



July 2024

Strasburg Neighbourhood



The Village of
WINSTON PARK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>VENDORS</p> <p>July 2: EZ Fit Shoes 11-3pm</p> <p>July 6: Traditions Alive 11-3pm</p>	<p>1 Canada Day 8:30 Breakfast 9:30 Exercises 10:30 Out Burst Game 12:00 Lunch 2:00 Canada Day Celebrations Music with Hubert Hynes (SB) 3:00 Cultivating Friendships 5:00 Dinner</p>	<p>2 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 3:00 Hulling Berries 5:00 Dinner 6:00 Short Stories</p>	<p>3 Strawberry Social 8:30 Breakfast 9:45 Zumba 10:30 RC Communion 11:00 Hymn Sing 12:00 Lunch 2:00 Strawberry Social Music with Jackie G (AB) 3:00 Horticulture 5:00 Dinner</p>	<p>4 8:30 Breakfast 9:45 Exercise 9:45 Music Therapy 10:30 Chime Choir 12:00 Lunch 1:30 Bingo 3:30 Tai Chi 5:00 Dinner</p>	<p>5 8:30 Breakfast 9:45 Exercise 10:30 Bowling 12:00 Lunch 1:30 Book Club 3:30 You & Me 5:00 Dinner</p>	<p>6 8:30 Breakfast 9:45 Exercise 10:30 Bingo 11:00 Rosary (RV) 12:00 Lunch 1:30 Bowling 2:00 Pet Therapy 3:15 Out/Indoor Walks</p>
<p>7 8:30 Breakfast 9:45 Exercise 10:00 TV Church 11:00 Short Stories 1:30 Express Yourself 2:30 You & Me 5:00 Dinner</p>	<p>8 8:30 Breakfast 9:30 Walmart Outing 10:30 For the Spirit 12:00 Lunch 1:30 Craft with Maria 3:00 Cultivating Friendships 5:00 Dinner</p>	<p>9 Timbit Day 8:30 Breakfast 10:15 Virtual Town Hall 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner</p>	<p>10 8:30 Breakfast 9:45 Zumba 11:00 Hymn Sing 12:00 Lunch 1:30 Horse Racing 3:00 Horticulture 5:00 Dinner</p>	<p>11 8:30 Breakfast 9:45 Exercise 9:45 Music Therapy 10:30 Chime Choir 12:00 Lunch 1:30 Bingo 3:30 Tai Chi 5:00 Dinner</p>	<p>12 8:30 Breakfast 9:45 Exercise 10:30 Bean Bag Toss 12:00 Lunch 1:30 Book Club 3:00 In/Outdoor Walks 5:00 Dinner</p>	<p>13 8:30 Breakfast 9:45 Exercise 10:30 Bingo 12:00 Lunch 1:30 Book Club 2:00 Pet Therapy 3:15 Out/Indoor Walks</p>
<p>14 8:30 Breakfast 9:45 Exercise 10:30 Church with Pastor Royal (SH) 11:00 Short Stories 2:30 King Street Brass Band (Ret) 5:00 Dinner</p>	<p>15 8:30 Breakfast 9:30 Exercises 10:30 For the Spirit 12:00 Lunch 1:30 Craft with Maria 2:00 Hand Waxing 3:00 Cultivating Friendships 5:00 Dinner</p>	<p>16 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:00 Conn Smyth SB 5:00 Dinner 6:00 Short Stories</p>	<p>17 8:30 Breakfast 9:45 Zumba 11:00 Word Games 11:30 Order In Chinese Food 12:00 Lunch 1:30 Horse Racing 3:00 Horticulture 5:00 Dinner</p>	<p>18 8:30 Breakfast 9:45 Exercise 9:45 Music Therapy 10:30 Chime Choir 12:00 Lunch 1:30 Bingo 1:30 Book Club 3:30 Tai Chi</p>	<p>19 8:30 Breakfast 9:45 Exercise 10:30 Anglican Service JS 10:30 Bowling 12:00 Lunch 2:00 Travel to India 5:00 Dinner</p>	<p>20 8:30 Breakfast 9:45 Exercise 10:30 Bingo 12:00 Lunch 2:30 Bingo Village Wide HV 2:00 Pet Therapy 3:15 Out/Indoor Walks</p>
<p>21 Nat. Ice Cream Day 8:30 Breakfast 9:45 Exercise 10:00 TV Church 11:00 Short Stories 1:30 Ice Cream Social 5:00 Dinner</p>	<p>22 8:30 Breakfast 9:30 Exercises 10:30 For the Spirit 2:30 Book Club 12:00 Lunch 1:30 Craft with Maria 3:00 Cultivating Friendships</p>	<p>23 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 3:15 Resident Meeting 5:00 Dinner</p>	<p>24 8:30 Breakfast 9:45 Zumba 11:00 Birthday Sing-Along: AD 12:00 Lunch 1:30 Beach Outing 3:00 Horticulture 5:00 Dinner</p>	<p>25 8:30 Breakfast 9:45 Exercise 9:45 Music Therapy 10:15 Resident Council (JS) 10:30 Chime Choir 12:00 Lunch 1:30 Bingo 3:30 Tai Chi</p>	<p>26 8:30 Breakfast 9:45 Exercise 10:30 Bean Bag Toss 12:00 Lunch 3:00 In/Outdoor Walks 5:00 Dinner</p>	<p>27 8:30 Breakfast 9:45 Exercise 10:30 Bingo 12:00 Lunch 1:30 Bowling 2:00 Pet Therapy 3:15 Out/Indoor Walks</p>
<p>28 8:30 Breakfast 9:45 Exercise 10:00 TV Church 11:00 Short Stories 1:30 Apostolic Hymn Sing 2:00 Euchre Village Wide (KD)</p>	<p>29 8:30 Breakfast 9:30 Exercises 10:30 United/Presbyterian Service JS 12:00 Lunch 1:30 Craft with Maria 2:00 Hand Waxing 3:00 Cultivating Friendships</p>	<p>30 8:30 Breakfast 10:00 Total Body Fitness 11:00 Church 12:00 Lunch 1:30 Nail Care 2:30 Bible Study 5:00 Dinner 6:00 Short Stories</p>	<p>31 8:30 Breakfast 9:45 Exercises 11:00 Hymn Sing 12:00 Lunch 1:30 Horse Racing 2:00 PEG talks: Olympics 3:00 Horticulture 5:00 Dinner</p>	<p>Legend Strasburg—(SB) Aberdeen—(AD) Kingsdale—(KD) Roseville—(RV) Sandhills—(SH) Waldau—(WD) Haysville—(HV)</p>	<p>Ret. John Sweeney Rm —(JS) LTC Worship Room— (LTC WR) Williamsburg Dining room - (RET DR)</p>	