



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Program</u> <u>Facilitator</u> Satnam Bardha	<u>Locations Legend</u> Activity Lounge (LOUN) 1st Floor (1st) Lounge (LOUN) Main Dining Room (MAIN) 3rd Floor (3rd) Garden Room () Outings in the community (out) Courtyard (COUR) Basement Activity Room (BAR) outside (OUTS) Dining Room (DR)		<i>Canada Day Theme</i> 1 8:30 Calendar Posting 9:30 Restore & Move! (1st) 10:00 walk and talk (LOUN) 10:30 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (LOUN) 2:00 Canada Day Singalong and Trivia (MAIN) 4:00 Crafts w Carol for Canada Day (302) 6:30 Entertainment with Lorelee McGuirl (MAIN)	8:00 Birthday Breakfast (BAR) 2 9:30 Restore & Move! (1st) 10:30 Fun & Fitness Centrecise (LOUN) 12:00 Guitar w Aidan 2:00 Crock-a-Doodle (LOUN) 4:00 Trivia (3rd) 6:30 Bingo (1st) 	9:30 Restore & Move! (1st) 3 9:45 Pet Therapy (LOUN) 10:30 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (LOUN) 2:00 Laughter Yoga with Katheryn (LOUN) 3:00 Balloon Tennis (LOUN)	9:45 Webster's Fitness (LOUN) 4 10:30 Smoothtonic (302) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st)
9:00 Outdoor Strolls (OUTS) 5 10:30 Catholic Mass (1st) 11:30 Meal Prep (LOUN) 2:00 Zumba with Rainier (MAIN)	9:30 Restore & Move! (1st) 6 10:00 Shuffleboard (LOUN) 10:30 Exercise Class (LOUN) 11:30 Meal Prep (LOUN) 11:30 Walmart Outing (out) 2:00 DeMazenod Farm Visits (MAIN) 6:15 Scrapbooking (302) 	9:30 Restore & Move! (1st) 7 10:15 Outdoor Social and Gardening (COUR) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 	<i>Fifa Theme</i> 8 9:30 Restore & Move! (1st) 10:00 Resident Council (1st) 11:30 Meal Prep (LOUN) 2:00 Sewing Club (3rd) 3:30 Cheery Chats/Karaoke (LOUN) 6:30 Bingo (1st) 	9:30 Restore & Move! (1st) 9 10:30 Fun & Fitness Centrecise (LOUN) 2:00 Pet Therapy with Teddy (3rd) 3:30 Hang-Man (LOUN) 6:30 Pub Night with Tristan (Sarah's 50th) (MAIN)	9:30 Restore & Move! (1st) 10 9:30 Webster's Fitness (LOUN) 10:30 Pet Therapy (LOUN) 2:15 Jewelry Pop-Up Store (MAIN) 4:00 Walk & Talk (3rd) 	10:00 Exercise Class (LOUN) 11 10:30 Trivia (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st)
10:00 Exercise Class (LOUN) 12 10:30 Colouring Group (3rd) 11:30 Meal Prep (LOUN) 2:00 Zumba with Rainier (MAIN)	9:30 Restore & Move! (1st) 13 10:30 Shuffleboard (LOUN) 11:30 Meal Prep (LOUN) 1:30 Colouring Club w Carol (302) 2:45 Sing-along (LOUN) 6:30 Pearl Society (1st)	9:30 Restore & Move! (1st) 14 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:30 World Cup Final on TV (3rd) 	<i>70s Theme</i> 15 9:00 Pet Therapy (3rd) 9:30 Restore & Move! (1st) 10:15 Sound Bowls with Masha (3rd) 11:30 Meal Prep (LOUN) 2:00 ABBA 70's Theme (MAIN) 4:00 Spellingbee (302) 6:30 Karaoke in the Courtyard (COUR)	9:30 Restore & Move! (1st) 16 9:45 Fun & Fitness Centrecise (LOUN) 10:30 BBQ Lunch (COUR) 2:00 Sewing Club (3rd) 3:15 Resident Program Planning (302) 6:30 Bingo (1st)	9:30 Restore & Move! (1st) 17 10:00 Daycare Children (DR) 11:30 Meal Prep (LOUN) 2:00 Survivor Games (MAIN)	9:30 Webster's Fitness (LOUN) 18 10:30 Beauty Club/ Music (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church Service 19 -Immanuel Christian Reformed (1st) 1:30 Nails with Bardha (LOUN) 3:00 World Cup Final (MAIN) 	9:30 Restore & Move! (1st) 20 10:00 Shuffleboard (LOUN) 10:30 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (LOUN) 11:30 Outing Hutches (out) 2:30 Webster's Reading Club (302) 6:30 Date Night w Violinist 	9:30 Restore & Move! (1st) 21 9:30 Board Games (302) 11:00 Exercise Class (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 	<i>Denim Day</i> 22 9:30 Restore & Move! (1st) 9:45 Pet Therapy (3rd) 10:45 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (LOUN) 2:00 Board Games (LOUN) 5:00 Take-Out Night (LOUN) 6:15 Webster's Theatre (LOUN)	9:30 Restore & Move! (1st) 23 9:45 Fun & Fitness Centrecise (LOUN) 2:30 Maria's 80s Party with Paula French (MAIN) 4:00 Hang-Man (LOUN) 6:30 Bingo (1st) 	9:30 Restore & Move! (1st) 24 10:00 Horticultural Therapy (1st) 11:30 Meal Prep (LOUN) 1:30 Outing in the Community (out) 4:00 Card Games (LOUN)	9:45 Exercise Class 25 (LOUN) 10:30 Trivia (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 4:00 Watering Plants w Ed & MAIN) 
9:45 Exercise Class 26 (LOUN) 10:30 Spiritual Service (LOUN) 11:30 Meal Prep (LOUN) 2:00 Entertainment w Jeff Mitchel (MAIN)	9:30 Restore & Move! (1st) 27 9:45 Exercise Class (LOUN) 10:30 Crafts w Carol (302) 11:30 Outing Bayfront Park (out) 2:00 Karaoke (LOUN) 3:30 Hang-Man (LOUN) 6:15 Activity Cafe Cart (3rd) 	9:30 Restore & Move! (1st) 28 10:00 Bible Study with Isabel (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 4:00 Walk & Talk (3rd) 	<i>Flower Theme</i> 29 9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 10:30 Pet Therapy (3rd) 11:30 Meal Prep (LOUN) 2:00 Birthday Party w Paula (MAIN) 3:30 Cheery Chats (LOUN) 6:45 Fashion Show (MAIN)	9:30 Restore & Move! (1st) 30 9:45 Fun & Fitness Centrecise (LOUN) 10:30 Fruit/Veggies/Smoothie Prep (LOUN) 2:00 Pet Therapy with Teddy (3rd) 2:00 Boomers Club (MAIN) 3:30 Hang-Man (LOUN) 6:30 Bingo (1st) 	9:30 Restore & Move! (1st) 31 9:45 Pet Therapy (LOUN) 10:30 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (LOUN) 2:00 Caribana Party (MAIN) 3:30 Beauty Club (LOUN)	
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