



July 2024

Alderwood Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day 09:30 Canada Day Trivia 10:30 Express Yourself: Canada Day 12:00 Lunch 02:30 Canada Day Celebrations 04:00 You & Me	2 09:15 Water the Flowers 10:15 For the fun of Fit 12:00 Lunch 02:30 Smoothie 03:30 You and Me 04:00 Stepping Out	3 Casino Day 09:00 Horticulture Therapy 09:30 You & Me 10:45-11:30 Music Therapy 12:00 Lunch 02:00 Casino Day Festivities 04:00 Stepping Out	4 09:30 Musical Moments 10:30 Animal Bingo 11:00 You and Me 12:00 Lunch 02:30 Brains & Banters 03:00 Express Yourself	5 09:30 Outdoor Social 09:30 In the Kitchen 10:30 Express Yourself 12:00 Lunch 02:30 For the Fun of Fit 03:30 You and Me	6 09:30 It's Never 2 Late 10:30 Stepping Out 02:30 Jackpot Bingo 02:30 For the fun of Fit 03:30 Soothing Sensation
7 09:30 Fellowship Service 10:30 Hymn Sing 12:00 Lunch 02:30 Treat Trolley 03:30 In the Kitchen 04:00 You & Me	8 12:00 Lunch 01:45 For the fun of Fit 02:30 Circle of Friends 03:00 Java Memory 06:30 Brains and Banter Hangman	9 09:30 You and Me 10:30 Express Yourself 12:00 Lunch 02:30 Outing: James Garden 03:30 For the Fun of Fit	10 Beach Day 09:00 Horticulture Therapy 09:30 For the Fun of Fit: Beach 10:45-11:30 Music Therapy 02:30 Entertainment: Lovesound 03:30 Beach Day Activities	11 Vendor: Adrian Clothing 09:30 Stepping Out 10:30 For the Fun of Fit 02:30 Ladder Ball 03:00 Circle of Friends	12 09:15 Circle of Friends 09:30 Stepping Out 10:30 Reminiscing Bingo 12:00 Lunch 02:30 Entertainment: Heartbeats	13 09:00 Water the Flowers 09:30 Stepping Out 10:30 StoryTeller 12:00 Lunch 02:30 Brains & Banters 03:30 It's Never 2 Late
14 09:30 Fellowship Service 10:00 Musical Moments 10:30 You & Me 12:00 Lunch 02:30 Java Memory 03:30 In the Kitchen	15 12:00 Lunch 1:45 You & Me 02:30 For the fun of Fit 03:30 Express Yourself 06:30 Musical Moments	16 Ice Cream Day Vendor: Nelly's Comfort shoes 09:30 Horseshoe racing 10:30 It's Never 2 Late 02:30 Circle of Friends 03:30 Discussion Group	17 09:00 Horticulture Therapy 09:30 Card Games 10:30 For the Fun of Fit 02:30 Brains and Banter 03:00 Stepping Out	18 09:30 Brains and Banter 10:30 Dancing with Parkinsons 02:00 Soothing Sensations 03:00 Stepping Out 04:00 It's Never Too Late	19 09:30 For the Fun of Fit 10:00 Brains and Banter 12:00 Lunch 02:30 Entertainment: Gilad 03:30 Circle of Friends	20 09:30 For the fun of Fit 10:00 Lemonade Social 11:00 Stepping Out 12:00 Lunch 02:00 Soothing Sensations
21 9:30 Fellowship Service 10:30 - 11:30 Italian Social 12:00 Lunch 2:30 For the Fun of Fit 3:30 Soothing Sensations	22 1:45 For the Fun of Fit 02:00 Outing: Cloverdale Mall 03:00 Express Yourself 04:00 Circle of Friends 06:30 Movie Night	23 09:15 You and Me 09:45 Mini Bowling 12:00 Lunch 02:30 Ladder Ball 03:30 The Perks	24 International Self Care Day Simply Felt-10:00-3:00pm 09:00 Horticulture Therapy 09:30 Ball Toss 10:45-11:30 Music Therapy 02:30 Java Music	25 10am Anglican Church Service 10:00 Outing: James Garden 09:15 Stepping Out 10:30 For the fun of Fit 12:00 Lunch 02:30 Brains and Banters 03:00 Resident Council	26 Olympics Opening Ceremony 09:15 Express Yourself: Olympics 10:00 Bingo 12:00 Lunch 02:00 Entertainment: Heartbeats	27 09:15 Stepping Out 10:00 Circle of Friends 12:00 Lunch 02:30 Horseshoe 03:30 You and Me 04:30 For the fun of fit
28 09:30 Fellowship Service 10:30 It's Never 2 Late 12:00 Lunch 01:00 Outing: Blue Jays Game 02:30 In the Kitchen: Smoothies 03:30 Circle of Friends: Patio	29 01:45 For the Soul 02:00 For the Fun of Fit 02:30 Birthday Entertainment: Lenny 04:00 Stepping Out	30 09:15 For the fun of fit 10:00 Brains and Banters 12:00 Lunch 02:30 Bowling 03:30 Soothing Sensations	31 Diversity Day : Caribbean 09:00 Horticulture Therapy 09:30 You and Me 12:00 Lunch 12:30 Caribbean Dancers 02:30 Circle of Friends 03:30 Express Yourself			