

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center">July 2021 Emmas East Neighbourhood</p> 			<p>1 Happy Canada Day !!</p> <p>8:00 Breakfast 10:00 Morning Stretch 11:00 Fun games 12:00 Lunch 2:00 Get Moving 3:00 Treats 3:30 Entertainment 5:00 Dinner</p>	<p>2</p> <p>8:00 Breakfast 10:30 Church Service 12:00 Lunch 1:30 Get Moving 2:00 Brains and Banter 3:00 Watermelon Punch tasting 3:45 Armchair travels 5:00 Dinner 6:15 Card Games</p>	<p>3</p> <p>8:00 Breakfast 9:30 Morning Chats 10:00 Café Time 12:00 Lunch 1:30 Get Moving 2:30 Hand spa 3:30 Brains and Banter 5:00 Dinner</p>
<p>4</p> <p>8:00 Breakfast 9:30 Daily Inspirations 10:15 Café Time 12:00 Lunch 2:00 Get Moving 3:00 Reminiscing 3:45 Brains & Banter 5:00 Dinner</p>	<p>5</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Jokes 3:00 Exercise Class w Andrew 3:30 Java Time 5:00 Dinner</p>	<p>6</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Reading Together 3:30 Trivia Time 4:00 Sing Along 5:00 Dinner</p>	<p>7</p> <p>8:00 Breakfast 12:00 Lunch 2:00 Hymn Sing 3:00 Exercise Class w Andrew 5:00 Dinner</p>	<p>8</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains and Banter 12:00 Lunch 2:20 Get Moving 2:30 Movie Time 5:00 Dinner</p>	<p>9</p> <p>8:00 Breakfast 10:30 Church Service 12:00 Lunch 1:30 Get Moving 2:00 Brains and Banter 3:00 Milkshake tasting 3:45 Armchair travels 5:00 Dinner 6:15 Aromatherapy Hand Spa</p>	<p>10</p> <p>8:00 Breakfast 9:30 Morning Chats 10:00 Café Time 12:00 Lunch 5:00 Dinner</p>
<p>11</p> <p>8:00 Breakfast 9:30 Daily Inspirations 10:15 Café Time 12:00 Lunch 5:00 Dinner</p>	<p>12</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Riddles 3:00 Exercise Class w Andrew 3:30 Animal Documentary 5:00 Dinner</p>	<p>13</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Lets Paint ! 4:00 Easy Trivia 5:00 Dinner</p>	<p>14</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains and Banter 12:00 Lunch 2:00 Hymn Sing 3:00 Exercise Class w Andrew 3:30 IN2L Games 5:00 Dinner</p>	<p>15</p> <p>8:00 Breakfast 12:00 Lunch 5:00 Dinner</p>	<p>16</p> <p>8:00 Breakfast 10:30 Church Service 12:00 Lunch 1:30 Get Moving 2:00 Brains and Banter 3:00 Iced Tea tasting 3:45 Armchair travels 5:00 Dinner 6:15 Table Games</p>	<p>17</p> <p>8:00 Breakfast 9:30 Morning Chats 10:00 Café Time 10:30 Clay Sculpt 12:00 Lunch 1:30 Get Moving 2:30 Hand spa 3:30 Brains and Banter 5:00 Dinner</p>
<p>18</p> <p>8:00 Breakfast 9:30 Daily Inspirations 10:15 Café Time 12:00 Lunch 2:00 Get Moving 3:00 Reminiscing 3:45 Brains & Banter 5:00 Dinner</p>	<p>19</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Riddles 3:00 Exercise Class w Andrew 3:30 Java Time 5:00 Dinner</p>	<p>20</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Reading Together 4:00 Sing Along</p>	<p>21</p> <p>8:00 Breakfast 12:00 Lunch 2:00 Hymn Sing 3:00 Exercise Class w Andrew 5:00 Dinner</p>	<p>22</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains and Banter 12:00 Lunch 2:00 Get Moving 2:30 Movie Time 5:00 Dinner</p>	<p>23</p> <p>8:00 Breakfast 10:30 Church Service 12:00 Lunch 1:30 Get Moving 2:00 Brains and Banter 3:00 Lemonade tasting 3:45 Armchair travels 5:00 Dinner 6:15 Friendly Visits</p>	<p>24</p> <p>8:00 Breakfast 9:30 Morning Chats 10:00 Café Time 12:00 Lunch 5:00 Dinner</p>
<p>25</p> <p>8:00 Breakfast 9:30 Daily Inspirations 10:15 Café Time 12:00 Lunch 5:00 Dinner</p>	<p>26</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Riddles 3:00 Exercise Class w Andrew 3:30 Bingo 5:00 Dinner</p>	<p>27</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains & Banter 12:00 Lunch 2:00 Get Moving 2:30 Arts & Crafts 4:00 Easy Trivia</p>	<p>28</p> <p>8:00 Breakfast 10:00 Morning Stretch 10:45 Brains and Banter 12:00 Lunch 2:00 Hymn Sing 3:00 Exercise Class w Andrew 3:30 IN2L Games 5:00 Dinner</p>	<p>29</p> <p>8:00 Breakfast 12:00 Lunch 5:00 Dinner</p>	<p>30</p> <p>8:00 Breakfast 10:30 Church Service 12:00 Lunch 1:30 Get Moving 2:00 Brains and Banter 3:00 Wine & Cheese 5:00 Dinner 6:15 Table Games</p>	<p>31</p> <p>8:00 Breakfast 9:30 Morning Chats 10:00 Café Time 10:45 Line Dancing 12:00 Lunch 1:30 Get Moving 2:00 Baking 3:00 July birthday Celebration 5:00 Dinner</p>