


# JULY

## Carrington Neighbourhood

Legend

- CH- Chapel  
TH - Town Hall  
MS - Main Street  
TS - Town Square
- FC - Fitness Centre  
CC - Community Centre  
CY - Courtyard  
BP - Back Patio
- L - Library  
CK - Country Kitchen  
D - Den  
LR - Living Room

**Note/Announcement:**  
Don't forget to flip the page over on the 19<sup>th</sup> to see the 20<sup>th</sup> - 31<sup>st</sup> on the back!

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
|                    |   | <b>1</b> <b>Canada Day (Wear Red &amp; White)</b><br>10:00am Entertainment with Lorelee McGuirl in Town Square<br>11:00am - 3:00pm Canada Day Carnival on the Back Patio<br>6:15pm Canada Day Bingo-CC                            | <b>2</b><br>9:30am Neighbourhood Time<br>11:00am For The Fun of Fit<br>12-4pm Recreation Team Meeting  | <b>3</b><br>9:45am Sing-Along-L<br>10:30am Music Therapy with Jen<br>1:30pm Express Yourself<br>2:00pm Residents' Council-CC<br>3:00pm Circle of Friends<br>6:00pm Neighbourhood Time   | <b>4</b><br>8:30am Men's Breakfast-CC<br>10:00am Neighbourhood Time<br>11:00am Stay Strong-FC<br>2:00pm In The Kitchen                                    | <b>5</b><br>2:00pm Pub with Chris Bruder-MS<br>3:30pm Soothing Sensations<br>6:00pm Neighbourhood Time                |
| <b>6</b><br>2:30pm Church Service-TH<br>3:15pm Fellowship-TH<br>6:00pm Neighbourhood Time          | <b>7</b><br>9:30am Neighbourhood Time<br>10:30am Intergenerational Jamboree-TH<br>2:00pm Stepping Out<br>2:00pm Bingo-CC<br>3:30pm Musical Moments  | <b>8</b> <b>National Freezer Pop Day</b><br>9:30am For the Soul<br>10:00am Rosary-CH<br>11:00am Stay Strong-FC<br>1:30pm You & I<br>2:00pm Travelling Cart: Freezer Pops<br>3:00pm Circle of Friends<br>6:00pm Neighbourhood Time | <b>9</b><br>9:30am Neighbourhood Time<br>10:45am Outing to Hutch's<br>1:30pm Hort Happens<br>2:00pm Musical Moments<br>2:00pm Tai Chi-FC<br>3:30pm Brains & Banter                                     | <b>10</b><br>9:45am Sing-Along-L<br>11:00am Fit to Function-FC<br>1:30pm Express Yourself<br>2:00pm Movie with Janet: Life with Father-TH<br>3:00pm Circle of Friends<br>6:00pm Neighbourhood Time  | <b>11</b><br>11:00am Stay Strong-FC<br>2:00pm For the Fun of Fit<br>3:30pm In The Kitchen   | <b>12</b><br>2:00pm Entertainment with Cam Woolvett in Carrington<br>6:00pm Neighbourhood Time                        |
| <b>13</b><br>2:30pm Virtual Church Service-TH<br>3:15pm Fellowship-TH<br>6:00pm Neighbourhood Time | <b>14</b><br>9:30am Neighbourhood Time<br>10:30am Intergenerational Jamboree-TH<br>2:00pm Stepping Out<br>2:00pm Bingo-CC<br>3:30pm Musical Moments | <b>15</b><br>9:30am For the Soul<br>10:00am Rosary-CH<br>11:00am Stay Strong-FC<br>1:30pm You & I<br>2:30pm Armchair Travel: Veracruz, Mexico-TH<br>3:00pm Circle of Friends<br>6:00pm Neighbourhood Time                         | <b>16</b><br>9:30am Neighbourhood Time<br>10:30am Roman Catholic Mass-CH<br>11:00am For The Fun of Fit<br>2:00pm Stepping Out<br>2:00pm Tai Chi-FC<br>2:30pm Italian Club-CC<br>3:30pm Brains & Banter | <b>17</b><br>9:45am Sing-Along with Janet<br>10:30am Music Therapy with Jen<br>11:00am Fit to Function-FC<br>1:30pm Express Yourself<br>2:00pm Coffee, Chat & Dash with Janet-CH<br>3:00pm Circle of Friends<br>6:00pm Neighbourhood Time | <b>18</b><br>11:00am Stay Strong-FC<br>1:30pm Stepping Out<br>3:00pm In The Kitchen<br>3:00pm Happy Hour with Mia Praught-MS<br>6:00pm Neighbourhood Time | <b>19</b><br>1:30pm You & I<br>2:00pm Country Drive Outing<br>3:00pm Soothing Sensations<br>6:00pm Neighbourhood Time |

