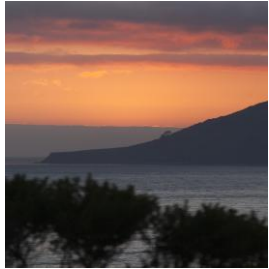


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HAPPY CANADA DAY  Canada Day	2 9:00 Catholic Service – LL 10:00 Chair Exercise – LL 1:30 Manicures – LL 2:30 Bingo – LL (50¢ a card)	3 9:30 Tuck Cart – 2nd 10:30 News & Jokes for International Joke Day – ML 1:30 Chair Exercise – LL 2:30 Birthday Party Entertainment: Phil Cottrell – ML	4 Independence Day (U.S.)
5	6 Michaela on Vacation 	7 10:00 Bus trip: Walmart *Sign up Required* 1:30 Crazy 8's Cards – 2nd 2:30 Bingo – LL (50¢ a card) 3:45 Stay Strong Fitness – LL	8 9:45 Chair Exercise – 2nd 10:30 Travelogue: Rome – LL	9 10:30 Anglican Service – C 2:30 Bingo – LL (50¢ a card)	10 9:30 Tuck Cart – 2nd 2:30 Entertainment: Peter B on Keyboard - P	11
12	13 9:45 Drum Fit – LL 10:30 Travelogue Video: British Columbia – LL 1:30 Lost & Found Duration 1 hour – LL 2:30 Name That Tune – LL	14 9:30 Walking Club – ML 1:30 Balloon Smash – 2nd 2:30 Bingo – LL (50¢ a card) Bastille Day	15 9:45 Chair Exercise – 2nd 1:15 Storage Room Open Duration: 1 hour 2:15 Town Hall w/ Debbie– LL 3:00 Virtual Concert – LL	16 10:30 Chair Exercise – LL 1:30 Manicures – LL 2:30 Bingo – LL (50¢ a card) 3:45 Hymn Sing – LL	17 9:30 Tuck Cart – 2nd 2:30 Entertainment: Memories (Alan Wright) – LL	18
19	20 9:45 Drum Fit – LL 10:30 Travelogue Video: New York City – LL 2:30 Patio Gathering – P	21 10:00 Bus trip: East End Mall *Sign up Required* 1:30 Name That Tune – 2nd 2:30 Bingo – LL (50¢ a card) 3:45 Stay Strong Fitness – LL	22 9:45 Chair Exercise – 2nd 10:30 Card Flip w/Prizes – LL 2:00 Food for Thought with Brendan – LL 3:00 Karaoke Afternoon – LL	23 10:30 Chair Exercise – LL 1:30 Axe Throwing – LL 2:30 Bingo – LL (50¢ a card) 3:45 Hymn Sing – LL	24 9:30 Tuck Cart – 2nd 10:30 News & Trivia – ML 1:30 Chair Exercise – LL 2:30 Entertainment: Michael Gulliver – LL International Self-Care Day	25
26	27 1:30 Storage Room Open Duration: 1 hour	28 10:00 Bus Trip: Hugli's Blueberry Ranch *Sign up Required* 2:30 Bingo – LL (50¢ a card)	29 Megan on vacation 	30 2:30 Bingo – LL (50¢ a card)	31 9:30 Tuck Cart – 2nd 2:30 Entertainment: Gerald Chassie – LL	*Please check daily activity board by reception as programs are subject to change*