

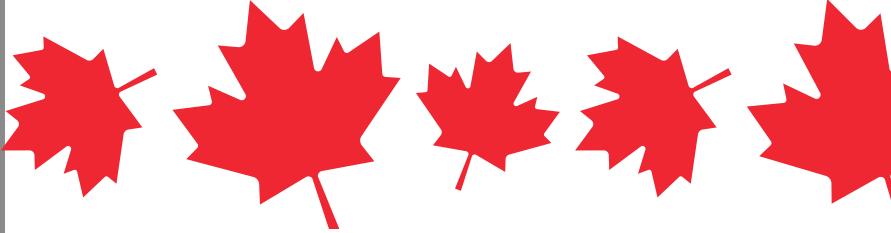

# JULY

## Howland

Main Street—MS  
Greenhouse-GH  
Activity Room-AR  
Library - Lib  
Chapel-CH  
Virtual - V

Country Kitchen— CK  
Community Centre—CC  
Fitness Centre— FC  
Open Area— OA  
Touring— TO Town Hall - TH

**Programs may be subject  
to change if required**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Canada Day</b> 1:00 Friendly Visits - TO 2:00 Canada Day Celebration - MS 3:30 Circle of Friends - OA 6:30 Bingo— MS	<b>2</b> 10:00 Feel & Fold - OA 10:45 Sing Along - OA 11:15 1:1 2:00 Picture Bingo - OA 3:00 Stepping Out- TO 6:30 Brain Boosters-CC	<b>3</b> 10:30 Art - OA 2:00 Green Thumb - CC 2:00 In the Kitchen - CK 3:00 Circle of Friends - CK 4:00 Helping Hands - Ck 6:30 Music Appreciation-CC	<b>4</b> 10:00 Neighborhood Time 11:00 For the Fun of Fit - OA 2:00 Travelogue - CK 3:00 Family feud - CK 4:00 Friendly Visits -CK 6:30 Movie Night-CC	<b>5</b> 10:00 Neighborhood Time 11:00 Soothing Sensation - CK 2:00 Bingo - MS 3:00 Express Yourself - OA 6:30 A Little Bit of This and That - CC
<b>6</b> 10:00 Neighborhood Time 11:00 For the Soul - CK 2:00 Musical Moments - OA 3:00 Stepping Out - TO 4:00 1:1 6:30 Hosanna Singers	<b>7</b> 10:15 For the Fun of Fit - OA 11:00 Neighborhood Time 1:30 chime choir - Lib 2:00 Brains & Banter - OA 6:30 Active Games-MS	<b>8</b> 1:00 Friendly Visits - TO 2:00 Green Thumb - CC 2:00 Musical Moments - OA 3:00 Stepping Out - TO 4:00 Circle of Friends - OA 6:30 Bingo— MS	<b>9</b> 10:00 Feel & Fold - OA 10:45 Express Yourself - OA 2:00 Resident Council Meeting - CC 3:00 Express Yourself - OA 6:30 Java Music Club-CC	<b>10</b> 10:30 Art - OA 2:00 Green Thumb - CC 2:00 In the Kitchen - CK 3:00 Discussion Time - CK 4:00 Helping Hands - CK 6:30 Music Appreciation-CC	<b>11</b> 10:00 For the Fun of Fit - OA 11:00 Neighborhood Time 2:00 Express Yourself - CK 3:00 Circle of Friends - CK 4:00 Friendly Visits - TO 6:30 Movie Night-CC	<b>12</b> 10:00 Neighborhood Time 11:00 Soothing Sensation - CK 2:00 Bingo - MS 3:30 Stepping Out - TO 6:30 A Little Bit of This and That - CC
<b>13</b> 10:00 Neighborhood Time 11:00 For the Soul - CK 2:00 Melody of Divine Love- MS 3:30 Musical Moments - OA 6:30 It's Never Too Late-CC	<b>14</b> 9:45 Music Therapy - OA 10:15 For the Fun of Fit - OA 11:00 Neighborhood Time 1:30 chime choir - Lib 2:00 Express Yourself - OA 6:30 Active Games-MS	<b>15</b> 10:00 Neighborhood Time 1:00 Friendly Visits - TO 2:00 Musical Moments - OA 3:00 Stepping Out - TO 6:30 Bingo— MS	<b>16</b> 10:00 Feel & Fold - OA 10:45 Discussion Game - OA 11:15 1:1 2:00 Express Yourself - OA 3:00 Circle of Friends - OA 6:30 Java Music Club-CC	<b>17</b> 10:30 Art - OA 11-3 Lunch Trip to McDonald's- sign up required 2:00 Green Thumb - CC 3:00 Circle of Friends - CK 6:30 Music Appreciation-CC	<b>18</b> 10:00 For the Fun of Fit - OA 11:00 Neighborhood Time 2:00 Brains & Banter - OA 3:00 Stepping Out - TO 4:00 Express Yourself - CK 6:30 Movie Night-CC	<b>19</b> 10:00 SDA Children Choir - MS 11:00 You & Me - TO 2:00 Bingo - MS 3:30 Circle of Friends - OA 6:30 A Little Bit of This and That - CC
<b>20</b> 10:00 Neighborhood Time 11:00 For the Soul - CK 2:00 Brains & Banter - CK 3:30 Church Service-L 3:30 You & Me 6:30 It's Never Too Late-CC	<b>21</b> 9:45Music Therapy - OA 10:15 For the Fun of Fit - OA 11:00 Neighborhood Time 1:30 chime choir - Lib 2:00 Stepping Out - TO 6:30 Active Games-MS	<b>22</b> 1:00 Friendly Visits - TO 2:00 Neighborhood Time 2:00 Green Thumb - CC 3:00 Express Yourself - OA 3:45 You & Me 6:30 Bingo— MS	<b>23</b> 10:00 Feel & Fold - OA 10:45 Neighborhood Time 11:15 You & Me 2:00 VR Club - CK 3:00 Discussion Time - CK 6:30 Java Music Club-CC	<b>24</b> 10:00 Morning Devotion-OA 10:30 Art - OA 1:00 Private Communion-TO 2:00 Timeless Recipe & Endless Story - CK 6:30 Music Appreciation-CC	<b>25</b> 10:00 Neighborhood Time 11:00 Soothing Sensation - OA 2:00 Musical Moments - CK 3:00 Stepping Out - TO 4:00 Friendly Visits 6:30 Pub Night-MS	<b>26</b> 10:00 Neighborhood Time 11:00 Circle of Friends - OA 2:00 Bingo - MS 3:00 Express Yourself - OA 6:30 A Little Bit of This and That - CC
<b>27</b> 10:00 Neighborhood Time 11:00 For the Soul - CK 2:00 Live Worship Music-MS 2:30 Sunday Inspiration-MS 3:00 Stepping Out - TO 6:30 It's Never Too Late-CC	<b>28</b> 9:45 Music Therapy - OA 10:15 For the Fun of Fit - OA 11:00 Neighborhood Time 1:30 chime choir - Lib 2:00 Short Stories Time - CK 6:30 Active Games-MS	<b>29</b> 1:00 Friendly Visits - TO 2:00 Birthday Bash -MS 3:30 Circle of Friends - OA 4:00 You & Me 6:30 Bingo - MS	<b>30</b> 10:00 Feel & Fold - OA 10:45 Musical Moments - OA 11:15 You & Me 2:00 Express Yourself - CK 3:00 Stepping Out - TO 6:30 Java Music Club-CC	<b>31</b> 10:00 Hymn Sing-OA 10:30 Art - OA 1:00 Private Communion-TO 2:00 Green Thumb - CC 2:00 In the Kitchen - CK 6:30 Music Appreciation-CC		

# JULY

## Movie Night:

04 -Summer Vacation

11- It Takes Two

18- Murder Mystery 2



## Main Events in LTC:

- Canada Day Celebration with Prince Cave
- Lunch at MacDonald's
- Melody Of Divine Love
- SDA Children Choir
- Pub Night with Emillio
- Birthday Bash with James Regan



## Outing:

Lunch Trip- McDonald's- Sign up required

