

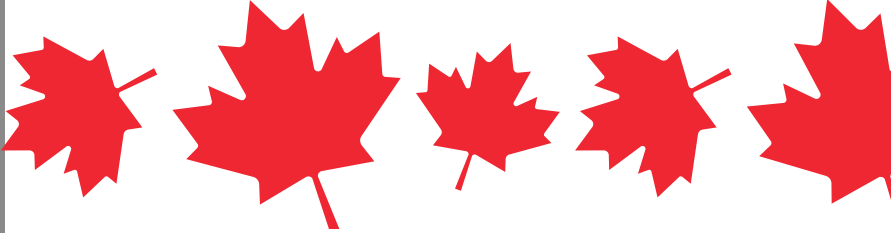

# JULY

## Oaklands

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

**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><br>9:00 Neighbourhood Time<br>10:00 Opening Ceremony<br>1:00 Art Therapy<br>3:00 Geri Defoe-TH<br>4:00 Spiritual Care                                        | <b>2</b><br>9:15 Fun & Fit<br>11:00 Music Therapy<br>1:00 Neighbourhood Time<br>2:30 Express Yourself<br>3:30 For The fun of Fit<br>6:00 Stepping Out                        | <b>3</b><br>9:00 Neighbourhood Time<br>10:15 For the Soul<br>10:30 Horticulture Therapy<br>12:00 Oakland's BBQ- MS<br>2:00 You and Me<br>3:00 Volleyball-MS              | <b>4</b><br>9:00 Neighbourhood Time<br>10:00 Brain and Banters<br>11:15 Line Dancing- FC<br>2:00 Soothing Sensation<br>3:30 For the Fun of fit               | <b>5</b><br>12:30 Neighbourhood Time<br>1:30 Stepping Out<br>3:00 Musical Moments- TH<br>6:00 Circle Of friends          |
| <b>6</b><br>9:30 Neighbourhood Time<br>10:00 Total Body Fitness<br>10:30 Brain and Banters<br>2:15 Church Service- TH<br>3:30 You and Me | <b>7</b><br>9:30 Neighbourhood Time<br>10:30 Express Yourself<br>2:00 Musical Moments<br>3:30 For the Fun of Fit<br>4:00 You and Me  | <b>8 National Freezer Pop Day</b><br>9:00 Neighbourhood Time<br>1:00 Art Therapy<br>2:30 Popsicle Social- Patio<br>3:30 Stepping Out<br>4:00 Spiritual Care                      | <b>9</b><br>9:15 Fun & Fit<br>11:00 Music Therapy<br>1:00 Neighbourhood Time<br>2:30 Express Yourself<br>3:30 For The fun of Fit<br>6:00 Stepping Out                        | <b>10</b><br>9:00 Neighbourhood Time<br>10:15 For The Soul<br>10:30 Horticulture Therapy<br>2:00 You and Me<br>2:30 Concert of Care- TH<br>3:30 Stepping Out             | <b>11</b><br>9:00 Neighbourhood Time<br>10:00 Brain and Banter<br>11:15 Line Dancing- FC<br>2:00 Musical Moments<br>3:00 Wine & Cheese-CC<br>4:00 You and Me | <b>12</b><br>9:00 Neighbourhood Time<br>10:30 In the Kitchen- CC<br>3:00 Natalie Marie Performs- TH<br>4:00 Stepping Out |
| <b>13</b><br>9:30 Neighbourhood Time<br>10:30 Movie Matinee-TH<br>2:15 Church Service-TH<br>4:00 Stepping Out                            | <b>14</b><br>9:30 Neighbourhood Time<br>10:00 Mother Goose- TH<br>2:00 Stepping Out<br>3:30 For the Fun of Fit<br>4:00 You and Me    | <b>15</b><br>12:30 Neighbourhood Time<br>1:00 Art Therapy<br>2:00 Circle Of Friends<br>3:00 Brain and Banters<br>4:00 Spiritual Care<br>6:00 Circle of Friends-CC                | <b>16 World Snake Day</b><br>9:15 Fun & Fit<br>11:00 Music Therapy<br>1:00 Neighbourhood Time<br>2:00 Circle Of Friends<br>3:30 Little Rays Reptile Zoo<br>6:00 Stepping Out | <b>17</b><br>9:30 Neighbourhood Time<br>10:15 For The Soul<br>10:30 Horticulture Therapy<br>1:30 You and Me                                                              | <b>18</b><br>9:00 Neighbourhood Time<br>10:00 Brain and Banter<br>11:15 Line Dancing-FC<br>1:30 Little Hobby Farm- CC<br>3:30 Stepping Out                   | <b>19</b><br>12:30 Neighbourhood Time<br>1:30 Stepping Out<br>3:00 Ron Tansley Performs-TH<br>6:00 Circle of Friends     |
| <b>20 Ice Cream Day</b><br>9:30 Neighbourhood Time<br>10:30 Brain and Banters<br>2:15 Church Service-TH<br>3:30 Ice Cream Social- MS     | <b>21</b><br>9:30 Neighbourhood Time<br>10:30 Express Yourself<br>2:00 Musical Moments<br>3:30 For the Fun of Fit<br>4:00 You and Me | <b>22</b><br>12:30 Neighbourhood Time<br>1:00 Art Therapy<br>2:00 Stepping Out<br>3:00 Birthday Social- CC<br>4:00 Spiritual Care<br>6:00 Bike Riding                            | <b>23</b><br>9:15 Fun & Fit<br>11:00 Music Therapy<br>1:00 Neighbourhood Time<br>2:00 Circle Of Friends<br>3:30 Brain and Banters<br>6:00 Stepping Out                       | <b>24 International Self Care Day</b><br>9:30 Neighbourhood Time<br>10:30 Horticulture Therapy<br>11:00 Tia Chi- RP<br>2:00 Soothing Sensation<br>3:00 Laughter Yoga- TH | <b>25</b><br>9:00 Neighbourhood Time<br>10:00 Brain and Banter<br>11:15 Line Dancing- FC<br>2:00 Musical Moment<br>3:30 For the Fun of Fit                   | <b>26</b><br>9:30: Neighbourhood Time<br>10:30 In the Kitchen- CC<br>3:00 Prince Performs- TH<br>4:00 Stepping Out       |
| <b>27</b><br>9:30 Neighbourhood Time<br>10:30 Brain and Banters<br>2:15 Church Service-TH<br>3:30 Stepping Out                           | <b>28</b><br>9:30 Neighbourhood Time<br>10:30 Express Yourself<br>2:00 Musical Moments<br>3:30 For the Fun of Fit<br>4:00 You and Me | <b>29 Diner's Club</b><br>12:00 Diner's Club- MS<br>12:30 Neighbourhood Time<br>1:00 Art Therapy<br>3:00 Brain and Banters<br>4:00 Spiritual Care<br>6:00 Circle of Friend's- CC | <b>30</b><br>9:15 Fun & Fit<br>11:00 Music therapy<br>1:00 Neighbourhood Time<br>2:00 Circle Of Friends<br>3:30 Brain and Banters<br>6:00 Stepping Out                       | <b>31</b><br>9:30 Neighbourhood Time<br>10:30 Brain and Banters<br>2:00 Stepping Out<br>3:00 Resident Council- CC<br>3:30 For the Fun of Fit<br>4:00 You and Me          |                                                                         |                                                                                                                          |

