

# July 2024



## Emma's Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Canada Day!</b> 8:00am <b>Breakfast</b> 12:00pm <b>Lunch</b> <b>12:00pm Canada Day BBQ</b> <b>2:00pm Entertainment: Jay Vazquez - TH</b> 5:00pm <b>Dinner</b>	<b>2</b> <b>10-3 Sign-Up Day - H</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time <b>10:30am Outing: Country Drive</b> 12:00pm <b>Lunch</b> 2:00pm Brains and Banter 3:30pm For the Fun of Fit 5:00pm <b>Dinner</b>	<b>3</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 12:00pm <b>Lunch</b> 1:15pm Music Therapy with Jenn 5:00pm <b>Dinner</b>	<b>4</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Brains and Banter 12:00pm <b>Lunch</b> 2:30pm Movie Matinee 3:30pm Java Time 5:00pm <b>Dinner</b>	<b>5</b> 8:00am <b>Breakfast</b> 10:00am Fit for Life: Walking Group 10:00am Neighbourhood Time 11:00am Soothing Sensations 12:00pm <b>Lunch</b> 2:00pm Brains and Banter: Board Games 3:30pm Stepping Out 5:00pm <b>Dinner</b>	<b>6</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 10:45am Brains and Banter - Loun 11:00am For the Fun of Fit 12:00pm <b>Lunch</b> 2:00pm Gardeners' Group - HS 3:30pm Circle of Friends 5:00pm <b>Dinner</b>
<b>7</b> Muharrum Starts 8:00am <b>Breakfast</b> 10:00am Church Service w/ Ankit - TH 10:00am Neighbourhood Time 11:00am In the Kitchen 12:00pm <b>Lunch</b> 2:30pm Church Service w/ Ankit - TH 3:15pm Fellowship - CC 5:00pm <b>Dinner</b>	<b>8</b> <b>Wentworth Heights Olympics Opening Ceremonies</b> 8:00am <b>Breakfast</b> 9:30am For the Soul with Janet 10:00am Fit for Life: Walking Group 12:00pm <b>Lunch</b> 2:00pm Musical Moments <b>2:30pm Entertainment: Escapade - TS</b> <b>2:30pm Olympics Event Day #1: Sprint - NuStep - TH</b> 5:00pm <b>Dinner</b> 6:15pm Neighbourhood Time	<b>9</b> <b>WH Olympics Day 2 Vendor - Hardt Designs</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 10:30am Lettuce Talk Food - HS 11:00am For the Soul 12:00pm <b>Lunch</b> 2:00pm Brains and Banter <b>2:30pm Olympics Event Day #2: Soccer - MS</b> 3:30pm For the Fun of Fit 5:00pm <b>Dinner</b>	<b>10</b> <b>WH Olympics: Day 3</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Express Yourself 12:00pm <b>Lunch</b> 2:00pm Soothing Sensations 2:00pm VON: S.M.A.R.T Exercise Program <b>2:30pm Olympics Event Day #3: Olympic Shooting - TH</b> 3:30pm You and I 5:00pm <b>Dinner</b>	<b>11</b> <b>WH Olympics: Day 4</b> 8:00am <b>Breakfast</b> <b>9:15am Breakfast Club: Pancakes and Sausages (Sign Up) - H</b> 12:00pm <b>Lunch</b> 2:30pm Men's Club <b>2:30pm Olympics Event Day #4: Canoe Slalom - MS</b> 5:00pm <b>Dinner</b>	<b>12</b> <b>WH Olympics: Day 5</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Soothing Sensations 12:00pm <b>Lunch</b> 2:00pm Brains and Banter: Board Games <b>2:30pm Olympics Event Day #5: Parallel Bars - FC</b> 3:30pm Stepping Out 5:00pm <b>Dinner</b>	<b>13</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Fun of Fit 12:00pm <b>Lunch</b> <b>2:00pm Entertainment with Ronnie Russell (EG)</b> 3:30pm Circle of Friends 5:00pm <b>Dinner</b>
<b>14</b> 8:00am <b>Breakfast</b> 10:00am Church Service w/ Ankit - TH 10:00am Neighbourhood Time 11:00am In the Kitchen 12:00pm <b>Lunch</b> 2:30pm Church Service w/ Janet - TH 3:15pm Fellowship - CC 5:00pm <b>Dinner</b>	<b>15</b> 8:00am <b>Breakfast</b> 9:30am For the Soul with Janet 10:00am Neighbourhood Time 12:00pm <b>Lunch</b> <b>2:00pm Outing: Gage Park</b> 5:00pm <b>Dinner</b> 6:15pm Neighbourhood Time	<b>16</b> Ice Cream Day 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Soul 12:00pm <b>Lunch</b> 2:00pm Brains and Banter 3:30pm For