

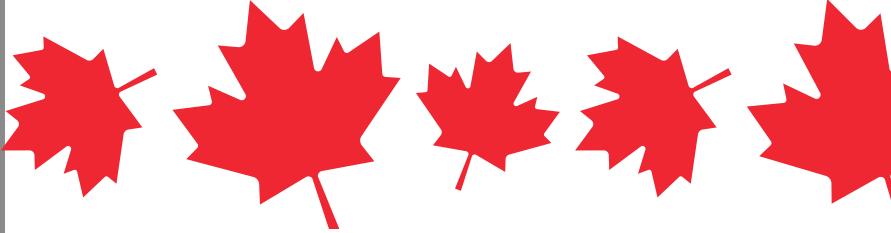
# JULY

## Alderwood

**Legend**  
C—Chapel  
TH—Town Hall  
MF— Main Floor  
TS—Town Square  
CC—Community Centre

FE—Front Entrance  
L—Library

Diversity Lunches every Wednesday  
in the Cafe. \$10.00 for a meal!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Canada Day</b> 10:00 Entertainment with Emilio 11:00 Canada Day Art 02:00 Neighbourhood Time 04:00 Stepping Out	<b>2</b> 09:00 Horticulture Therapy 10:45 Music Therapy 02:30 Canada Day Trivia 03:00 Brains & Banter 04:00 You and Me	<b>3 Outing</b> 10:00 For the Fun of Fit 10:00 Outing: Black Creek Pioneer 02:30 Brains & Banter 03:30 Java Memory	<b>4 Outing</b> 10:30 Outing: Metro 10:00 For the Fun of Fit 11:00 Soothing Sensations 02:30 Circle of Friends 03:00 Entertainment: Heartbeats	<b>5</b> 10:00 For the Fun of Fit 11:00 Circle of Friends 02:30 Jackpot Bingo 04:00 You and Me
<b>6</b> 10:00 Fellowship Service 10:30 Hymn Sing 11:00 IN2L 02:30 Patio Time 04:00 Stepping Out	<b>7 Outing</b> 01:45 Card Games 02:30 You and Me 03:30 For the Fun of Fit 06:30 Neighborhood Drive	<b>8 Outing</b> 09:30 You and Me 10:30 Musical Moments 10:45 In the Kitchen 02:30 Outing: Dairy Queen 04:00 Patio Social	<b>9</b> 09:00 Horticulture Therapy 09:15 Soothing Sensations 02:30 For the Fun of Fit 03:00 Circle of Friends 04:00 Balloon Toss	<b>10</b> 10:00 Neighborhood Time 10:30 Bingo 11:00 Music Therapy 02:30 Entertainment: Tristan 04:00 Stepping Out	<b>11</b> 01:30 You and Me 02:20 For the Fun of Fit 03:00 Entertainment: Heartbeats 06:30 Stepping Out 07:00 Neighborhood Time	<b>12</b> 10:00 Musical Moments 11:00 Circle of Friends 02:30 Express Yourself 04:00 Stepping Out
<b>13</b> 09:30 Stepping Out 10:00 Fellowship Service 11:00 Hymn Sing 02:30 Neighbourhood Time 04:00 Circle of Friends	<b>14 Outing</b> 09:00 Outing: Titanic 01:45 You and Me 02:30 Java Memory 03:30 Outdoor Patio 04:00 Stepping Out 06:30 Musical Moments	<b>15 Resident Council</b> 09:30 Musical Moments 10:30 Balloon Toss 02:00 Neighborhood Time 03:00 Resident Council 03:30 Manicures	<b>16</b> 09:00 Horticulture Therapy 10:00 For the Fun of Fit 10:45 Music Therapy 02:30 Brains & Banter 03:30 Social: Popcorn 04:15 Outdoor Patio	<b>17</b> 10:00 Neighbourhood Time 10:30 Express Yourself 02:30 Bingo 03:30 Book Club 04:00 You and Me	<b>18</b> 10:00 Circle of Friends 11:00 For the Fun of Fit 02:30 For the Soul 03:00 Entertainment: Heartbeats	<b>19</b> 09:30 Soothing Sensations 10:30 For the Fun of Fit 02:30 Express Yourself 03:30 You and Me
<b>20 Ice Cream Day</b> 09:30 Circle of Friends 10:00 Fellowship Service 11:00 For the Fun of Fit 02:30 In the Kitchen: Ice Cream 04:00 Stepping Out	<b>21</b> 01:45 Book club 02:30 For the Fun of Fit 03:30 Brains & Banter 04:00 Stepping Out 06:30 Popcorn & Karaoke	<b>22 Pursuit of Passions</b> 10:30 Pursuit of Passions: Timeless Recipes 11:00 Stepping Out 02:30 Express Yourself 03:30 For the Fun of Fit 04:00 Stepping Out	<b>23 Diversity Lunch</b> 09:45 Brains and Banter 10:45 Music Therapy 11:30 Diversity Lunch 02:30 For the Fun of Fit 03:30 Neighbourhood Time	<b>24 International Self Care Day</b> 10:00 Musical Moments 10:30 Brains and Banter 02:30 Heartbeats 03:30 For the Fun of Fit 04:00 Circle of Friends	<b>25 Celebration of Life</b> 10:30 Celebration of Life 01:30 Circle of Friends 03:00 Heartbeats 05:00 Dinner's Club 06:30 Stepping Out	<b>26</b> 10:00 Neighbourhood Time 11:00 For the Fun of Fit 02:30 In The Kitchen 04:00 Musical Moments
<b>27</b> 09:30 Outdoor Patio 10:00 Fellowship Service 11:00 Hymn Sing 02:30 In the Kitchen: Smoothies 04:00 Outdoor Patio	<b>28 Sound Therapy</b> 10:30 Sound Therapy 01:45 Musical Moments 02:30 Brains and Banter 03:30 Neighborhood Time 04:00 You and Me 06:30 Pub Night & Lovesound	<b>29</b> 09:30 Circle of Friends 10:30 For the Fun of Fit 02:00 You and Me 03:00 Java Memory 04:00 Neighborhood Time	<b>30 Birthday Party</b> 09:15 Horticulture Therapy 10:00 Card Games 10:45 Music Therapy 02:30 Birthday Entertainment: John 04:00 You and Me	<b>31</b> 10:00 Neighborhood Time 11:00 Horse Shoe Racing 02:30 Express Yourself 04:00 Musical Moments	