





JULY 2021

Meadowvale

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Due to Covid 19 pandemic, programs are limited to the neighbourhood and may be subject to change if required</p> </div>				<p>1</p> <p style="text-align: center;"></p> <p>10:30 Art & Craft-CK 2:30 Canada Day Celebration – Back Patio</p>	<p>2</p> <p>10:30 Rec Pal-TO 11:00 Stroll-TO 1:30 Sing Along-Dance-OA 3:00 Brain Storm-OA 4:00 Montessori-AR</p>	<p>3</p> <p>10:30 Fitness-OA 11:15 Rec Pal-TO 1:30 Bingo-OA 3:00 1:1 Activities-AR 4:00 Sunshine Walk -TO</p>
<p>4</p> <p>10:30 Zoom Church Service 10:30 Moring Fitness-OA 11:15 Rec Pal-TO 1:30 Snake & Ladder-AR 3:00 Neighborhood Time-TO 4:00 Trivia/ Quiz-OA</p>	<p>5</p> <p>10:30 Fitness-OA 11:15 Rec Pal-TO 1:30 1:1 Activities-AR 3:00 Trivia-OA 4:00 Sunshine Walk- TO</p>	<p>6</p> <p>10:30 Move More-OA 11:15 Friendly Visit-TO 1:30 Word in Words-OA 3:00 Montessori-AR 4:00 Karaoke-OA</p>	<p>7</p> <p>1:30 Balloon Tennis-OA 2:15 Friendly Visit-TO 3:00 1:1 Activity –TO 3:00 Hymn Sing –OA 4:00 Feel & Fold-OA 6:30 Golden Oldies-OA</p>	<p>8</p> <p>10:30 Morning Devotion –OA 2:00 Pastoral Visit—TO 3:00 Music with David –OA</p>	<p>9</p> <p>10:30 Fun Fitness-OA 11:15 Bean Bag Toss-OA 1:30 Scramble Words-OA 3:00 Friendly Visit-TO 4:00 Music From Past-OA</p>	<p>10</p> <p>Neighbourhood Time</p>
<p>11</p> <p>10:30 Zoom Church Service</p>	<p>12</p> <p>10:30 Move More-OA 11:15 Walk and Talk-TO 1:30 Scramble Words-OA 3:00 Friendly Visit-TO 4:00 Its Never to Late-OA</p>	<p>13</p> <p>10:30 Fun Fitness-OA 11:15 Stroll-TO 1:30 Travel Around-OA 3:00 Snake and Ladders-AR 4:00 Neighborhood Time-TO</p>	<p>14</p> <p>1:30 Curling –OA 2:15 Friendly Visit –TO 2:30 Residents’ Council Meeting-CC 3:00 Brain Storm –OA 4:00 Stroll–OA 6:30 Its Never To Late –OA</p>	<p>15</p> <p>Neighbourhood Time</p>	<p>16</p> <p>10:30 Fitness-OA 11:15 Travel Around-OA 1:30 Word Games-OA 3:00 Stroll-TO 4:00 Face Time-TO</p>	<p>17</p> <p>10:30 Move More-OA 11:15 Rec Pal-TO 1:30 Golden Oldies-OA 3:00 Friendly Visit-TO 4:00 Sunshine Walk- TO</p>
<p>18</p> <p>10:30 Zoom Church Service 10:30 Meet & Greet-TO 11:15 Rec Pal-TO 1:30 Snake & Ladder-AR 3:00 Neighborhood Time-TO 4:00 Trivia/ Quiz-OA</p>	<p>19</p> <p>10:30 Move More-OA 11:15 Rec Pal-TO 1:30 Mini Bingo-OA 3:00 Friendly Visit-TO 4:00 Music on Demand-OA</p>	<p>20</p> <p>10:30 Fitness-OA 11:15 Montessori-AR 1:30 Puzzles-OA 2:00 Entertainment –Meadowvale Courtyard 4:00 Garden Time-TO</p>	<p>21</p> <p>1:30 Balloon Tennis-OA 2:15 Friendly Visit-TO 3:00 Card Games-OA 4:00 Feel & Fold-OA 6:30 Golden Oldies-OA</p>	<p>22</p> <p>Neighbourhood Time</p>	<p>23</p> <p>10:30 Move More-OA 11:15 Walk and Talk-TO 1:30 White Board Games-OA 3:00 1:1 Activities-TO 4:00 Karaoke-OA</p>	<p>24</p> <p>Neighbourhood Time</p>
<p>25</p> <p>10:30 Zoom Church Service</p>	<p>26</p> <p>10:30 Fitness-OA 11:15 Rec Pal-TO 1:30 Board Games-OA 3:00 1:1 Activities –TO 4:00 Sing Along-OA</p>	<p>27</p> <p>10:30 Move More-OA 11:15 Friendly Visit-TO 1:30 Mini Bingo-OA 3:00 Montessori-AR 4:00 Karaoke-OA</p>	<p>28</p> <p>1:30 Curling-OA 2:30 Virtual Hands on Exotics-OA 3:00 Brain Storm-OA 4:00 Stroll-TO 6:30 Its Never To Late-OA</p>	<p>29</p> <p>10:30 Art &craft-CK 1:30 Green Thumb-OA 2:00 Pastoral Visit –TO</p>	<p>30</p> <p>10:30 Friendly Visit-TO 11:15 Balloon Tennis-OA 1:30 Music On Demand-OA 3:00 Trivia-OA 4:00 Neighborhood Time-TO</p>	<p>31</p> <p>10:30 Fitness-OA 11:15 Rec Pal-TO 1:30 Bingo-OA 3:00 1:1 Activities-AR 4:00 Sunshine Walk -TO</p>