



Emma's Neighbourhood July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Back patio (BP) Community Centre (CC) Egerton (EG) Emma's (EM) Front Patio (FP) Hobby Shop (HS) Lounge (L) Main Street (MS)	LOCATION Outing (O) Ruby (R) Town Hall (TH)				Canada Day 1 8:00am Breakfast 10:30am Bowling 12:00pm Lunch 1:00pm Canada Day Celebration with Live Entertainment (FP) 5:00pm Dinner
8:00am Breakfast 10:30am You and I (EM) 12:00pm Lunch 1:30pm Stepping Out (EM) 2:00pm Hymn Sing in the Community Centre (CC) 3:30pm Circle of Friends (EM) 5:00pm Dinner	2 Buy Progressive Bingo Cards (HS) 8:00am Breakfast 10:00am Sign Up Day (HS) 12:00pm Lunch 1:30pm Java Music Club 2:00pm For the Soul with Janet (EM) 3:30pm For the Fun of Fit (EM) 5:00pm Dinner 6:15pm Neighbourhood Time	3 8:00am Breakfast 10:30am Brains and Banter 12:00pm Lunch 2:30pm LifeMark: General Exercise 3:00pm Chaplet of Divine Mercy & Rosary (TH) 5:00pm Dinner	4 8:00am Breakfast 10:30am In the Kitchen (EM) 12:00pm Lunch 1:15pm Music Therapy with Jen 1:30pm You & I Visits 3:30pm Express Yourself 5:00pm Dinner 6:15pm Neighbourhood Time	5 8:00am Breakfast 9:15am Breakfast Club: Pancakes - Sign Up (HS) 12:00pm Lunch 1:30pm Soothing Sensations 3:30pm For The Fun of Fit 5:00pm Dinner	6 8:00am Breakfast 10:30am Circle of Friends (EM) 12:00pm Lunch 1:30pm Musical Moments 2:00pm LifeMark: General Exercise 5:00pm Dinner 7:15pm Movie Night (TH)	7 8:00am Breakfast 10:30am Morning Movements (EM) 12:00pm Lunch 2:00pm Entertainment in Egerton with Derek Byrne (EG) 5:00pm Dinner
8:00am Breakfast 10:30am You and I (EM) 12:00pm Lunch 1:30pm Stepping Out (EM) 2:15pm Church Service with Janet (TH) 3:30pm Circle of Friends (EM) 5:00pm Dinner	9 8:00am Breakfast 12:00pm Lunch 1:30pm Java Music Club 2:00pm For the Soul with Janet (EM) 3:30pm For the Fun of Fit (EM) 5:00pm Dinner 6:15pm Neighbourhood Time	10 10-3pm The Boutique Vendor-MS 8:00am Breakfast 10:30am Brains and Banter 12:00pm Lunch 2:00pm Make Your Own Sundae (HS) 2:30pm LifeMark: General Exercise 3:00pm Chaplet of Divine Mercy & Rosary (TH) 5:00pm Dinner	11 8:00am Breakfast 10:30am In the Kitchen (EM) 12:00pm Lunch 1:30pm Circle of Friends 3:30pm Express Yourself 5:00pm Dinner 6:15pm Neighbourhood Time	12 8:00am Breakfast 10:30am Stepping Out (EM) 12:00pm Lunch 1:30pm Soothing Sensations 3:30pm For The Fun of Fit 5:00pm Dinner	13 8:00am Breakfast 10:30am Circle of Friends (EM) 12:00pm Lunch 1:30pm Musical Moments 2:00pm LifeMark: General Exercise 5:00pm Dinner 7:15pm Movie Night (TH)	14 8:00am Breakfast 10:30am Bowling 12:00pm Lunch 1:30pm Brains and Banter (EM) 3:30pm Soothing Sensations (EM) 5:00pm Dinner
