

JULY



Johnston

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) 11:00 Parade 2:00 Canada Day Party with Lynne & Rick (MS) 6:30 Devotions (C) | 2 9:15 Art with Sonal 10:30 YMCA Camp (MS) 2:00 Bingo 3:30 Balance Class (FC) 6:30 Games Night (CC) | 3 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Stepping Out 6:30 Active Games (MS) | 4 10:00 Craft with Jen 11:00 You and Me 2:00 Manicures 3:30 Banded Strcngth (FC) 6:30 Crafting Club (CC) | 5 10:00 Weekend Perks 11:00 Mini Golf 2:00 Entertainment (Po) 3:30 You and Me |
| 6 9:00 For the Soul 11:00 Neighbourhood Time 2:00pm Bingo 3:00 Stawberry Social | 7 9:45 Brains and Banter 10:30 Sit 'N Get Fit 2:00 Patio Time 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | 8 9:30 Rosary (C) 10:30 Outdoor Walks 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC) | 9 9:15 Art with Sonal 10:30 YMCA Camp (MS) 12:00 Summer BBQ 2:30 Patio Time 3:30 Balance Class (FC) 6:30 Games Night (CC)  | 10 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Manicures 3:00 Puzzel It Out 6:30 Active Games (MS) | 11 9:30 You and Me 10:30 Stepping Out 2:00 Movie and Snacks 3:30 Active Games (FC) 6:30 Crafting Club (CC) | 12 9:30 Weekend Perks 10:15 Tim Horton's Coffee and Tim Bits 2:00 Entertainment (Jo) 3:30 Express Yourself |
| 13 9:30 Weekend Perks 10:15 For The Soul 2:00pm Bingo | 14 10:30 Sit 'N Get Fit 11:00 Express Yourself 2:00 Lemonade Travelling Cart 3:30 HIIT (FC) 6:30 Game Show Trivia (CC) | 15 9:30 Rosary (C) 11:00 Word Games 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC) | 16 9:15 Art with Sonal 10:30 YMCA Camp (MS) 2:00 Calendar Planning and Bill of Rights Meeting 3:30 Balance Class (FC) 6:30 Games Night (CC) | 17 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Outing 2:00 Residents Council (C) 3:00 Neighbourhood Time 6:30 Active Games (MS) | 18 9:30 Let's Paint 11:00 You and Me 2:00 Stepping Out 3:30 Bandewd Strength (FC) 6:30 Crafting Club (CC) | 19 10:00 Weekend Perks 11:00 Beach Volleyball 2:00 Entertainment (Do) 3:00 You and Me |

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|--|---|---|---|---|---|---|
| <div>20</div> 9:00 For the Soul 11:00 Neighbourhood Time 2:00 Bingo 3:00 You and Me | <div>21</div> 9:30 Let’s Color 10:30 Sit ‘N Get Fit 2:00 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | <div>22</div> 9:30 Rosary (C) 10:30 Movie Time 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC) | <div>23</div> 9:15 Art with Sonal 10:30 YMCA Camp (MS) 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) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Pub Afternoon (MS) 6:30 Active Games (MS) | <div>25</div> 2:00 Patio Time 3:00 You and Me 3:30 Active Games (FC) 6:30 Crafting Club (CC) | <div>26</div> 9:30 Weekend Perks 10:30 Let’s Color 2:00 Entertainment (Wr) 3:30 Express Yourself |
| <div>27</div> 9:30 Weekend Perks 10:15 For The Soul 11:30 Let’s Color 2:00 Bingo | <div>28</div> 10:30 Sit ‘N Get Fit 11:00 Short Stories 2:00 Patio Time 3:30 HIIT (FC) 6:30 Game Show Trivia (CC) | <div>29</div> 9:30 Rosary (C) 11:00 Word Game 1:30 Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC) | <div>30</div> 9:15 Art with Sonal 10:30 YMCA Camp (MS) 11:00 Stepping Out 2:00 Food Committee (Jo) 3:30 Balance Class (FC) 6:30 Games Night (CC) | <div>31</div> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Stepping Out 3:00 Express Yourself 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 17th: Bus Outing to Waterloo Farmers Market with Debi
- July 29th: Bus Outing to Mclennan Park with Julia

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 - Debi
- Part-Time - Julia