









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LOCATIONS</b> Activity Room (AR) Main Lounge (ML) Café (CF) Dining Room (DR) Library (LB) Boardroom (BR) Back Yard (BY) Private Dining Room (PDR) \$\$=Cost	<b>HAPPY CANADA DAY! 1</b>  <b>12:30 Canada Day BBQ With Entertainment by Debbie &amp; Paddy Cauley (BY weather permitting)</b>  Vendor: Triple 8 Clothing (ML) <small>Canada Day</small>	<b>50/50 Sales 2</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 All About Canada Jeopardy (AR) 2:10 Bingo (AR) 3:00 Scrabble (LB) 	<b>Peachy Keen Day 3</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Baking: Peach Tartlets (AR) <b>2:10 Town Hall (ML)</b> <b>3:00 Peach Social (ML)</b> 	<b>Sunshine Day 4</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) <b>10:30 St. Boniface R.C. Mass (AR)</b> 1:30 Knitting Group (BY/ML) 2:30 Beach Volleyball (BY) 3:00 Euchre (LB)  <small>Independence Day (US)</small>	<b>French Friday 5</b> 9:30 Exercises (AR) 10:00 Fall Prevention (AR) 10:40 Drum Circle (ML) <b>2:30 Parisian Café, Ou La La (ML)</b> Enjoy a refreshing iced coffee with yummy French baked goods! 	<b>Fried Chicken Day 6</b> 10:00 Current Events with Murray (LB) 2:10 Bingo (AR)  TV: Tour de France
<b>Lucky Seven Day! 7</b> 10:00 TFP Church Service (All Denominations Welcomed) (AR)  2:15 Fireside Stories with Adele: Why is the Number Seven Considered Lucky?(LB)	<b>Life is a Box of Chocolate's Day! 8</b> 9:45 Fitness Fun & Guided Meditation (AR) 10:30 Famous Canadians: Who Am I? (AR) 2:10 Movie Matinee: 'Forrest Gump' (AR) 	<b>Eye Care Clinic (9:30-3:30) 9</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Jeopardy (AR) 2:10 Bingo (AR) 3:15 Battleship (LB) 	<b>Wiser Now Wednesday 10</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Travelogue: Paris & Eiffel Tower (AR) <b>2:10 Neighbourhood Walk (Meet in Lobby)</b> <small>*AR booked from 1:00-4:00pm*</small>	<b>Podiatrist Clinic 11</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Tai Chi (4 <sup>th</sup> ) 1:30 Knitting Group (BY/ML) <b>2:30 Family Feud (ML)</b> 3:00 Euchre (LB) 	<b>Frozen Friday 12</b> 9:30 Exercises (AR) 10:00 Fall Prevention (AR) 10:40 Drum Circle (ML) <b>2:15 5<sup>th</sup> Floor Wine &amp; Cheese Social</b> <b>3:30 Frozen Treats (ML)</b> 6:30 K&D Melodees (ML)	<b>French Fries Day 13</b> 11:00 Washer Toss (BY/AR) 2:10 Bingo (AR)  TV: Tour de France
<b>Shark Awareness Day 14</b> 10:00 TFP Church Service (All Denominations Welcomed) (AR)  2:15 Library Chats: Shark Conservation Act (LB)	<b>Out of Thin Hare Day 15</b> 9:45 Fitness Fun & Guided Meditation (AR) 10:30 Word Games & Melvin the Rabbit Discussion (AR) <b>2:30 Sing for Wellness (AR)</b> 	<b>MLB-Allstar Game 16</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Jeopardy (AR) 2:10 Bingo (AR) 3:15 Sing along with Pianist, Karen (ML) <b>6:30 Men's Night with Iain (Blue Jays Game) (ML)</b>	<b>Trip to Ajax Downs Racetracks (10:30-3:30 \$\$) 17</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 French Trivia & Tea (CF) 2:30 Horseshoes (BY)  <small>*AR booked from 1:00-4:00pm*</small>	<b>Hearing Clinic/Emoji Day 18</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Chair Yoga (AR) 1:30 Knitting Group (BY/ML) <b>2:30 Anglican Church Service (AR)</b> 3:00 Euchre (LB) 	<b>Strawberry &amp; Cream Day 19</b> 9:30 Exercises (AR) 10:00 Fall Prevention (AR) 10:40 Drum Circle (ML) <b>2:30 Berry Sweet Dance Party, celebrating all of our July Birthdays! (ML)</b> 	<b>International Cake Day 20</b> <b>10:45 Christian Fellowship Service (AR)</b> 2:10 Bingo (AR)  TV: Tour de France
<b>Robin Williams Day 21</b> 10:00 TFP Church Service (All Denominations Welcomed) (AR)  2:15 Fireside Stories with Adele: Robin Williams Ties to Canada (LB)	<b>Christmas in July Day 22</b> (Wear Red & Green) 9:45 Fitness Fun & Guided Meditation (AR) 10:30 Santa Summer Vacation Cookies (AR) 2:30 Sing for Wellness (AR) 	<b>Staycation Day 23</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) <b>12:30 Around the World BBQ with Jay Franco (BY weather permitting)</b> 2:45 Bingo (AR)  Vendor: Nad's Mix & Match (ML)	<b>Fruit Day 24</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Fruit Accessories (AR) <b>2:00 Charity Fruit Stand (ML)</b> 3:30 Watercolour Inspirational Fruit Cards (AR) 	<b>Sing Along Day 25</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Tai Chi (4 <sup>th</sup> ) 1:30 Knitting Group (BY/ML) <b>3:15 Sing along with Pianist, Karen (ML)</b> 3:00 Euchre (LB) 	<b>Olympics Day! (Wear your heritage or country colours) 26</b> 9:30 Exercises (AR) 10:00 Fall Prevention (AR) 10:40 Drum Circle (ML) <b>2:30 Olympics Pre-Party (ML)</b> 	<b>A Generous Day 27</b> 10:00 Current Events with Murray (LB) 2:10 Bingo (AR)  TV: Summer Olympic Games
10:00 TFP Church Service (All Denominations Welcomed) (AR)  2:15 Library Chats: Great Canadian Artists (LB)	<b>Eliminate Ennui Day 28</b> 9:45 Fitness Fun & Guided Meditation (ML) 10:30 Cranium Crunches (CF) 2:30 Sing for Wellness (ML)  <small>*AR booked from 8:00-4:00pm*</small> 	<b>50/50 Sales 29</b> 9:30 Exercises (ML) 10:00 Fall Prevention (ML) <b>10:30 Badminton (BY)</b> <b>2:10 Food for Thought with Amanda (PDR)</b>  <small>*AR booked from 8:00-4:00pm*</small>	<b>Show Your Colours Day 30</b> (Dress in your favourite Colour) 9:30 Exercises (ML) 10:00 Fall Prevention (ML) 10:30 Jeopardy (AR) 2:10 Bingo (AR) 	<h1>July 2024</h1> <h2>Recreation Program</h2>		

\*ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES\*