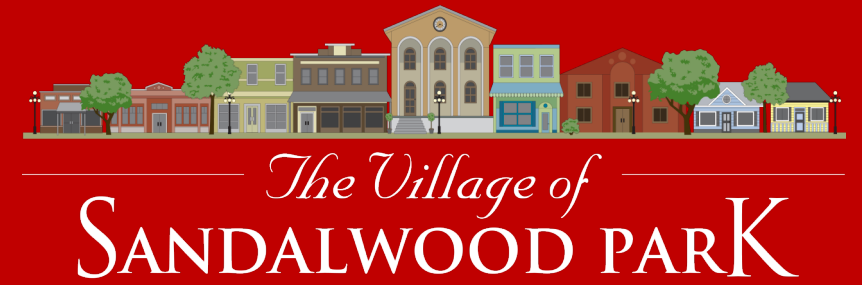




# July 2024

## Sanders

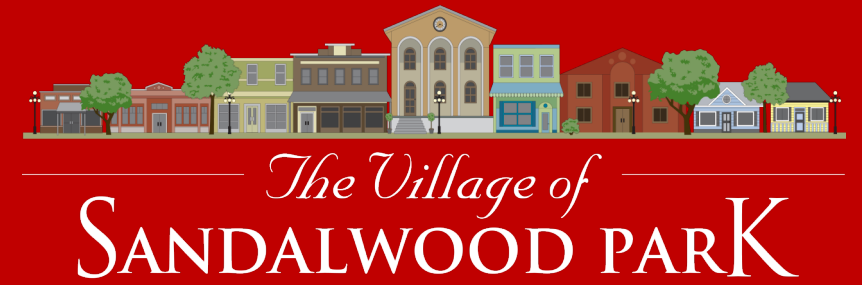


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 CANADA DAY</b> 8:30 Breakfast 10:00 You & Me 12:00-1:30 CANADA DAY BBQ AND ENTERTAINMENT 3:30 Express yourself 5:00 Dinner	<b>2</b> 8:30 Breakfast 10:30 You & Me 11:00 Stepping Out 12:00 Lunch 1:30 Card Games 2:30 Musical Moments 3:30 Fun for the Fit 5:00 Dinner 6:30 Express Yourself	<b>3</b> 8:30 Breakfast 9:30 For the Soul 10:30 Brains & Banter 12:00 Lunch 1:30 Soothing Sensations 2:30 Card Games 4:00 Balloon Tennis 5:00 Dinner 6:00 You & Me	<b>4</b> 8:30 Breakfast 10:00 Soothing Sensations 11:30 Reading Circle 12:00 Lunch 2:30 Brains and Banter 3:00 Music with Daiva 5:00 Dinner	<b>5</b> 8:30 Breakfast 10:00 Garden club with Jenny 10:30 Reading Circle 12:00 Lunch 1:30 Manicure 2:30 Outdoor Walks 3:30 Fun for the Fit 5:00 Dinner 6:30 Brains & Banter	<b>6</b> 8:30 Breakfast 10:00 For The Soul 11:00 Ball Toss 12:00 Lunch 2:30 You & I 3:30 Express Yourself 5:00 Dinner
<b>7</b> 8:30 Breakfast 10:00 Stepping Outside 11:00 Mini Manicures 12:00 Lunch 2:30 You & I 3:30 Circle of Friends 5:00 Dinner	<b>8</b> 8:30 Breakfast 10:30 Catholic Mass—Ch 10:30 Musical Moments 11:00 You & Me 12:00 Lunch 1:30 Art with Glynis 2:30 OLYMPIC EVENTS CANOE RACING 3:30 Soothing Sensations 5:00 Dinner	<b>9</b> 8:30 Breakfast 10:30 You and Me 11:30 In the Kitchen 12:00 Lunch 2:30 OLYMPIC EVENTS NU STEP SPRINTING 3:30 Brains & Banter 5:00 Dinner	<b>10</b> 8:30 Breakfast 9:30 For the Soul 10:30 OLYMPIC EVENTS TARGET SHOOTING 12:00 Lunch 1:30 You & Me 2:30 BIRTHDAY BASH WITH MITCH MCCOY 5:00 Dinner 6:30 Card Games	<b>11</b> 8:30 Breakfast 10:00 Musical Moments 11:30 In the Kitchen 12:00 Lunch 2:30 OLYMPIC EVENTS PARALLEL BARS 3:00 Music with Daiva 4:00 Reading Circle 5:00 Dinner	<b>12</b> 8:30 Breakfast 10:00 Garden club with Jenny 11:00 Brains & Banter 12:00 Lunch 2:30 OLYMPIC EVENTS SOCCER 3:30 Musical Moments 5:00 Dinner	<b>13</b> 8:30 Breakfast 10:00 Soothing Sensations 11:00 Outdoor Walks 12:00 Lunch 2:30 in the Kitchen 4:00 Reading Circle 5:00 Dinner
<b>14</b> 8:30 Breakfast 10:00 You & Me 11:00 Express Yourself 12:00 Lunch 2:30 Brains and Banter 3:30 Walk & Talk 5:00 Dinner	<b>15</b> 8:30 Breakfast 10:00 You & Me 11:00 Reading Circle 12:00 Lunch 2:30 In the Kitchen 3:30 Outdoor Walks 5:00 Dinner	<b>16</b> 8:30 Breakfast 10:30 Musical Moments 12:00 Lunch 1:30 Brains & Banter 2:30 Stepping Out 3:00 You & Me 5:00 Dinner 6:30 Card Games	<b>17</b> 8:30 Breakfast 9:30 FOR THE SOUL 10:30 Brains & Banter 10:30 Residents Council 12:00 Lunch 1:30 Express Yourself 2:30 You & Me 4:00 Fun for the fit 5:00 Dinner 6:00 Walk and Talk	<b>18</b> 8:30 Breakfast 10:30 Musical Moments 11:30 Soothing Sensations 12:00 Lunch 1:30 Fun for the fit 3:00 Music with Daiva 5:00 Dinner 6:30 Card Games / Mix and Match	<b>19</b> 8:30 Breakfast 10:00 Garden club with Jenny 10:30 Musical Moments 12:00 Lunch 1:30 Express Yourself 2:30 Card Games 3:30 Manicure/ Hand massage 5:00 Dinner 6:30 Outdoor Walks	<b>20</b> 8:30 Breakfast 10:00 For The Fun of Fit 11:00 Coloring Together 12:00 Lunch 2:30 Reading Together 4:00 You & I 5:00 Dinner



