




July 2024

Wadsworth Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day 10:00 Strength and Stretch 10:30 Express Yourself: Paper plate wreath 11:00 Musical Moments 02:30 Canada Day Celebrations 04:00 Canada Day Trivia	2 01:00 Horseshoe racing game 01:30 Spiritual Service 02:30 Beauty Spa and Hand Massages 03:45 Brains and banter: Hangman 05:00 You and Me 06:00 Sing A Long Night	3 Casino Day 10:00 Low Impact Aerobics 10:30 Express Yourself: Casino 11:00 Horticulture hour 02:00 Casino Day Festivities 03:45 Brains and Banter: Word Games 04:00 Stepping out 04:15 Dog therapy with Percy	4 10:00 For the Soul: Hymn Sing 10:30 In the Kitchen: Healthy blueberry lemon muffins 11:00 4th of July Word Scramble 02:00 Bingo Club 03:45 Knitting club 04:15 Conversations cards	5 10:00 Express Yourself: Memory collages 10:30 Soothing Sensations 11:00 Mind joggers 02:00 Wine and Cheese Social / Roman Catholic Service 03:00 Bocce ball	6 10:00 Chair Yoga Session 10:30 Musical moments: Romantic hits of 50's 11:00 Family Feud 02:30 Jackpot Bingo 03:00 Word Scramble / Patio fun 04:00 Animal Bingo
7 09:30 Fellowship Service 10:30 Express Yourself 11:00 Mindfulness meditation 02:00 Bingo Club 03:00 Brains and Banter: Spelling bee 04:00 Card game: Crazy 8s	8 10:00 Strength and Stretch 10:30 Gratitude Journalling 02:00 Beauty Spa and Hand Massages 03:00 Ring Toss 04:00 Audio Book Club	9 01:00 For the Fun of Fit: Ring Toss 01:30 Spiritual Service 02:00 Outing: James Garden Park 02:30 Beer and Chips Social 03:45 Brains and banter: Hangman 05:00 You and Me 06:00 Classic Hollywood Films	10 Beach Day 10:00 Low Impact Aerobics 10:30 Express Yourself: Seashell 11:00 Horticulture hour 01:30 Music Therapy with Steffi 02:30 Entertainment: Lovesound 04:00 You and Me/Word games 04:15 Dog therapy with Percy	11 Vendor: Adrian Clothing 10:00 Soothing sensations: Aromatherapy 10:30 In the Kitchen: Cinnamon and Raisin Bread 02:00 Bingo Club 03:45 Card games: Crazy 8s 04:15 Stepping out	12 10:00 In the Kitchen: Smoothies 11:00 Brains and Banter: Memory Game 02:30 Entertainment: Heartbeats 04:00 Conversations cards/ Virtual Calls	13 10:00 Chair Yoga Session 10:30 Musical moments: Classical music of the 80's 2:00 Root beer floats and conversations 3:00 Word scramble 4:00 Bocce ball
14 09:30 Fellowship Service 10:30 Italian Club 11:00 Soothing sensations with soothing music 02:00 Bingo Club 03:45 Horseshoe Racing 04:00 Stepping out	15 10:00 Strength and Stretch 10:30 Brains and Banter 11:00 Java Music 02:00 Beauty Spa and Hand massages 03:00 Knitting Club 04:00 Audio Book Club	16 Ice Cream Day Vendor: Nelly's Comfort shoes 1:30 Spiritual Service 02:00 Ice cream and board games social 3:45 Brains and Banter: Hangman 05:00 You and Me 06:00 Musical Moments	17 10:00 Low Impact Aerobics 10:30 Express Yourself: Canvass Painting 11:00 Horticulture hour 01:30 Music Therapy with Steffi 02:30 Dominoes 03:30 Patio fun 04:15 Dog therapy / Word games	18 10:00 For the Soul: Hymn Sing 10:30 In the Kitchen: Marble Cake 11:00 Brains and Banter: Spelling bee 02:00 Bingo Club 03:45 Bocce ball	19 10:00 Coffee and conversations 10:30 Guided meditation 11:00 Mind joggers 02:00 Roman Catholic Service 02:30 Entertainment: Gilad 04:00 Virtual Calls/Stepping out	20 10:00 Chair Yoga Session 10:30 Musical moments: Old Love songs 11:00 Jigsaw Puzzle Solving 02:00 Circle of Friends: Ice tea Social 03:30 Word scramble 04:00 For the Soul
21 09:30 Fellowship Service 10:30 Soothing Sensations 11:00 Java Music Club 02:00 Bingo Club 03:45 For the Fun of Fit: Bowling 04:15 You and Me	22 10:00 Strength and Stretch 10:30 Express Yourself: Acrylic painting 11:00 For the Fun of Fit: Ring Toss 02:00 Beauty Spa and Hand Massages 02:00 Outing: Cloverdale Mall 03:00 Knitting Club 04:00 Card games: Crazy 8s	23 01:00 For the Fun of Fit: Table bowling 01:30 Spiritual Service 02:30 Iced coffee and conversations 03:00 Dominoes 03:45 Brains and banter: Hangman 05:00 You and Me 06:00 Musical moments	24 International Self Care Day 10:00 Low Impact Aerobics 10:30 Express Yourself: Aqua painting 11:00 Horticulture hour 01:30 Music therapy with Steffi 02:30 Trivia: Self care day 03:30 Socials: Summer Fruit Punch 04:00 Word games/ Dog therapy	25 10am Anglican Church Service 10:00 Musical moments 10:30 In the Kitchen: Banana bread 11:00 Gratitude Journalling 02:00 Bingo Club 03:00 Resident Council 03:45 Circle of Friends: Patio fun 04:15 You and Me	26 Olympics Opening Ceremony 10:00 In the Kitchen: Yogurt and granola bowls 10:30 Guided meditation 02:00 Entertainment: Heartbeats 04:00 Virtual Calls / Dominoes 	27 10:00 Chair Yoga Session 10:30 Soothing Sensations 11:00 Trivia 02:00 Animal bingo 03:00 Musical moments: Hit songs of the 50's / Word Scramble 04:00 You and Me
28 09:30 Fellowship Service 10:30 Java Music Club 11:00 Jigsaw puzzle solving 01:00 Outing: Blue Jays Game 02:00 Bingo Club 03:45 Musical moments 04:00 You and Me	29 10:00 Strength and Stretch 10:30 Express Yourself: Coloring 11:00 For the Fun of Fit: Table bowling 02:30 Birthday Entertainment: Lenny 04:00 Card games: Crazy 8s	30 01:00 Sit and Knit 01:30 Spiritual Service 02:30 Beauty Spa and Hand massages 03:30 Patio fun 04:00 Brains and banter: Hangman 06:00 Diner's Club	31 Diversity Day : Caribbean 10:00 Diversity crafts 11:00 Horticulture hour 12:30 Caribbean Dancers 01:30 Music therapy with Steffi 02:30 Ice cream social 04:15 Dog therapy with Percy / Word games	Vendor : Simply Felt July 24th, 2024 10am-3pm Main Street		