









July 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Happy Canada Day</i>						1 
2	3 <u>10:30am</u> Exercise <u>2:00pm</u> Bean Bag Toss	4 <u>10:30am</u> Group Walk around the building <u>2:00pm</u> Music with Joe & The Boys	5 <u>10:30am</u> Shuffleboard <u>2:00pm</u> Music with Patrick	6 <u>10:30am</u> Darts <u>2:00pm</u> Ring Toss <u>6:45pm</u> Music with Overpass	7 <u>10:30am</u> Exercise <u>2:00pm</u> Campfire	8 <u>2:00pm</u> BINGO
9 	10 <u>10:30am</u> Exercise <u>2:00pm</u> Group Card Game	11 <u>10:30am</u> Bowling <u>2:00pm</u> Nails	12 <u>10:30am</u> Ladderball <u>2:00pm</u> Group Walk around the building	13 <u>10:30am</u> Just breathe yoga with Laura <u>2:00pm</u> Music with Jacki	14 <u>10:30am</u> Exercise <u>2:00pm</u> BINGO	15 <u>2:00pm</u> Music with the Rose's
16 <u>3:00pm</u> Music with the Prodicals	17 <u>10:30am</u> Exercise <u>2:00pm</u> Group walk around the building	18 <u>10:30am</u> Adult Coloring <u>3:00pm</u> Music with Pete McEvoy	19 <u>10:30am</u> Rosary in the chapel <u>2:00pm</u> Ice Cream Treat	20 <u>10:30am</u> Summer Craft <u>2:00pm</u> Music with Rosemary	21 <u>10:30am</u> Exercise <u>2:00pm</u> Music with Richard Woodrow	22 <u>2:30pm</u> Baking with the Cooks
23 <u>6:30pm</u> Service with Faith Pentecost	24 <u>10:30am</u> Exercise <u>2:00pm</u> Group Card Game	25 <u>10:30am</u> Group walk around the building <u>2:00pm</u> Tea Party	26 <u>10:30am</u> Tower Bean Bag Toss <u>2:00pm</u> Music with Friends	27 <u>10:30am</u> Just breathe yoga with Laura <u>2:00pm</u> Silver Fox Walk & BBQ fundraiser	28 <u>10:30am</u> Exercise <u>2:00pm</u> BINGO	29 <u>2:00pm</u> Music with Gospel 7
30 	31 <u>10:30am</u> Exercise <u>2:00pm</u> Group Card Game			Dr Verge will be here: Tuesday July 4th and 18th To be seen you must have your name down the Monday before by lunchtime		