# July 2024

## Sanders



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21 NATIONAL ICE CREAM DAY</b>  8:30 Breakfast 10:00 Friendly Visits 11:00 You & I 12:00 Lunch 2:30 Express Yourself 3:15 Sip & Paint 4:00 Stepping Outside 5:00 Dinner	<b>22</b>  8:30 Breakfast 10:30 Musical Moments 11:00 Soothing Sensations 12:00 Lunch 1:30 Art with Glynis 2:30 Fun for the Fit 3:30 You & Me 5:00 Dinner	<b>23</b>  8:30 Breakfast 10:30 In the Kitchen 11:30 You & Me 12:00 Lunch 2:30 Express Yourself 3:30 Outdoor Walks 5:00 Dinner	<b>24</b>  8:30 Breakfast 9:30 For the Soul 10:30 Soothing Sensations 12:00 Lunch 1:30 You & Me 2:30 In the kitchen 3:30 Brains and Banter 5:00 Dinner 6:30	<b>25</b>  8:30 Breakfast 10:00 Musical Moments 11:30 Hand Massages 12:00 Lunch 2:30 Music with Daiva 3:30 Brains and Banter 5:00 Dinner	<b>26</b>  8:30 Breakfast 10:00 Garden club w/ Jenny 10:30 Food Committee 11:00 Reading Circle 12:00 Lunch 2:30 In the Kitchen 4:00 Stepping Out 5:00 Dinner	<b>27</b>  8:30 Breakfast 10:00 Soothing Sensations 11:00 Express Yourself 12:00 Lunch 2:30 Walk and Talk 3:30 Brains and Banter 5:00 Dinner
<b>28</b>  8:30 Breakfast 10:00 Soothing Sensations / Virtual Church Service 11:00 Outdoor Walks 12:00 Lunch 2:30 Brains and Banter 3:15 Musical Moments 4:00 5:00 Dinner	<b>29</b>  8:30 Breakfast 10:30 You & Me 11:00 Reading Circle 12:00 Lunch 2:30 In the Kitchen 3:30 Soothing Sensations 5:00 Dinner	<b>30</b>  8:30 Breakfast 10:30 Express Yourself 12:00 Lunch 1:30 Brains & banter 3:00 Village walks 5:00 Dinner 6:30 Reading Circle	<b>31</b>  8:30 Breakfast 9:30 For the Soul 10:30 Brains & Banter 12:00 Lunch 1:30 Mix and Match 2:30 Stepping Out 3:30 Fun for the Fit 5:00 Dinner 6:00 Card Games			