



JULY 2023

Strasburg Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Canada Day 8:30 Breakfast 9:45 Bingo 11:15 Exercise 12:00 Lunch 2:00 Canada Celebration With Kevin Coats 5:00 Dinner
2 8:30 Breakfast 9:45 Exercise 11:00 Java Music 12:00 Lunch 2:00 Lets Bake 5:00 Dinner	3 8:30 Breakfast 9:45 Exercise 10:30 Brains & Banter 12:00 Lunch 1:30 Pictionary 3:00 Outdoor Walks 5:00 Dinner	4 Timbit Day 8:30 Breakfast 10:00 Fun & Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 6:00 Short Stories	5 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 1:30 Horse Racing 2:30 Mobile Store 5:00 Dinner	6 8:30 Breakfast 9:45 Music Therapy 9:45 Exercise 11:00 You & Me 12:00 Lunch 2:00 Picture Bingo 3:30 Tai Chi 5:00 Dinner	7 8:30 Breakfast 9:45 Exercise 10:30 Bocce Ball 12:00 Lunch 1:30 Outdoor Walks 2:30 Pet Visits 3:00 Word Game 5:00 Dinner	8 8:30 Breakfast 10:00 Exercises 10:45 Bingo 12:00 Lunch 1:45 Express Yourself 5:00 Dinner
9 8:30 Breakfast 10:00 Exercises 11:00 Readings 12:00 Lunch 2:00 Name that tune 5:00 Dinner	10 8:30 Breakfast 9:45 Exercise 10:30 Brains & Banter 12:00 Lunch 1:30 Pictionary 3:00 Horticulture Therapy 5:00 Dinner	11 8:30 Breakfast 10:00 Fun & Fitness 11:00 Good News Stories 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 6:00 Short Stories	12 Strawberry Social 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 12:15 Derek Burn 2:00 Horse Racing 5:00 Dinner	13 8:30 Breakfast 9:45 Music Therapy 9:45 Exercise 11:00 You & Me 12:00 Lunch 2:00 Tea Social 3:30 Tai Chi 5:00 Dinner	14 8:30 Breakfast 10:00 Exercises 11:00 Brains & Banter 12:00 Lunch 1:30 Country Drive 2:30 Pet Visits 5:00 Dinner	15 8:30 Breakfast 9:45 Bingo 11:15 Exercise 12:00 Lunch 1:30 Express Yourself 3:00 Chinese Performers 5:00 Dinner
16 8:30 Breakfast 9:45 Exercise 11:00 Java Music 12:00 Lunch 2:00 Lets Bake 5:00 Dinner	17 8:30 Breakfast 9:45 Exercise 10:30 Brains & Banter 12:00 Lunch 1:30 Walmart 3:00 Horticulture Therapy 5:00 Dinner	18 8:30 Breakfast 10:00 Fun & Fitness 11:00 Church 12:00 Lunch 1:30 Birthday Sing-a-long 2:30 Bible Study 3:30 Nail Care 5:00 Dinner 6:00 Short Stories	19 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 2:00 Henry Winter 5:00 Dinner	20 8:30 Breakfast 9:45 Music Therapy 9:45 Exercise 11:00 You & Me 12:00 Lunch 1:30 Resident Meeting 3:00 Table Ball 3:30 Tai Chi 5:00 Dinner	21 Adaptive Fit Boutique 11-3 8:30 Breakfast 9:45 Exercise 10:30 Bocce Ball 12:00 Lunch 1:30 Outdoor Walks 2:30 Pet Visits 3:00 Welcome Group 5:00 Dinner	22 8:30 Breakfast 10:00 Exercises 10:45 Bingo 12:00 Lunch 1:45 Express Yourself 5:00 Dinner
23 8:30 Breakfast 10:00 Exercises 11:00 Readings 12:00 Lunch 2:00 Name that tune 5:00 Dinner	24 8:30 Breakfast 9:45 Exercise 10:30 Brains & Banter 12:00 Lunch 1:30 Pictionary 1:45 Food Committee Meeting (Kingsdale) 3:00 Horticulture Therapy 5:00 Dinner	25 8:30 Breakfast 10:00 Fun & Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 6:00 Short Stories	26 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 1:30 Horse Racing 2:30 Pictionary 5:00 Dinner	27 8:30 Breakfast 9:45 Music Therapy 9:45 Baking (cookies) 10:15 Resident Council Meeting 12:00 Lunch 2:00 Tea Social 3:30 Tai Chi 5:00 Dinner	28 8:30 Breakfast 9:45 Exercises 11:00 Brains & Banter 12:00 Lunch 2:00 Express Yourself 2:30 Pet Visits 5:00 Dinner	29 8:30 Breakfast 9:45 Bingo 11:15 Exercise 12:00 Lunch 1:30 Express Yourself 2:30 Outdoor Walks 5:00 Dinner
30 8:30 Breakfast 9:45 Exercise 11:00 Inspirational Chats 12:00 Lunch 2:30 Church Choir By the Pond 5:00 Dinner	31 8:30 Breakfast 9:45 Exercise 10:30 Brains & Banter 12:00 Lunch 1:30 Pictionary 3:00 Horticulture Therapy 5:00 Dinner				Adaptive Fit Boutique is selling clothes on July 21st from 11-3 in the Retirement Library	