

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1 Canada Day</b> 8:00 Breakfast 10:00 Games 12:00 Lunch 2:15 Raising of the flag 3:00 Canada day treats 5:00 Dinner	<b>2</b> 8:00 Breakfast 11:00 Circle of Friends 12:00 Lunch 3:20 For the Fun of Fit 5:00 Dinner	<b>3</b> 8:00 Breakfast 10:30 Gardening 12:00 Lunch 2:00 Musical moments 3:15 Saturday social 5:00 Dinner
<b>4</b> 8:00 Breakfast 12:00 Lunch 4:00 For the soul 5:00 Dinner 7:15 Soothing sensations	<b>5</b> 8:00 Breakfast 10:00 Me and you 11:00 Board games 12:00 Lunch 2:00 Gardening 3:00 Movie and popcorn 4:15 Stepping out 5:00 Dinner	<b>6</b> 8:00 Breakfast 9:45 Brains and banter 12:00 Lunch 2:15 Java music 4:00 Stepping out 5:00 Dinner	<b>7 Happy birthday Kate!</b> 8:00 Breakfast 10:00 Reading together 12:00 Lunch 3:45 Happy hour birthday party! 5:00 Dinner	<b>8</b> 8:00 Breakfast 12:00 Lunch 2:00 Documentary Screening with treats 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	<b>9</b> 8:00 Breakfast 11:00 Circle of Friends 12:00 Lunch 3:20 For the Fun of Fit 5:00 Dinner	<b>10</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Board game 12:00 Lunch 2:00 Musical moments 3:00 Puzzle 4:00 Stepping out 5:00 Dinner

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11 Happy birthday Palmer and Anne!</b> 8:00 Breakfast 12:00 Lunch 4:00 Birthday ice cream sundaes! 5:00 Dinner 7:15 Soothing sensations	<b>12</b> 8:00 Breakfast 10:00 Me and you 11:00 Board games 12:00 Lunch 2:00 Gardening 3:00 Movie and popcorn 4:15 Stepping out 5:00 Dinner	<b>13</b> 8:00 Breakfast 10:20 Brains and banter 12:00 Lunch 2:15 Java music 3:30 Stepping out 5:00 Dinner	<b>14 Wacky Hair Day</b> 8:00 Breakfast 10:00 Reading together 12:00 Lunch 3:45 Happy hour 5:00 Dinner	<b>15</b> 8:00 Breakfast 12:00 Lunch 2:00 Documentary Screening with treats 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	<b>16</b> 8:00 Breakfast 11:00 Circle of Friends 12:00 Lunch 3:20 For the Fun of Fit 5:00 Dinner	<b>17</b> 8:00 Breakfast 10:30 Gardening 12:00 Lunch 2:00 Musical moments 3:15 Saturday social 5:00 Dinner
<b>18</b> 8:00 Breakfast 12:00 Lunch 4:00 For the soul 5:00 Dinner 7:15 Soothing sensations	<b>19</b> 8:00 Breakfast 10:00 Me and you 11:00 Board games 12:00 Lunch 2:00 Gardening 3:00 Movie and popcorn 4:15 Stepping out 5:00 Dinner	<b>20</b> 8:00 Breakfast 9:45 Brains and banter 12:00 Lunch 2:15 Java music 4:00 Stepping out 5:00 Dinner	<b>21</b> 8:00 Breakfast 10:00 Reading together 12:00 Lunch 3:45 Happy hour 5:00 Dinner	<b>22</b> 8:00 Breakfast 12:00 Lunch 2:00 Documentary Screening with treats 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	<b>23</b> 8:00 Breakfast 11:00 Circle of Friends 12:00 Lunch 3:20 For the Fun of Fit 5:00 Dinner	<b>24</b> 8:00 Breakfast 10:00 Express Yourself 11:00 Board game 12:00 Lunch 2:00 Musical moments 3:00 Puzzle 4:00 Stepping out 5:00 Dinner

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b> 8:00 Breakfast 12:00 Lunch 4:00 Musical moments 5:00 Dinner 7:15 Soothing sensations	<b>26</b> 8:00 Breakfast 10:00 Me and you 11:00 Board games 12:00 Lunch 2:00 Gardening 3:00 Movie and popcorn 4:15 Stepping out 5:00 Dinner	<b>27 Happy birthday Michelle!</b> 8:00 Breakfast 10:20 Brains and banter 12:00 Lunch 2:15 Java music 3:30 Birthday celebrations! 5:00 Dinner	<b>28</b> 8:00 Breakfast 10:00 Reading together 12:00 Lunch 3:45 Happy hour 5:00 Dinner	<b>29</b> 8:00 Breakfast 12:00 Lunch 2:00 Documentary Screening with treats 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	<b>30</b> 8:00 Breakfast 11:00 Circle of Friends 12:00 Lunch 3:20 For the Fun of Fit 5:00 Dinner	<b>31</b> 8:00 Breakfast 10:30 Gardening 12:00 Lunch 2:00 Musical moments 3:15 Saturday social 5:00 Dinner