8:00am Breakfast 10:30am You and I (EM) 12:00pm Lunch 1:30pm Stepping Out (EM) 2:15pm Church Service with Janet (TH) 3:30pm Circle of Friends (EM) 5:00pm Dinner	16 8:00am Breakfast 12:00pm Lunch 1:30pm African Lion Safari Outing (O) 2:00pm For the Soul with Janet (EM) 3:30pm For the Fun of Fit (EM) 5:00pm Dinner 6:15pm Neighbourhood Time	17 8:00am Breakfast 10:30am Brains and Banter 11:30am Lunch in the Ruby - sign up - \$ (R) 12:00pm Lunch 1:30pm Musical Moments 2:30pm LifeMark: General Exercise 3:00pm Chaplet of Divine Mercy & Rosary (TH) 3:15pm Stepping Out 5:00pm Dinner	18 8:00am Breakfast 10:30am In the Kitchen (EM) 12:00pm Lunch 1:15pm Music Therapy with Jen 1:30pm You & I Visits 3:30pm Express Yourself 5:00pm Dinner 6:15pm Neighbourhood Time	19 10-2pm Cathy's Scarves, Gifts & Jewelry-MS (MS) 8:00am Breakfast 10:30am Stepping Out (EM) 12:00pm Lunch 1:30pm Soothing Sensations 3:30pm For The Fun of Fit 5:00pm Dinner	20 8:00am Breakfast 10:00am Guest Speaker Teresa Howe From Indwell (TH) 10:30am Circle of Friends (EM) 12:00pm Lunch 1:30pm Stepping Out 2:00pm LifeMark: General Exercise 3:00pm Emma's Happy Hour with Live Entertainment (L) 5:00pm Dinner 7:15pm Movie Night (TH)	21 8:00am Breakfast 10:30am Nelly Comfort Shoe Vendor-MS 10:30am Morning Movements (EM) 12:00pm Lunch 1:30pm Brains and Banter (EM) 3:30pm Soothing Sensations (EM) 5:00pm Dinner
8:00am Breakfast 10:30am You and I (EM) 12:00pm Lunch 1:30pm Stepping Out (EM) 2:15pm Church Service with Janet (TH) 3:30pm Circle of Friends (EM) 5:00pm Dinner	23 8:00am Breakfast 10:30am Fit for Life: Walking Group 12:00pm Lunch 2:00pm Drive Thru Day: Coke & Rootbeer Floats (BP) 2:00pm For the Soul with Janet (EM) 5:00pm Dinner 6:15pm Neighbourhood Time	24 8:00am Breakfast 10:30am Brains and Banter 12:00pm Lunch 1:30pm Musical Moments 2:30pm LifeMark: General Exercise 3:00pm Chaplet of Divine Mercy & Rosary (TH) 3:15pm Stepping Out 5:00pm Dinner	25 8:00am Breakfast 10:30am In the Kitchen (EM) 12:00pm Lunch 1:30pm Hewitt's Ice Cream Outing (O) 5:00pm Diner's Club - Sign up \$ (HS) 5:00pm Dinner 6:15pm Neighbourhood Time	26 8:00am Breakfast 10:30am Stepping Out (EM) 12:00pm Lunch 1:30pm Soothing Sensations 3:30pm For The Fun of Fit 5:00pm Dinner	27 8:00am Breakfast 10:30am Circle of Friends (EM) 12:00pm Lunch 1:30pm Musical Moments 2:00pm LifeMark: General Exercise 5:00pm Dinner 7:15pm Movie Night (TH)	28 8:00am Breakfast 10:30am Bowling 12:00pm Lunch 2:30pm Entertainment with Jeff Giles (TH) 5:00pm Dinner
8:00am Breakfast 10:30am You and I (EM) 12:00pm Lunch 1:30pm Stepping Out (EM) 2:15pm Church Service with Janet (TH) 3:30pm Circle of Friends (EM) 5:00pm Dinner	30 8:00am Breakfast 12:00pm Lunch 1:30pm Java Music Club 2:00pm For the Soul with Janet (EM) 3:30pm For the Fun of Fit (EM) 5:00pm Dinner 6:15pm Neighbourhood Time	31 8:00am Breakfast 10:30am In the Kitchen (EM) 12:00pm Lunch 1:30pm You & I Visits 3:30pm Express Yourself 5:00pm Dinner 6:15pm Neighbourhood Time				