






# July 2021

## Matthews Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. <b>Canada Day!</b>  <b>AM</b> – Music in the lounge with Chrystalla <b>2:00 PM</b> Neighbourhood Wide Trivia on Zoom	2. <b>AM</b> – Horticultural Program Canada Day Planters with Rebecca	3. <b>9:30 AM</b> Word games in the lounge and Outdoor Walks <b>2:00 PM</b> Music in the lounge with Chrystalla
4. <b>9:30 AM</b> – Java Music Club (Lo) <b>2:00 PM</b> Church Service with Chaplain Mike (Lo)	5. <b>Don't let anyone dull your sparkle</b>	6. <b>AM</b> – Exercise Class with PAL <b>3:00 PM</b> Bingo (Dr) <b>6:00 PM</b> – Resident's Council	7. <b>10:00 AM</b> Outdoor Walks <b>2:00 PM</b> Word Games (Lo)	8. <b>AM</b> – Exercise Class with PAL <b>2:30 PM</b> Afternoon Art (Dr) 	9. <b>2:30 PM</b> Scattagories (Lo)	10. <b>National Pina Colada Day</b>
11. <b>2:00 PM</b> Church Service with Chaplain Mike (Lo)	12. <b>10:00 AM</b> —Manicures (Lo) <b>2:00 PM</b> Bingo (Dr) 	13. <b>WATERMELON DAY</b> <b>AM</b> – Exercise Class with PAL <b>3:00 PM</b> Watermelon Social on the Patio <b>6:00 PM</b> Badminton Balloon Volleyball (Lo)	14. <b>PM</b> – Chaplain Chats with Mike	15. <b>AM</b> – Exercise Class with PAL <b>10:00 AM</b> Walker/Wheelchair Wash <b>2:00 PM</b> Outdoor Walks	16. <b>AM</b> – Horticultural Program: Planting Party with Rebecca	17. <b>10:00 AM</b> Good morning Exercise (Lo) <b>2:30 PM</b> Outdoor Walks
18. <b>10:00 AM</b> Bingo (Dr) <b>2:00 PM</b> Church Service with Chaplain Mike (Lo)	19.	20. <b>Start of Eid al-Adha</b> <b>AM</b> – Exercise Class with PAL <b>3:00 PM</b> Bingo (Dr) <b>PM</b> – 1:1 Friendly Visits	21. <b>10:00 AM</b> Outdoor Walks <b>2:30 PM</b> Word Games (Lo)	22. <b>AM</b> – Exercise Class with PAL <b>AM</b> – Manicures <b>2:30 PM</b> Travelling Pub Cart– Chips, Beer and Wine	23. <b>Schlegel Olympics Opening Ceremonies</b> <b>AM</b> – Making Upcycled Windchimes with Rebecca <b>2:30 PM</b> Drive-Thru Dairy Queen	24. <b>National Day of the Cowboy</b>
25. <b>2:00 PM</b> Church Service with Chaplain Mike (Lo)	26. <b>10:00 AM</b> —Good Morning Exercise (Lo) <b>2:00 PM</b> —Bingo (Dr)	27. <b>AM</b> – Exercise Class with PAL <b>12:00 PM</b> – Lunch Bunch Club – SIGN UP WITH ABBEY <b>2:00 PM</b> Outdoor Walks	28. <b>PM</b> – Chaplain Chats with Mike <b>2:00 PM</b> UG-Iy Canucks Band (Lo)	29. <b>AM</b> – Exercise Class with PAL <b>AM</b> – Manicures <b>2:00 PM</b> Cards + Crokinole (Dr)	30. <b>International Friendship Day</b>	31. <b>10:00 AM</b> —Baking Program (CK) <b>2:30 PM</b> Smoothie Saturdays – Travelling Smoothie Cart