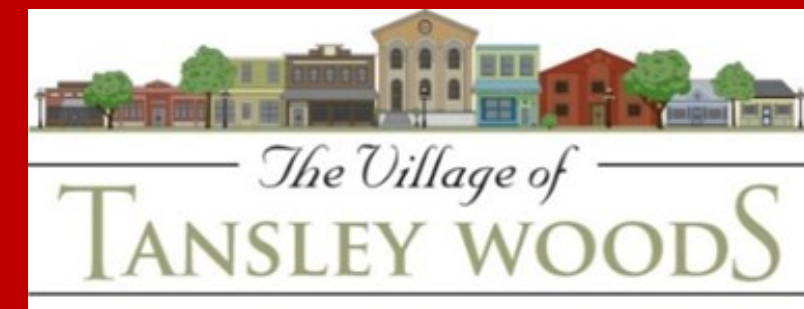




July 2024

Emma's East Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July Birthday's Peter B July 11th Donna H July 19th	1 Canada Day (Wear Red & White!) 8:00 Breakfast 10:00 Opening Ceremonies, O'Canada, Canadian Trivia & Games—RH Main Turn Circle 12:00 Lunch 3:30 Entertainment by the Pond 5:00 Dinner	2 8:00 Breakfast 10:30 Express Yourself 12:00 Lunch 3:00 Live Entertainment: The Notables (Egerton Lounge) 5:00 Dinner	3 8:00 Breakfast 10:30 Bowling 12:00 Lunch 2:30 Gilbert Visit 3:30 Exercise Class 4:00 Stepping Out 5:00 Dinner	4 8:00 Breakfast 10:30 Art Workshop 12:00 Lunch 2:00 Stepping Out 3:15 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 You and Me	5 8:00 Breakfast 11:00 Brains & Banter 12:00 Lunch 1:30 Stepping Out 3:30 Exercise Class 5:00 Dinner	6 8:00 Breakfast 10:00 Church Service 11:00 Get Moving 12:00 Lunch 2:00 Nails 5:00 Dinner
7 8:00 Breakfast 10:00 Café Time 11:00 Get Moving 12:00 Lunch 3:30 Exercise Class 5:00 Dinner	8 8:00 Breakfast 10:30 Art Workshop 10:30 Mother Goose (Town Hall) 12:00 Lunch 3:00 Birthday Party 5:00 Dinner	9 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 3:30 Drum Fit 5:00 Dinner	10 8:00 Breakfast 9:30 Stepping Out 12:00 Lunch 2:30 Gilbert Visit 3:30 Exercise Class 4:00 Armchair Travel 5:00 Dinner	11 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:15 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 You and Me	12 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 1:30 Stepping Out 3:30 Exercise Class 4:00 You and Me 5:00 Dinner	13 8:00 Breakfast 10:00 Church Service 11:00 Get Moving 12:00 Lunch 3:00 Live Entertainment: Laura Nashman (Town Hall) 5:00 Dinner
14 8:00 Breakfast 10:00 Café Time 11:00 Get Moving 12:00 Lunch 2:00 Live Entertainment: Ethan (Egerton Lounge) 3:30 Exercise Class 5:00 Dinner	15 8:00 Breakfast 10:30 Art Workshop 10:30 Mother Goose (Town Hall) 12:00 Lunch 5:00 Dinner	16 8:00 Breakfast 11:00 Bowling (Egerton Lounge) 12:00 Lunch 3:00 Musical Moments 5:00 Dinner	17 8:00 Breakfast 10:30 Bowling 12:00 Lunch 2:30 Brains and Banter 3:30 Exercise Class 4:00 Stepping Out 5:00 Dinner	18 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:15 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 You and Me	19 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 1:30 Stepping Out 3:30 Exercise Class 4:00 You and Me 5:00 Dinner	20 8:00 Breakfast 10:00 Church Service 11:00 Get Moving 12:00 Lunch 2:00 Stepping Out 5:00 Dinner
21 Ice Cream Day! 8:00 Breakfast 10:30 Café Time 12:00 Lunch 2:00 Chocolate Bingo 3:00 Ice Cream Social 5:00 Dinner	22 8:00 Breakfast 10:30 Art Workshop 10:30 Mother Goose (Town Hall) 12:00 Lunch 5:00 Dinner	23 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 2:15 Movie 5:00 Dinner	24 International Self Care Day 8:00 Breakfast 10:30 Bowling 12:00 Lunch 2:30 Hand Massages 3:30 Exercise Class 4:00 Stepping Out 5:00 Dinner	25 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:15 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 You and Me	26 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 1:30 Stepping Out 3:30 Exercise Class 4:00 You and Me 5:00 Dinner	27 8:00 Breakfast 10:00 Church Service 11:00 Get Moving 12:00 Lunch 2:00 Nails 5:00 Dinner
28 8:00 Breakfast 10:00 Café Time 11:00 Get Moving 12:00 Lunch 2:00 Live Entertainment: Ethan (Egerton Lounge) 3:30 Exercise Class 5:00 Dinner	29 8:00 Breakfast 10:30 Art Workshop 10:30 Mother Goose (Town Hall) 12:00 Lunch 2:15 Gilbert Visits 3:45 Bingo 5:00 Dinner	30 8:00 Breakfast 11:00 Get Moving 12:00 Lunch 2:15 Movie 5:00 Dinner	31 8:00 Breakfast 10:30 Bowling 12:00 Lunch 2:30 Gilbert Visit 3:30 Exercise Class 4:00 Stepping Out 5:00 Dinner			