm: <b>Golf</b> 4pm: Happy Hour & Pina Coladas!	<b>20</b> 1pm: Euchre 3pm: <b>Golf</b>
<b>21</b> 10:00am: 'St Marks' Anglican Church Live stream service TV room 2 <sup>nd</sup> floor	<b>22</b> 9:30am: <b>Wordle</b> 10am: <b>Resident Walk</b> 1pm: <b>Paint with Jackie</b> 1pm: <b>Chess 2<sup>nd</sup> floor</b> 3pm: <b>Bingo -Act Hall</b>	<b>23 It's Marlene's Birthday!</b> 9:30am: <b>Resident Walk</b> 10:30am: <b>Get Energized</b> 2-4pm: <b>Card Bingo Act Hall</b> 	<b>24</b> <b>9:15am: 'Zumba Gold'</b> <small>With Marifa -Gym</small> 1pm: Walmart Trip 2pm: <b>Euchre -2<sup>nd</sup> Fl</b> 3pm: <b>Jeopardy</b> 7pm: 'Teach & Tech'- <i>Brian</i>	<b>25</b> 9:30am: <b>Making Music Together</b> 10:30am: <b>Therapy Paws</b> 2pm: Knit 'N Chat- 2 <sup>nd</sup> Fl	<b>26</b> 10:30am: <b>Get Energized</b> 1pm: <b>Bake with Jackie</b> 3pm: <b>Golf</b> 4pm: Happy Hour & Pina Coladas!	<b>27</b> 1pm: Euchre 3pm: <b>Golf</b> 
<b>28</b> 10:00am: 'St Marks' Anglican Church Live stream service TV room 2 <sup>nd</sup> floor  "World Grandparents Day!" Check out our Display!	<b>29</b> 9:30am: <b>Words In A Word</b> 10am: <b>Resident Walk</b> 10:30am: <b>Get Energized</b> 1pm: <b>Chess 2<sup>nd</sup> floor</b> 3pm: <b>Bingo -Act Hall</b>	<b>30</b> 9:15am: <b>Wordle</b> 9:30am: <b>Residents Walk</b> 10:30am: <b>Get Energized</b> 2-4pm: <b>Card Bingo Act Hall</b>	<b>31</b> 10am: <b>Sunshine &amp; Stretches (Exercise Class in the Gazebo)</b> 2pm: <b>Euchre -2<sup>nd</sup> Fl</b> 7pm: 'Teach & Tech' - <i>Brian</i> <b>Birthday Cupcakes at lunch!</b>	<b>O Canada! Our home and native land! True patriot love in all of us command. With glowing hearts we see thee rise, The True North strong and free! From far and wide, O Canada, we stand on guard for thee. God keep our land glorious and free!</b>  <b>O Canada, we stand on guard for thee.</b> 		
<b>Every Sunday</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour & Darts	<b>Every Monday</b> <b>Hairdresser Appointments</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour 6:30pm: Movie Night	<b>Every Tuesday</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour 6:00pm: Uno	<b>Wednesday</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour	<b>Thursday</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour 6:00pm: Uno	<b>Friday</b> <b>Staff Casual Fridays</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour 6:30pm: Movie Night	<b>Saturday</b> 10:30am: Coffee & Tea 3:00pm: Coffee & Tea 4:00pm: Happy Hour