




July 2021

Johnston Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr	Downey: Do Main Street: MS Library: L Lounge: Lo Country Kitchen: CK	Hobby Shop: HS Dining Room: DR Parlour: Pa Community Centre: CC Fitness Centre: FC	“The Summer looks out from her brazen tower, Through the flashing bars of July.” – Francis Thompson	1. Canada Day!  AM Chaplain chats 9:30 Manicures (Lo) 2:00 Are you smarter than your Neighbor? (Canada and Royale family trivia)	2. AM Exercise with PAL (Lo) 1:30 Hang man (With Special Surprise!) PM Duet Bike Rides	3. AM 1:I Exercise 11:00 Smoothie Time 2:00 Brain Game
4 10:00 Coffee Time (Lo) 2:00 Church Service with Chaplain Mike (Lo)	5. AM Exercises with PAL (Lo) PM Horticultural Therapy (Moss Art)	6. 10am Rosary (HS) 11:00 Word Games (Lo) 2:00 Walks Outside	7. 2:30 Karaoke (Lo) 5:00 Pancake dinner 6:30 Friendly Visits	8. 9:30 Manicures (Lo) 11:00 1:I Exercise	9. AM Exercise with PAL (Lo) 11:00 Green Thumbs (Lo) 1:30 Bingo (Lo)	10. “Hot July brings cooling showers, Apricots and gilly-flowers.” – Sara Coleridge
11. 2:00 Church Service with Chaplain Mike (Lo)	12. AM Exercises with PAL (Lo) 1:30 Java Music (HS) 3:00 Word Game (Lo) 6:30 Friendly Visits	13. 10am Rosary (HS) 11:00 Walks Outside 2:00 Watermelon Party	14. “You can’t live a positive life with a negative mind.”	15. 9:30 Manicures (Lo) 11:00 1:I Exercise 2:30 Word Games	16. AM Exercise with PAL (Lo) 10am Wheelchair and walker wash Event PM Duet Bike Rides	17. AM 1:I Exercise 11:00 Smoothie Time 2:00 Brain Game
18. 10:00 Coffee Time (Lo) 2:00 Church Service with Chaplain Mike (Lo)	19. AM Exercises with PAL (Lo) PM Horticultural Therapy (Upcycled Windchimes)	20. Start of Eid al-Adha 10am Rosary (HS) 11:00 Word Games (Lo) 2:00 Walks Outside	21. 2:30 Jeopardy (Lo) 3:30pm UG-ly Canucks Band (Lo) 5:00 French toast Dinner (DR) 6:30 Friendly Visits	22. AM Chaplain Chats 9:30 Manicures (Lo) 11:00 1:I Exercise 2:30 Drum Fit	23. Schlegel Olympics Opening Ceremonies AM Exercise with PAL (Lo) PM DQ Traveling Cart 2:30 Bingo (Lo)	24. “I love how summer just wraps its arms around you like a warm blanket.” – Kellie Elmore
25. 2:00 Church Service with Chaplain Mike (Lo)	26. AM Exercises with PAL (Lo) 1:30 Java Music (HS) 3:00 Word Game (Lo) 6:30 Friendly Visits	27. 10am Rosary (HS) 11:00 Walks outside Lunch Bunch	28. 6:30pm Board Games Night (DR)	29. 9:30 Manicures (Lo) 11:00 1:I Exercise 2pm Resident’s Council	30. AM Exercise with PAL (Lo) PM Horticultural Therapy (Flower Pressing) PM Duet Bike Rides	31. AM 1:I Exercise 11:00 Smoothie Time 2:00 Brain Game