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MS - Main Street

TS - Town Square

FC - Fitness Centre

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L - Library

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### Your Rec Team:

Ravinder & Tyson

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
| <div>20</div> <div>2:30pm Church Service-TH</div> <div>3:15pm Fellowship-TH</div> <div>6:00pm Neighbourhood Time</div> | <div>21</div> <div>9:30am Neighbourhood Time</div> <div>10:30am Intergenerational Jamboree-TH</div> <div>2:00pm Stepping Out</div> <div>2:00pm Bingo-CC</div> <div>3:30pm Musical Moments</div> | <div>22</div> <div>9:30am For the Soul</div> <div>10:00am Rosary-CH</div> <div>11:00am Stay Strong-FC</div> <div>1:30pm You &amp; I</div> <div>3:00pm Circle of Friends</div> <div>6:00pm Neighbourhood Time</div> | <div>23</div> <div>Gorgeous Grandma Day</div> <div>9:30am Neighbourhood Time</div> <div>10:30am Gorgeous Grandma Makeovers-TH</div> <div>1-3pm Gorgeous Grandma Photoshoot</div> <div>1:30PM Hort Happens</div> <div>2:00pm Musical Moments</div> <div>2:00pm Tai Chi-FC</div> <div>3:30pm Brains &amp; Banter</div> <div>5:00pm Diner’s Club: Greek-MS</div> | <div>24</div> <div>9:45am Sing-Along with Janet</div> <div>11:00am Fit to Function-FC</div> <div>1:30pm Express Yourself</div> <div>2:30pm Java Time</div> <div>2:30pm Pursuit of Passions: Timeless Recipes, Endless Stories-MS</div> <div>6:00pm Neighbourhood Time</div>                               | <div>25</div> <div>10:00am Outing to the Watering Can Market</div> <div>11:00am Stay Strong-FC</div> <div>3:00pm Birthday Bash-CC</div> <div>4:00pm Stepping Out</div> | <div>26</div> <div>Day of the Cowboy (Dress in Western Wear)</div> <div>2:30pm Country Entertainment-TS</div> <div>3:30pm Soothing Sensations</div> <div>6:00pm Neighbourhood Time</div> |
| <div>27</div> <div>2:30pm Church Service-TH</div> <div>3:15pm Fellowship-TH</div> <div>6:00pm Neighbourhood Time</div> | <div>28</div> <div>9:30am Neighbourhood Time</div> <div>10:30am Intergenerational Jamboree-TH</div> <div>2:00pm Stepping Out</div> <div>2:00pm Bingo-CC</div> <div>3:30pm Musical Moments</div> | <div>29</div> <div>9:30am For the Soul</div> <div>10:00am Rosary-CH</div> <div>11:00am Stay Strong-FC</div> <div>1:30pm You &amp; I</div> <div>3:00pm Circle of Friends</div> <div>6:00pm Neighbourhood Time</div> | <div>30</div> <div>9:30am Neighbourhood Time</div> <div>11:00am For The Fun of Fit</div> <div>2:00pm Entertainment with Jim Young in Stonechurch</div> <div>3:00pm Tai Chi-FC</div> <div>3:30pm Brains &amp; Banter</div>   | <div>31</div> <div>9:45am Sing-Along with Janet</div> <div>10:30am Music Therapy with Jen</div> <div>11:00am Fit to Function-FC</div> <div>1:30pm Express Yourself</div> <div>2:00pm Coffee, Chat &amp; Dash with Janet-CH</div> <div>3:00pm Circle of Friends</div> <div>6:00pm Neighbourhood Time</div> |    |  |

Happy Summer! Don’t forget your sunhat and sunscreen.

### Birthdays This Month:

- Inge Moll - July 6<sup>th</sup>
- Carole Burr - July 16<sup>th</sup>
- Violet Briggs - July 29<sup>th</sup>

