



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND AR- ACTIVITY ROOM ARP- ACTIVITY ROOM PATIO C- COLONIAL FL- FRONT LOBBY GW - GREENWAY H- HERITAGE KR - KEEPING ROOM	E 1 Wear Red and White 10:00 Exercise Class (C) 11:30 Exercise Class (H) 2:00 Canada Day Social (FL) CANADA DAY! <small>Canada Day</small>	E/L 2 1:30 Walk & Talk (H) 2:00 Garden Care (ARP) 6:00 Carnival Prep (AR)	E/L 3 8:15 Ladies Breakfast (AR) 10:00 Exercise Class (C) 10:30 Church Service w/ Pastor Jeff Sager (KR) 11:00 Exercise Class (H) 3:00 Chapel w/ Pastor Jeff (H)	L 4 10:30 Music Therapy (H) 2:00 Music Therapy (C) 3:15 Hymn Sing (FL) 6:15 Paint Night (AR) <small>Independence Day (US)</small>	L 5 BBQ Lunch 9:30 Morning Strolls (H) 10:30 Morning Craft (C) 2:00 Musical Entertainment w/ Beth Finch (H) 2:30 Summer Trivia & Games (C)	E 6 10:00 Exercise Class (C) 11:30 Exercise Class (H) 1:45 Baking (AR) 3:15 Friendly Visits (H)
E 7 9:30 Puzzles (H) 10:30 Word Games (C) 2:15 Garden Care (ARP) 3:15 Hymn Sing (H)	E 8 10:00 Exercise Class (C) 10:30 Music Therapy (H) 11:30 Exercise Class (H) 2:15 Carnival Prep (AR)	E 9 1:15 Afternoon Walk (H) 2:00 Communion w/ Pastor Jeff (KR) 2:30 Carnival Prep (AR) 6:00 Cards (C)	L 10 10:00 Exercise Class (C) 11:30 Exercise Class (H) 2:00 Bible Study w/ Fred (KR)	L 11 10:30 Music Therapy (H) 10:30 Pastoral Visits w/ Greg (C) 1:00 Chapel w/ Pastor Greg (H) 2:00 Catholic Mass (KR) 2:00 Music Therapy (C) 3:15 Hymn Sing (FL)	L 12 9:30 Beach Ball Toss (H) 2:00 Musical Entertainment w/ Beth Finch (H) 2:00 Bingo (C) 3:15 Hand Messages (C)	L 13 10:00 Exercise Class (C) 11:30 Exercise Class (H) 2:15 Lemonade Social (C) 3:15 Hymn Sing (H)
L 14 9:30 Beach Ball Toss (H) 10:30 Balloon Badminton (FL) 2:15 Carnival Prep (AR) 3:30 Short Stories (H)	E 15 Shopping Giant Tiger 10:00 Exercise Class (C) 10:30 Pastoral Visits w/ Pastor Greg (C) 10:30 Music Therapy (H) 11:30 Exercise Class (H) 1:00 Chapel w/ Pastor Greg (H)	E/L 16 2:00 Bible Study w/ Norman (KR) 6:00 Carnival Prep (AR) Picnic Lunch at Upper Queens Park	E/L 17 10:00 Exercise Class (C) 10:30 Church Service w/ Pastor Jeff Sager (KR) 11:30 Exercise Class (H) 1:30 Resident's Council (AR) 3:00 Chapel w/ Pastor Jeff (H)	L 18 10:30 Music Therapy (H) 2:15 Carnival Prep (AR) 2:00 Music Therapy (C) 3:00 Hymn Sing (FL) 6:00 Evening Manicures (C)	L 19 2:00 Musical Entertainment w/ Beth Finch (H) 2:00 Carnival Prep (AR)	E 20 10:00 Exercise Class (C) 11:30 Exercise Class (H) 1:30 Afternoon Movie: Chef (C) 3:30 Montessori (H)
E 21 9:30 Colour Therapy (H) 10:30 Garden Care (ARP) 2:00 Carnival Prep (AR) 3:15 Hymn Sing (H)	L 22 10:00 Exercise Class (C) 10:30 Music Therapy (H) 11:30 Exercise Class (H)	L 23 2:00 Church Service w/ Rev. Rob (KR)	L 24 10:00 Exercise Class (C) 11:30 Exercise Class (H) 2:00 Bible Study w/ Fred (KR)	E 25 ALL DAY CARNIVAL PREP 10:30 Music Therapy (H) 10:30 Chapel w/ Greg (KR) 1:00 Chapel w/ Pastor Greg (H) 2:00 Music Therapy (C) 3:15 Hymn Sing (FL) 6:00 Dog Visits w/ Lexi (C) (H)	E 26 2:00 Musical Entertainment w/ Beth Finch (H) SUMMER CARNIVAL	L 27 10:00 Exercise Class (C) 11:30 Exercise Class (H) 2:00 Outdoor Garden Care (ARP) 3:15 Hymn Sing (H)
L 28 9:30 Hand Massages (H) 10:30 News & Views (C) 2:15 Summer Birthday Celebration! 	L 29 10:30 Music Therapy (H) 10:30 Chapel w/ Pastor Greg (KR) 1:00 Chapel w/ Pastor Greg (H)	L 30 BBQ Lunch	L 31 8:15 Men's Breakfast (AR) 10:00 Exercise Class (C) 11:30 Exercise Class (H)			

***Please note all outings are on a first come first served basis. If interested, please speak with recreation staff as space is limited* E – Elizabeth L - Laura**