the Fun of Fit 5:00pm <b>Dinner</b> <b>5:30pm Music of the Night BBQ - Sign Up (\$) - R</b>	<b>17</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Express Yourself <b>11:30am Back Patio BBQ</b> 12:00pm <b>Lunch</b> 1:15pm Music Therapy with Jenn 2:00pm Concert Video: Daniel O'Donnell w/ Janet - TH 2:00pm VON: S.M.A.R.T Exercise Program 3:30pm You and I 5:00pm <b>Dinner</b>	<b>18</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Brains and Banter 12:00pm <b>Lunch</b> <b>2:30pm Arm Chair Travel: Africa - TH</b> 2:30pm Movie Matinee 3:30pm Java Time 5:00pm <b>Dinner</b>	<b>19</b> 8:00am <b>Breakfast</b> 10:00am Fit for Life: Walking Group 10:00am Neighbourhood Time 11:00am Soothing Sensations 12:00pm <b>Lunch</b> 2:00pm Brains and Banter: Board Games <b>3:00pm Emma's Happy Hour with Susie Q Live</b> 5:00pm <b>Dinner</b>	<b>20</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Fun of Fit 12:00pm <b>Lunch</b> 2:00pm Gardeners' Group - HS 3:30pm Circle of Friends 5:00pm <b>Dinner</b>
<b>21</b> 8:00am <b>Breakfast</b> 10:00am Church Service w/ Ankit - TH 10:00am Neighbourhood Time 11:00am In the Kitchen 12:00pm <b>Lunch</b> 2:30pm Church Service w/ Janet - TH 3:15pm Fellowship - CC 5:00pm <b>Dinner</b>	<b>22</b> 8:00am <b>Breakfast</b> 9:30am For the Soul with Janet 10:00am Fit for Life: Walking Group 12:00pm <b>Lunch</b> 2:00pm Musical Moments 3:30pm Express Yourself 5:00pm <b>Dinner</b> 6:15pm Neighbourhood Time	<b>23</b> Vendor - The Boutique 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Soul 12:00pm <b>Lunch</b> 2:00pm Brains and Banter <b>2:30pm Summer Parade - MS</b> 3:30pm For the Fun of Fit 5:00pm <b>Dinner</b>	<b>24</b> International Self Care Day 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Express Yourself 12:00pm <b>Lunch</b> 2:00pm Soothing Sensations 2:00pm VON: S.M.A.R.T Exercise Program 3:30pm You and I 5:00pm <b>Dinner</b>	<b>25</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Brains and Banter 12:00pm <b>Lunch</b> 3:30pm Men's Club 5:00pm <b>Dinner</b> <b>5:00pm Diner's Club: Pizza! - HS</b>	<b>26</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Soothing Sensations 12:00pm <b>Lunch</b> 2:00pm Brains and Banter: Board Games 3:30pm Stepping Out 5:00pm <b>Dinner</b>	<b>27</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Fun of Fit 12:00pm <b>Lunch</b> 2:00pm Bingo <b>2:30pm Entertainment: Ron Tansley - TH</b> 3:30pm Circle of Friends 5:00pm <b>Dinner</b>
<b>28</b> 8:00am <b>Breakfast</b> 10:00am Church Service w/ Ankit - TH 10:00am Neighbourhood Time 11:00am In the Kitchen 12:00pm <b>Lunch</b> 2:30pm Virtual Church Service - TH 3:15pm Fellowship - CC 5:00pm <b>Dinner</b>	<b>29</b> 8:00am <b>Breakfast</b> 9:30am For the Soul with Janet 12:00pm <b>Lunch</b> 2:00pm Musical Moments 3:30pm Express Yourself 5:00pm <b>Dinner</b> 6:15pm Neighbourhood Time	<b>30</b> <b>West Schlegel Olympics - Glendale Crossing</b> Vendor - EZ Fit Shoes 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am For the Soul 12:00pm <b>Lunch</b> 2:00pm Brains and Banter 3:30pm For the Fun of Fit 5:00pm <b>Dinner</b>	<b>31</b> 8:00am <b>Breakfast</b> 10:00am Neighbourhood Time 11:00am Express Yourself <b>11:30am Back Patio BBQ</b> 12:00pm <b>Lunch</b> 1:15pm Music Therapy with Jenn <b>2:00pm Outing: Bayfront Picnic</b> 2:00pm VON: S.M.A.R.T Exercise Program 5:00pm <b>Dinner</b>	*- Independent Program A- Art Studio C- Cafe CC- Community Centre CH- Chapel EG- Egerton FC- Fitness Centre H- Hobby Shop		L- Library MS- Main Street R- Ruby Restaurant SC- Social Club SH- School House TH- Town Hall TS- Town Square WB- Williamsburg