

JULY


Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day 9:30 Rosary (C) 9:30 Calendar Hang up 11:00 Parade 2:00 Canada Day Party with Lynne & Rick (MS) 3:30 You & Me 6:30 For the Soul (C)	2 10:30 YMCA Camp (MS) 2:00 Popsicles on the Patio 3:15 Canadian Trivia 3:30 Balance Class (FC) 6:30 Games Night (CC)	3 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 The Perk 2:00 Patio Time 3:00 You and Me 6:30 Active Games (MS)	4 9:30 Outing 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 3:30 Stepping Out 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	5 10:00 Group Exercise 11:00 Weekend Walk 2:00 Entertainment (Po) 3:15 You and Me
	6 10:00 For the Soul 11:00 Stepping Out 2:00 Canadian Inventors 3:00 Circle of Friends	7 10:00 Chair Dancing Exercise 11:00 Stepping Out 2:00 In The Kitchen 3:30 Total Body Fitness(FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	8 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Brains & Banter 6:30 In The Kitchen (CC)	9 10:30 YMCA Camp (MS) 2:00 In the Kitchen 3:15 Language Explorers 3:30 Balance Class (FC) 6:30 Games Night (CC)	10 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Sun Hat Decorating 2:00 Stepping Out 3:00 Dominos/ Card Games 6:30 Active Games (MS)	11 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 3:30 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)
13 10:00 For the Soul 11:00 Brain Games 2:00 Ladder Ball 3:00 Travelling Cart: Ice Cream	14 10:00 Group Exercise 11:00 Rock Art 2:00 For the Fun of Fit 3:00 Nature Walk 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	15 9:30 Rosary (C) 10:00 Favorite Summer Memories 10:45 Art with Sonal 11:00 Manicures/ Nail Care 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 For the Soul (CC)	16 10:30 YMCA Camp (MS) 2:00 Tim Hortons Social 3:00 Karaoke on Downey 3:30 Balance Class (FC) 6:30 Games Night (CC)	17 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Chair Dancing Exercise 2:00 Stepping Out 2:00 Residents Council (C) 3:00 Soothing Sensations 6:30 Active Games (MS)	18 10:30 Sit 'N Get Fit 1:30 Outing 2:00 Bingo on Pollock 3:30 Neighbourhood Time 3:30 Pilates (FC) 6:30 Crafting Club (CC)	19 10:00 Group Exercise On Downey 11:00 Weekend Walks 2:00 Entertainment (Do) 3:00 You and Me

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<div>20</div> 10:00 For the Soul 11:00 Weekend Walks 2:00 Circle of Friends 3:00 Patio Time	<div>21</div> 10:00 Chair dancing Exercise 11:00 Manicures/ Nail care 2:00 Travelling Cart: Hot Chocolate 3:15 You and me 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	<div>22</div> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Soothing Sensations 6:30 In The Kitchen (CC)	<div>23</div> 10:30 YMCA Camp (MS) 12:00 Summer BBQ 1:30-3:30 Pursuit of Passions Event (MS) 3:30 Balance Class (FC) 6:30 Games Night (CC)	<div>24</div> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Nature Walk 2:00 Pub Afternoon (MS) 3:15 You and Me 6:30 Active Games (MS)	<div>25</div> 10:00 Group Exercise 10:30 Sit 'N Get Fit 11:00 Circle of Friends 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<div>26</div> 9:30 Music on the Patio 10:30 Weekend Walks 2:00 Entertainment (Wr) 3:30 Bill of Rights & Calendar Planning
<div>27</div> 10:00 For the Soul 11:00 Neighbourhood Time 2:00 Card Games 3:00 Learning the History of KW	<div>28</div> 10:00 Group Exercise 11:00 Language Explorers 2:00 Stepping Out 3:00 Travelling Cart: General Store 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	<div>29</div> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 For the Soul (CC)	<div>30</div> 10:30 YMCA Camp (MS) 2:00 Food Committee (Jo) 2:15 For the Fun of Fit 3:15 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<div>31</div> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Chair Dancing Exercise 1:30 Outing 6:30 Active Games (MS)		

Entertainment:

- July 5th - Entertainment with the Dynamic Duo on Pollock
- July 12th - Entertainment with Kevin on Johnston
- July 19th - Entertainment with R&S Country on Downey
- July 24th - Pub Afternoon with Sheryl Walsh on Main Street
- July 26th - Entertainment with Henry on Wright

Outings:

- July 4th -Walmart
- July 18th - Dollarama
- July 31st - Anna Mae’s Restaurant

Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month’s activities, programs, and outings!
Hosted by your Recreation Team Member.

Your Recreation Team:

- Full-Time - Pearl
- Part-Time - Danica