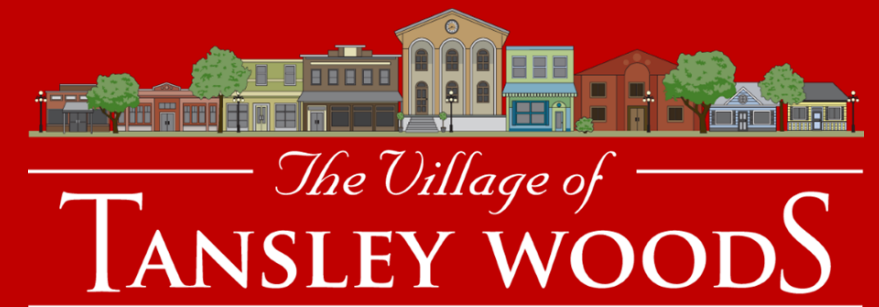




# July 2024

## APPLEBY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street</p>	<p><b>1 Canada Day</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Canada Day Ceremony 11:00 Canada Day Games 12:00 BBQ Lunch 2:00 Stepping Out 2:30 Geri Defoe Perform-TH 5:00 Dinner</p>	<p><b>2</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>3</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Soothing Sensations 3:30 Express Yourself 5:00 Dinner</p>	<p><b>4</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Musical Moments 12:00 Lunch 2:00 In the Kitchen 3:30 Brains &amp; Banter 5:00 Dinner</p>	<p><b>5</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Art Therapy 11:00 You and Me 11:15 Line Dancing-FC 12:00 Lunch 2:00 Circle of Friends 3:00 Meditation 3:00 Stepping Out 5:00 Dinner</p>	<p><b>6</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Tim's Horton Social-CC 12:00 Lunch 2:00 Stepping Out 3:00 Zach Erikson Performs-TH 5:00 Dinner</p>
<p><b>7 Muharram</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Movie Matinee-TH 12:00 Lunch 2:15 Church Service –TH 3:00 Fellowship-CC 5:00 Dinner</p>	<p><b>8</b> 8:15 Breakfast 9:00 Neighbourhood Time 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 2:00 Circle of Friends 3:00 Freezie Social-Front Patio 5:00 Dinner 6:30 Stepping Out</p>	<p><b>9</b> 8:15 Breakfast 9:00 Neighbourhood Time 12:00 Lunch 2:00 Musical Moments 3:30 Soothing Sensations 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>10</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Neighbourhood Time 5:00 Dinner</p>	<p><b>11</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Musical Moments 12:00 Lunch 2:30 Happy Hour Bingo– MS 3:30 Stepping Out 5:00 Dinner</p>	<p><b>12</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Art Therapy 11:00 Circle of Friends 11:15 Line Dancing-FC 12:00 Lunch 2:00 You and Me 3:00 Meditation 3:00 Stepping Out 5:00 Dinner</p>	<p><b>13</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Tai Chi-FC 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Jack Garson Performs-MS 5:00 Dinner</p>
<p><b>14</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For the Fun of Fit 12:00 Lunch 2:15 Church Service –TH 3:00 Fellowship-CC 5:00 Dinner</p>	<p><b>15</b> 8:15 Breakfast 9:00 Neighbourhood Time 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 2:00 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner 6:30 Stepping Out</p>	<p><b>16</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Stepping Out 2:30 Sundae Social-MS 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>17</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Circle of Friends 3:30 Express Yourself 5:00 Dinner</p>	<p><b>18</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Music Therapy 11:00 Stepping Out 12:00 Lunch 2:30 For the Fun of Fit-FC 3:30 Brains &amp; Banter 5:00 Dinner</p>	<p><b>19</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Art Therapy 11:00 For the Soul 11:15 Line Dancing-FC 12:00 Lunch 2:00 Brains &amp; Banter 3:00 Meditation 3:00 Stepping Out 5:00 Dinner</p>	<p><b>20</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Brains &amp; Banter 12:00 Lunch 2:00 You &amp; Me 3:00 Ron Tansley Performs-TH 5:00 Dinner</p>
<p><b>21 Ice Cream Day</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Musical Moments 12:00 Lunch 2:15 Church Service –TH 3:00 Ice Cream Social– MS 5:00 Dinner</p>	<p><b>22</b> 8:15 Breakfast 9:00 Neighbourhood Time 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 2:00 Express Yourself 3:30 Circle of Friends 5:00 Dinner 6:30 Stepping Out</p>	<p><b>23</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Musical Moments 3:30 You &amp; Me 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>24 International Self Care Day</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Soothing Sensations 3:30 Express Yourself 5:00 Dinner</p>	<p><b>25</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Music Therapy 11:00 Stepping Out 12:00 Lunch 2:00 In the Kitchen 3:30 Circle of Friends 4:15 Meditation 5:00 Dinner</p>	<p><b>26 Olympics Begin</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Art Therapy 11:00 For the Soul 11:15 Line Dancing-FC 12:00 Lunch 2:00 Circle of Friends 3:00 Meditation 3:00 Stepping Out 5:00 Dinner</p>	<p><b>27 Day of the Cowboy</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Western Social– CC 12:00 Lunch 2:00 Total Body Fitness 3:00 Brad Boland Performs-MS 5:00 Dinner</p>
<p><b>28</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For the Fun of Fit 12:00 Lunch 2:15 Church Service –TH 3:00 Fellowship-CC 5:00 Dinner</p>	<p><b>29</b> 8:15 Breakfast 9:00 Neighbourhood Time 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lasagna Diner's Club Lunch 2:00 In the Kitchen 3:30 Circle of Friends 5:00 Dinner 6:30 Stepping Out</p>	<p><b>30</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Brains &amp; Banter 12:00 Lunch 2:30 July Birthday Social-CC 3:30 Stepping Out 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>31</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Neighbourhood Time 5:00 Dinner</p>	<p><b>Residents Bill Of Rights</b> 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.</p>		