




July 2024

Lambton Neighborhood



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day 09:30 You & Me 10:30 Brains & Banter "Canada Day Trivia" 11:15 For the Fun of Fit 02:30 Canada Day Celebrations with Emilio 04:00 You & Me	2 10:00 Express Yourself 11:00 For the Fun of Fit 11:00 Horticultural Therapy 12:00 Lunch 02:30 In the Kitchen Cookies 04:00 Stepping Out	3 Casino Day 09:30 Stepping Out 10:00 Soothing Sensations 11:00 For the Fun of fit 12:00 Lunch 02:00 Casino Day Festivities 02:00 Music Therapy 04:00 You & Me	4 09:30 Shut the box 10:00 Manicures 11:00 Stepping Out 12:00 Lunch 02:30 Smoothie : watermelon 04:00 Dominos	5 09:00 Story Time 10:00 Express Yourself 11:00 Stepping Out 12:00 Lunch 02:30 For the fun Of Fit 04:00 Feel & Fold	6 09:30 You & Me 10:00 For the Fun of Fit: Morning Stretches 10:30 Stepping Out 01:30 You & Me 02:30 Jackpot Bingo
7 09:30 Fellowship Service 10:00 Stepping Out 11:30 For the Fun of Fit 01:30 You & Me 02:00 Patio Social 03:30 Circle of Friends	8 09:30 Dancing with Parkinson's 10:30 For the fun of Fit 12:00 Lunch 02:30 Circle of Friends 04:00 Book Club	9 10:00 Manicures 11:00 Horticultural Therapy 11:00 Stepping Out 12:00 Lunch 02:00 James Gardens Park 04:00 You & Me	10 Beach Day 10:00 Express Yourself 11:00 Lemonade 12:00 Lunch 02:00 Music Therapy 02:30 Entertainment: Love Sound 04:00 Feel & Fold	11 Vendor: Adrian Clothing 10:00 Soothing Sensations 11:00 It's Never too late 12:00 Lunch 02:30 For the Fun Of Fit 04:00 Circle of Friends	12 09:30 You & Me 10:00 Express Yourself 02:30 Entertainment: Heartbeats 04:00 Circle of Friends	13 09:30 Story Teller 10:00 Italian Club 11:30 You & Me 12:00 Lunch 02:30 Brains and Banter 04:00 It's Never too late
14 09:30 Fellowship Service 10:00 Musical Moments 12:00 Lunch 02:30 For the Fun OF fit 04:00 Stepping Out	15 09:30 In the Kitchen: Cinnamon Buns 10:00 For the Fun of Fit 11:00 Cinnamon Buns (cont'd) 02:30 Tea Social 04:00 Soothing Sensations	16 Ice Cream Day Vendor: Nelly's Comfort Shoes 10:00 Musical Moments 11:00 Horticultural Therapy 11:00 Manicures 12:00 Lunch 02:30 Chit Chat with Aman 04:00 Feel & Fold	17 12:00 Lunch 02:00 Music Therapy 03:00 For the fun of fit 04:00 Brains and Banter 05:00 Dinner 06:30 It's Never too late	18 09:30 Dancing with Parkinson's 10:20 For the Fun of Fit 11:20 Book Club 12:00 Lunch 02:30 Circle Of Friends 04:00 You & Me	19 09:30 Stepping Out 10:00 Express Yourself 11:00 It's Never too Late 12:00 Lunch 02:30 Stepping Out 02:30 Entertainment: Gilad 04:00 Dominos	20 09:30 You & Me 10:00 For the Fun of Fit: Morning Stretches 10:30 Stepping Out 01:30 You & Me 02:30 Express Yourself 04:00 Circle of Friends
21 09:30 Fellowship Service 10:00 Stepping Out 11:30 For the Fun of Fit 01:30 You & Me 02:30 Ice Cream Social 03:30 Circle of Friends	22 10:00 It's Never too late 11:00 For the Fun Of Fit 12:00 Lunch 02:00 Outing: Coverdale Mall 04:00 Feel & Fold	23 09:30 Stepping Out 10:00 Bingo 11:00 For the Fun of Fit 11:00 Horticultural Therapy 12:00 Lunch 02:30 Express Yourself 04:00 You & Me	24 International Self Care Day 10:00 Vendor: Simply Felt Designs 02:00 Music Therapy 02:00 For the Fun of Fit 03:00 Bingo 04:15 Express Yourself 06:30 Soothing Sensations	25 09:30 You & Me 10:00 Manicures 11:00 For the Fun of Fit 12:00 Lunch 02:00 Outing: James Gardens 04:00 Dominos	26 Olympics Opening Ceremony 09:30 You & Me 10:00 Express Yourself 11:00 Brains and Banter 02:00 Entertainment: Heartbeats 03:30 Neighborhood Time 04:00 You & Me 	27 10:00 Java Music 11:00 Stepping Out 12:00 Lunch 02:30 For the Fun Of Fit 04:00 Feel & Fold
28 09:30 Fellowship Service 10:00 For the Fun of fit 11:00 Brains and Banter 01:00 Outing: Blue Jays Game 02:30 It's Never too late 04:00 You & Me	29 09:30 In the Kitchen: Date Cookies 11:00 For the Fun of Fit 02:30 Birthday Entertainment: Lenny 04:00 You & Me	30 10:00 It's Never too Late 11:00 Manicures 11:00 Horticultural Therapy 12:00 Lunch 02:30 Brains and Banter 04:00 Feel & Fold	31 Diversity Day 12:00 Lunch 12:30 Caribbean Dancers 02:00 Music Therapy 03:00 Bingo 04:00 Stepping Out 05:00 Dinner 06:30 Movie Time			