


JULY

Emma's

Legend
C—Chapel
TH—Town Hall
MF— Main Floor
TS—Town Square
CC—Community Centre
FE—Front Entrance
L—Library
HS—Hobby Shop

Happy Canada Day to everyone celebrating!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day 08:30 Breakfast 09:30 Neighborhood Time 09:30 Animal Documentary 11:00 Express Yourself - Canada Day 12:00 Lunch 02:30 Entertainment w/Carla 05:00 Dinner	2 Diversity Lunch: Tibet 08:30 Breakfast 11:00 Fitness 12:00 Lunch 01:00 Neighborhood Time 02:00 Hymn Sing with Bobo 03:30 Java Music Club 05:00 Dinner	3 Dancing w/ Parkinson’s 08:30 Breakfast 09:30 Neighborhood Time 10:00 Dancing with Parkinson's - LO 11:00 Fitness 12:00 Lunch 02:30 Express Yourself 03:30 Manicures 05:00 Dinner	4 Neighbourhood Outing 08:30 Breakfast 09:30 Neighborhood Time 11:30 Fitness 12:00 Lunch 01:00 Outing: Allan Gardens 03:00 Entertainment: HeartBeats - CY 05:00 Dinner	5 8:30 Breakfast 09:30 Neighborhood Time 11:00 Fitness 12:00 Lunch 02:30 Ice Cream Social 03:30 Circle of Friends 05:00 Dinner
		6 08:30 Breakfast 09:30 Neighborhood Time 10:30 Church Service 11:00 Fitness 12:00 Lunch 02:30 For the fun of fit 03:30 Social Sunday 05:00 Dinner	7 08:30 Breakfast 09:30 Neighborhood Time 10:00 Yoga with Sheila 10:15 Patio Buddies 11:00 Fitness 12:00 Lunch 02:30 Feel and Fold 03:30 Bingo 05:00 Dinner	8 08:30 Breakfast 09:30 Neighborhood Time 09:30 Animal Documentary 11:00 Fitness 12:00 Lunch 02:30 Brain and Banters 03:30 Active Games 05:00 Dinner 06:45 Pub Night With Antonella - TS	9 Diversity Lunch: Italy 08:30 Breakfast 10:00 Tickled Pink Vendor 11:00 Fitness 12:00 Lunch 01:00 Neighborhood Time 02:00 Hymn Sing with Bobo 03:30 Java Music Club 05:00 Dinner 06:30 Stepping Out 06:00 Pub Night w/ Leah	10 08:30 Breakfast 09:30 Neighborhood Time 11:00 Fitness 12:00 Lunch 02:30 Express Yourself 03:30 Manicures 05:00 Dinner
13 08:30 Breakfast 09:30 Cafe Social - MFC 10:30 Church Service 11:00 Fitness 12:00 Lunch 01:30 You and Me: Virtual Calls 03:00 Express Yourself 05:00 Dinner	14 08:30 Breakfast 09:30 Balcony Social 11:00 Fitness 12:00 Lunch 02:30 Feel and Fold 03:30 Bingo 05:00 Dinner	15 Suzzete Emporium Vendor 08:30 Breakfast 09:30 Neighborhood Time 09:30 Animal Documentary 11:00 Fitness 12:00 Lunch 02:30 Target Toss 03:30 Musical Moments 05:00 Dinner	16 Diversity Lunch: Portugal 08:30 Breakfast 11:00 Fitness 12:00 Lunch 01:00 Neighborhood Time 02:00 Hymn Sing with Bobo 02:00 CCC Farm - CY 03:30 Java Music Club 05:00 Dinner 06:30 Stepping Out	17 08:30 Breakfast 09:30 Neighborhood Time 11:00 Fitness 12:00 Lunch 02:30 Express Yourself 03:30 Manicures 05:00 Dinner	18 08:30 Breakfast 09:30 Neighborhood Time 11:00 Fitness 12:00 Lunch 02:15 For the Fun of Fit 03:00 Entertainment: HeartBeats - CY 05:00 Dinner	19 8:30 Breakfast 09:30 Neighborhood Time 11:00 Fitness 12:00 Lunch 02:30 Ice Cream Social 03:30 Circle of Friends 05:00 Dinner

JULY

Neighbourhood Name

Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club

FE—Front Entrance

L—Library

EM—Emma’s

HS—Hobby Shop

JPL — Jack Purcell Lounge

BP— Back Patio

FC—Fitness Centre

MFC — Main Floor Café

PC—Patio Courtyard

● — Outing

◆ —Resident Run Program

■ — Off the Neighbourhood

Note/Announcement:

words go here.....

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>20</div><div>national Ice Cream Day</div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>10:30 Church Service</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:00 For the fun of fit</div><div>03:00 Sip & Sing a long</div><div>05:00 Dinner</div></div>	<div><div>21</div><div></div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>10:15 Patio Buddies</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Feel and Fold</div><div>03:30 Bingo</div><div>05:00 Dinner</div></div>	<div><div>22</div><div>Pursuit of Passion</div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>09:30 Animal Documentary</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Brain and Banters</div><div>03:30 Active Games</div><div>05:00 Dinner</div></div>	<div><div>23</div><div>Diversity Lunch: Greece</div><div>08:30 Breakfast</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>01:00 Neighborhood Time</div><div>02:00 Hymn Sing with Bobo</div><div>03:30 Java Music Club</div><div>05:00 Dinner</div><div>06:30 Stepping Out</div></div>	<div><div>24</div><div>International Self-care day</div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Express Yourself</div><div>03:30 Manicures</div><div>05:00 Dinner</div></div>	<div><div>25</div><div>Celebration of Life</div><div>8:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:15 You & Me</div><div>03:00 Entertainment: HeartBeats - CY</div><div>05:00 Dinner</div></div>	<div><div>26</div><div></div><div>08:30 Breakfast</div><div>09:30 In the Kitchen</div><div>10:00 Vendor Traditions Alive</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Neighborhood Time</div><div>03:30 Brains and Banter</div><div>05:00 Dinner</div></div>
<div><div>27</div><div>Pursuit of Passion</div><div>08:30 Breakfast</div><div>09:30 Cafe Social - MFC</div><div>10:30 Church Service</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>01:30 You and Me: Virtual Calls</div><div>03:00 Express Yourself</div><div>05:00 Dinner</div></div>	<div><div>28</div><div></div><div>08:30 Breakfast</div><div>09:30 Balcony Social</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Feel and Fold</div><div>03:30 Bingo</div><div>05:00 Dinner</div></div>	<div><div>29</div><div></div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>09:30 Animal Documentary</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Target Toss</div><div>03:30 Musical Moments</div><div>05:00 Dinner</div></div>	<div><div>30</div><div>Diversity: Caribbean</div><div>08:30 Breakfast</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>01:00 Neighborhood Time</div><div>02:00 Hymn Sing with Bobo</div><div>02:30 John for Birthday</div><div>03:30 Java Music Club</div><div>05:00 Dinner</div><div>06:30 Stepping Out</div></div>	<div><div>31</div><div></div><div>08:30 Breakfast</div><div>09:30 Neighborhood Time</div><div>11:00 Fitness</div><div>12:00 Lunch</div><div>02:30 Express Yourself</div><div>03:30 Manicures</div><div>05:00 Dinner</div></div>	<div><div></div><div></div><div></div></div>	

Note/Highlights:

4th July Allan Garden Outing

Extra Notes - Add the diversity lunch on calendar

no Anglican church service for June and July (LOA)