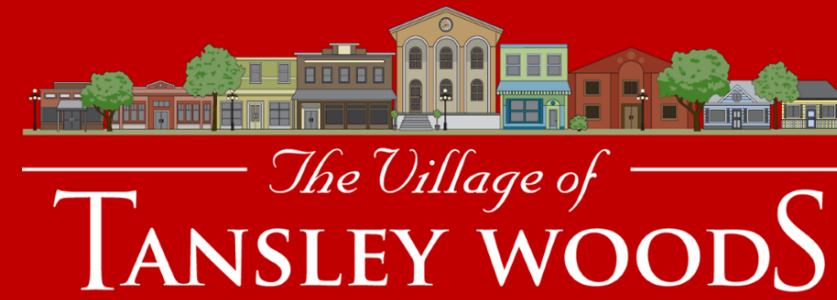




# July 2024

## NELSON



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 12:00 BBQ Lunch 2:30 Geri Defoe Performs– TH 3:30 Stepping Out 5:00 Dinner</p>	<p><b>2</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Spiritual Visits 12:00 Lunch 1:30 Art Therapy 2:00 Circle of Friends 3:30 In The Kitchen 5:00 Dinner 6:30 You and Me</p>	<p><b>3</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Soul 11:15 Fun &amp; Fit 12:00 Lunch 1:30 Music Therapy 2:00 You and Me 3:30 Express Yourself 5:00 Dinner</p>	<p><b>4</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Fun of Fit 12:00 Lunch 1:15 Horticulture Therapy 2:00 You and Me 3:00 In The Kitchen– CC 5:00 Dinner</p>	<p><b>5</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:00 Musical Moments 5:00 Dinner</p>	<p><b>6</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Tim Horton's 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 12:00 Lunch 2:00 Church– TH 3:00 Fellowship– CC 3:30 Stepping Out 5:00 Dinner</p>	<p><b>8</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Mother Goose– TH 11:00 Stepping Out 12:00 Lunch 1:30 Art Therapy 2:00 Soothing Sensations 3:30 Brains and Banter 5:00 Dinner 6:30 You and Me</p>	<p><b>9</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Spiritual Visits 12:00 Lunch 2:00 Circle of Friends 3:30 Musical Moments 5:00 Dinner</p>	<p><b>10</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Soul 11:15 Fun &amp; Fit 12:00 Lunch 1:30 Music Therapy 2:00 Soothing Sensations 3:30 Express Yourself 5:00 Dinner</p>	<p><b>11</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Fun of Fit 12:00 Lunch 1:15 Horticulture Therapy 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 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Musical Moments 5:00 Dinner</p>	<p><b>13</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Fun of Fit 12:00 Lunch 2:00 Stepping Out 3:00 Jack Garson Performs– MS 5:00 Dinner</p>
<p><b>14</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Total Body Fitness 11:00 Brains and Banter 12:00 Lunch 2:00 Church– TH 3:00 Fellowship–CC 3:30 Stepping Out 5:00 Dinner</p>	<p><b>15</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Mother Goose– TH 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Brains and Banter 5:00 Dinner 6:30 You and Me</p>	<p><b>16</b> 8:15 Breakfast 11:00 Spiritual Visits 12:00 Lunch 1:30 Neighbourhood Time 2:30 Sundae Social– MS 3:30 Stepping Out 5:00 Dinner 6:30 You and Me</p>	<p><b>17</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Soul 11:15 Fun &amp; Fit 12:00 Lunch 1:30 Music Therapy 2:30 Laughter Yoga 3:30 Express Yourself 5:00 Dinner</p>	<p><b>18</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Fun of Fit 12:00 Lunch 1:15 Horticulture Therapy 2:00 Circle of Friends 3:00 In The Kitchen 5:00 Dinner</p>	<p><b>19</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Musical Moments 5:00 Dinner</p>	<p><b>20</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 In The Kitchen 12:00 Lunch 2:00 Stepping Out 3:00 Ron Tansley Performs– TH 5:00 Dinner</p>
<p><b>21 Ice Cream Day</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:00 Movie Matinee 12:00 Lunch 2:00 Church– TH 3:00 Ice Cream Social– MS 3:30 Stepping Out 5:00 Dinner</p>	<p><b>22</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Mother Goose– TH 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Brains and Banter 5:00 Dinner 6:30 You and Me</p>	<p><b>23</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Spiritual Visits 12:00 Lunch 2:00 Circle of Friends 3:30 In The Kitchen 5:00 Dinner 6:30 You and Me</p>	<p><b>24 International Self Care Day</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Soul 11:15 Fun &amp; Fit 12:00 Lunch 1:30 Music 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 For The Fun of Fit 11:00 Spiritual Visits 12:00 Lunch 2:00 Circle of Friends 3:00 In The Kitchen 5:00 Dinner</p>	<p><b>26 Olympics Begin</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Musical Moments 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 Stepping Out 3:00 Brad Boland Performs– TH 5:00 Dinner</p>
<p><b>28</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Total Body Fitness 11:00 Brains and Banter 12:00 Lunch 2:00 Church– TH 3:00 Fellowship–CC 3:30 Stepping Out 5:00 Dinner</p>	<p><b>29 Diner's Club</b> 8:15 Breakfast 9:00 Neighbourhood Time 10:30 Mother Goose– TH 11:00 Stepping Out 12:00 Lunch 2:00 Soothing Sensations 3:30 Brains and Banter 5:00 Dinner 6:30 You and Me</p>	<p><b>30</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 Spiritual Visits 12:00 Lunch 2:30 July Birthday's Social– CC 3:30 Stepping Out 5:00 Dinner 6:30 You and Me</p>	<p><b>31</b> 8:15 Breakfast 9:00 Neighbourhood Time 11:00 For The Soul 11:15 Fun &amp; Fit 12:00 Lunch 1:30 Music Therapy 2:00 Soothing Sensations 3:30 Express Yourself 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>		