

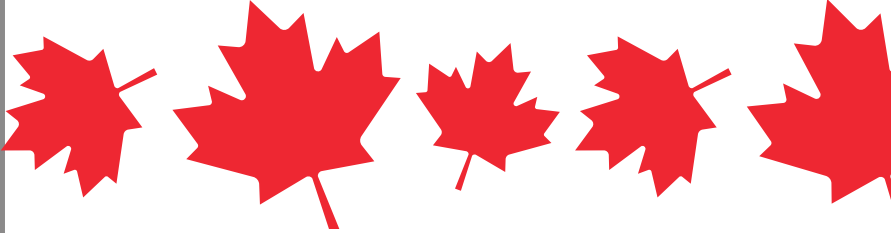

# JULY

## APPLEBY

**Legend**  
L- Library  
TH—Town Hall  
MS- Main Street  
CC- Community Center  
FC- Fitness Center

**Residents Bill Of Rights**  
23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential

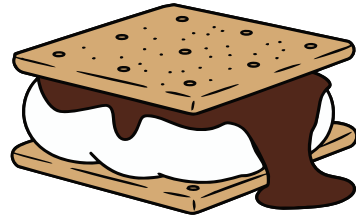
**Note/Announcement:**  
Programs subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Canada Day</b> 9:00 Neighborhood Time 10:00 Opening Ceremony 1:00 Spiritual Care 2:00 Stepping Out 3:00 Geri Defoe Performs-TH	<b>2</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy	<b>3</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:00 Stepping Out 3:00 Beach Volley Ball-TH	<b>4</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 For the Soul 3:30 Brains & Banter 6:00 Stepping Out	<b>5</b> 9:00 Neighborhood Time 11:00 In the Kitchen-CC 2:00 Total Body Fitness 2:00 Stepping Out 3:00 Sing a-long-TH
<b>6</b> 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends	<b>7</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Brains & Banter 3:30 Musical Moments 6:00 Circle of Friends	<b>8 National Freezer Pop Day</b> 9:00 Neighborhood Time 1:00 Spiritual Care 2:30 In the Kitchen-Front Patio 3:30 Stepping Out	<b>9</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:30 Ice Cream Sundae’s-CC 3:30 You & Me	<b>10</b> 8:00 Breakfast Club 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 12:00 BBQ 2:30 Concerts in Care-TH	<b>11</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 For the Soul 3:00 Wine & Cheese-CC 6:00 Stepping Out	<b>12</b> 1:00 Neighborhood Time 2:00 Stepping Out 3:00 Natalie Marie Performs-TH 6:00 Musical Moments
<b>13</b> 1:00 Neighborhood Time 2:15 Church Service –TH 3:30 For the Fun of Fit 6:00 Musical Moments	<b>14</b> 9:15 Fun & Fit 10:00 Mother Goose-TH 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	<b>15</b> 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:30 Stepping Out	<b>16 World Snake Day</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 You & Me 3:30 Little Reptiles-MS	<b>17</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 Stepping Out 1:30 You & Me	<b>18</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 1:30 Little Hobby Hill Farm-CC 3:30 Brains & Banter 6:00 Stepping Out	<b>19</b> 9:00 Neighborhood Time 11:00 Circle of Friends-CC 2:00 Total Body Fitness 2:00 Stepping Out 3:00 Ron Tansley Performs-TH
<b>20 Ice Cream Day</b> 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:15 Ice Cream Social-MS	<b>21</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	<b>22</b> 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 You & Me 3:00 Birthday Social-CC	<b>23</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 You & Me 3:30 Brains & Banter	<b>24 International Self Care Day</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 Tai Chi- RH Patio 2:00 Stepping Out 3:00 Laughter Yoga-TH	<b>25</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighborhood Time 2:00 For the Soul 3:30 Brains & Banter 6:00 Stepping Out	<b>26</b> 1:00 Neighborhood Time 2:00 Stepping Out 3:00 Prince Performs-TH 6:00 Musical Moments
<b>27</b> 1:00 Neighborhood Time 2:15 Church Service –TH 3:30 For the Fun of Fit 6:00 Musical Moments	<b>28</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends	<b>29 National Lasagna Day</b> 9:00 Neighborhood Time 10:00 You & Me 12:00 Diners Club 1:00 Spiritual Care 2:00 Circle of Friends 3:30 Stepping Out	<b>30</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 You & Me 3:30 Brains & Banter	<b>31</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:00 For the Soul 3:00 Residents Council-CC 3:30 Stepping Out		

# JULY

## In the Kitchen

- 5- Smore's
- 8- Popsicles
- 9- Ice Cream Sundae's
- 19-Tim Horton's Coffee & Timbits



## Socials/Events

- 1- Canada Day Ceremony
- 11- Wine & Cheese
- 16- Little Reptile's
- 20- Ice Cream Social
- 22-Birthday Social



## Movies

Popcorn will be provided

## Movies for the month:

- 6- Book Club
- 20- Annie

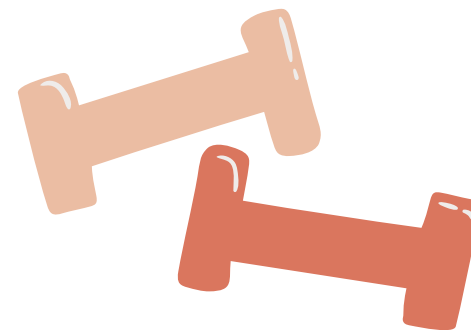


## Pal Group Programs

Monday  
Sweat Squad 1:30

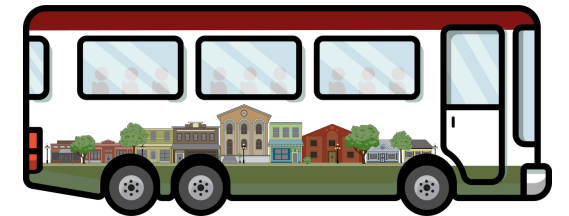
Tuesday  
Group Fitness 1:45

Thursday  
Basketball 11:30  
Yoga 1:45



## Outings

- 2- Dutch Mill 2:00pm
- 15- Sunshine Donuts 2:00pm
- 23- Scenic Drive 2:00pm
- 28- Bayfront 1:30pm



## Lunch Diner's Club

- 29- Lasagna