# JULY

## Pal Programs

### Monday

-1:45 Sweat Squad

### Tuesday

-10:15 Standing Balance

-1:45 Group Fitness

### Thursday

-10:15 Basketball & Ball Toss

-1:15 Yoga

### Saturday( Week 1)

-10:15 Tai Chi

### Sunday ( Week 1)

-1:45 Basketball & Ball Toss

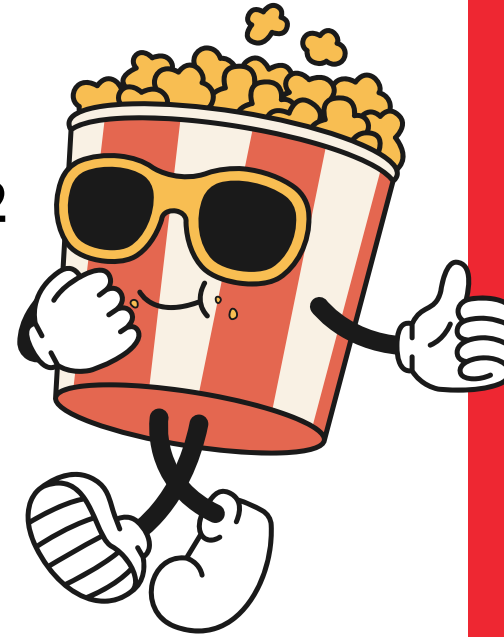
## Movie Day

Popcorn will be provided

### Movies

13- Mamma Mia-1

27- Mamma Mia-2



### Socials

8- Popsicle Social

12- Cookie and Coffee

20- Ice cream Social

22- Birthday Social

26- Tim Horton's Social



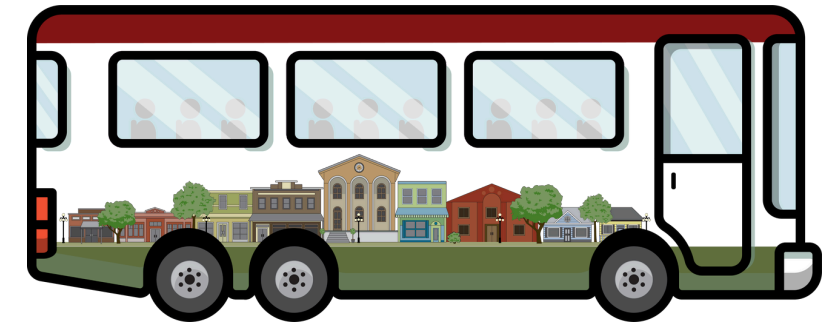
## Outings

9- Hutch's Ice Cream

15- Sunshine Donut

23- Scenic Drive

28- Bayfront Park



### Happy Hour

11- Wine & Cheese



### Diner's Club

29- Lasagna Day

