

JULY


Matthews

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 10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 1:30 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)	3 9:30 Chapel Service (C) 10:15 For the fun of fit 10:30 Zumba (FC) 2:00 Card Games 3:30 Green Thumbs 6:30 Active Games (MS)	4 9:15 Soothing Sensations 10:00 Bingo (Wr) 2:00 Patio Time 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	5 10:00 Stepping Out 11:00 Daily Perk 2:00 Entertainment (Po) 3:00 Brains & Banter
	6 10:00 For the Soul 11:00 Neighborhood Time 2:00 Stepping Out 3:00 Daily Perk	7 9:30 Manicure and Music 11:00 You and Me 2:00 Brains and Banter 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	8 9:30 Rosary (C) 10:30 Residents Bill of Rights and Calendar Planning Meeting 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	9 10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 1:45 For the Fun of Fit 3:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)	10 9:30 Chapel Service (C) 10:00 Daily Perk 10:30 Zumba (FC) 11:00 Keeping Up 1:30 Outing 6:30 Active Games (MS)	11 9:15 Soothing Sensations 10:00 Bingo (Ma) 11:30- 3:30 Outing 3:30 Active Games (FC) 6:30 Crafting Club (CC)
13 9:30 Daily Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Karaoke	14 2:00 Stepping Out 3:00 Card Games 4:00 Neighbourhood Time 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	15 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	16 10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 1:30 Express Yourself 3:00 Patio Time 3:30 Balance Class (FC) 6:30 Games Night (CC)	17 9:30 Chapel Service (C) 10:00 In the Kitchen 10:30 Zumba (FC) 2:00 Residents Council (C) 3:00 You and Me 3:30 Green Thumbs 6:30 Active Games (MS)	18 9:15 Soothing Sensations 10:00 Bingo (Wr) 2:00 Circle of Friends 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	19 9:30 Neighborhood Time 11:00 Musical Moments 2:00 Entertainment (Do) 3:00 Manicures & Nail Care

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<div>20</div> <div>10:00 For the Soul 11:00 Brains & Banters 2:00 Patio Time 3:00 Express Yourself</div>	<div>21</div> <div>9:30 Neighbourhood Time 10:45 Stepping Out 1:30 In the Kitchen 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</div>	<div>22</div> <div>9:30 Rosary (C) 10:30 Express Yourself 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You and Me 6:30 In The Kitchen (CC)</div>	<div>23</div> <div>10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 1:30-3:30 Pursuit of Passions Event (MS) 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>24</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Pub Afternoon (MS) 3:30 Stepping Out 3:30 Green Thumbs 6:30 Active Games (MS)</div>	<div>25</div> <div>9:15 Soothing Sensations 10:00 Bingo (Ma) 2:00 For the Fun of Fit 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>26</div> <div>9:30 Neighbourhood Time 10:30 Sunshine Club 2:00 Entertainment (Wr) 3:30 You and Me</div>
<div>27</div> <div>9:30 Daily Perks 10:00 For the Soul 11:00 Musical Moments 2:00 Movie Time</div>	<div>28</div> <div>10:00 Soothing Sensations 11:00 Express Yourself 2:00 For the Fun of Fit 3:00 Stepping Out 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)</div>	<div>29</div> <div>9:30 Rosary (C) 10:30 Circle of Friends 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You and Me 6:30 Devotions (CC)</div>	<div>30</div> <div>10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Food Committee (Jo) 2:30 Manicure with Music 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>31</div> <div>9:30 Chapel Service (C) 10:00 Brain and Banters 10:30 Zumba (FC) 2:00 You and Me 3:30 Green Thumbs 6:30 Active Games (MS)</div>		

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 10th- Van Outing to Waterloo Park with Jacobi and Hagey
July 11th- Bus Outing to Butterfly Conservatory and Swiss Chalet for lunch

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 - Harman
Part-Time - Jacobi