

Cream (3SR)

6:30 Movie Matinee (AR)







Intellectual

Physical

Spiritual

3:00 Plant Care-Balcony (B)

(Out)

6:30 Personalized Drink Picks

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Room (AR) 2nd Floor Sitting Room (2SR) 3rd Floor Sitting Room (3SR) Balcony (B) Outside (Out) Gathering Room (GR)  9:15 Friendly Visits (RR)	2nd and 3rd Floor (2&3) 2nd Floor Nurses Station (2NS) Courtyard (C) 3rd floor north end (3NE) 3rd Floor (3rd) off site (OS)  10:00 National Geographic 7	Canada Day  9:15 Friendly Visits (RR)  9:30 Plant Care-Balcony (B)  10:00 Calendar Visits (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)  1:30 Happy 158th Birthday Canada-Birthday Cake (RR)  2:00 Social of the Month-Canada Day (2&3)  6:30 Residents choice (AR)  9:15 Friendly Visits (RR)  9:30 Plant Care (RR)	9:15 Friendly Visits (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:00 Who am I? (3rd)  10:00 Cool Breeze Treats (RR)  10:30 Group Exercise - 3rd floor (3SR)  2:00 Bingo (2&3)  2:00 Craft (AR)  6:30 Scrabble (AR)  9:15 Friendly Visits (RR)  10:00 Group Exercise - 2nd floor (2SR)	9:15 Friendly Visits (RR)  10:00 Fancy Fingers (2NS)  10:00 Outside visits (Out)  2:00 Creative Art (RR)  2:00 Laughter Yoga (AR)  3:00 Plant Care-Balcony (B)  6:30 Horse Racing Game (AR)  9:15 Friendly Visits (RR)  10:00 Fancy Fingers (NS)	9:30 Sparkling Specs (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)  10:30 Hand Massages (RR)  2:00 Painting Class-All Things Fruit (AR)  6:30 Snakes and Ladders (AR)  9:15 Friendly Visits (RR)  9:30 Sparkling Specs (RR)	9:15 Friendly Visits (RR)  10:00 Saturday Morning Coffee Club (2SR)  11:00 Plant Care-Balcony (B)  2:00 Bingo (2SR)  2:00 Water Painting (RR)  6:30 Saturday Night at the Movies (GR)  9:30 Outing/Trip- Port
9:30 Church Radio/TV (2SR)  10:00 Bible Stories (GR) 2:00 Word Games (AR) 2:00 Balcony Visits (B) 6:30 Cards (AR)  9:30 Church Radio/TV (2SR) 10:00 Bible Stories (GR) 2:00 Word Games- New Zealand (AR) 2:00 Mexican Train Dominos (GR) 6:30 Bingo (Out)	2:00 Giant Crossword (AR) 2:00 Suncatchers (AR) 6:00 Pet Therapy (RR) 7:00 Sing - Along Circle (AR)  9:15 Friendly Visits (RR) 10:00 Short Stories (RR) 2:00 Relaxation Time (Out) 6:00 Pet Therapy (RR) 7:00 Guided Meditation (RR)	10:00 Group Exercise - 2nd floor (2SR)  10:00 Short Stories (AR)  10:30 Group Exercise - 3rd floor (3SR)  2:00 Armchair Travel- New Zealand (AR)  2:00 Let's Make a Dreamcatcher (3SR)  2:00 Relaxation Time (B)  6:30 Skip Bo (AR)  9:15 Friendly Visits (RR)  9:30 Plant Care (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)  11:00 Resident BBQ-3rd Floor with Corby Leigh Kemp (C)  2:00 Try Something New (2SR)	10:00 Java Music (3SR)  10:00 Button Sorting (2SR)  10:30 Group Exercise - 3rd floor (3SR)  12:00 Luncheon on the Balcony (B)  2:00 Bingo (2&3)  2:00 Outside Walks (Out)  6:30 Board Games (AR)  9:15 Friendly Visits (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:00 Crafts-Cupcakes (2SR)  10:30 Group Exercise - 3rd floor (3SR)  2:00 Bingo (2&3)  2:00 Paper Plate Snails art (AR)	10:00 Fancy Fingers (2NS)  10:00 Hand Massages (RR)  2:00 Church Service- Salvation Army (2SR)  2:00 Creative Art (RR)  3:00 Plant Care-Balcony (B)	10:00 Hand Massages (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)  11:00 Gorgeous Gals (RR)  2:00 Friday Flippers (2SR)  2:00 Magazine Hunt (AR)  6:30 Giant Crossword (AR)	Hope Farmers Market (OS)  2:15 Yahtzee (AR)  9:15 Friendly Visits (RR) 10:00 Saturday Morning Coffee Club (2SR)  11:00 Plant Care-Balcony (B)  2:00 Bingo (2SR)  2:00 Short Stories (3NE)
9:15 Friendly Visits (RR) 9:30 Church Radio/TV (2SR)  10:00 Bible Stories (GR) 11:00 Catholic Church (AR) 2:00 Balcony Visits (B) 2:00 Patio Time (Out) 6:30 Scrabble (AR)	10:00 Fun and Fitness (2SR)  10:00 Archeological Wonders (AR)  2:00 Desserts & Duets (Out)	2:00 Friendly Visits (RR)  9:15 Friendly Visits (RR)  9:30 Plant Care (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)  2:00 Nail Spa (RR)  2:00 Bingo (2&3)  6:30 Lucky Draw (AR)	9:15 Friendly Visits (RR) 10:00 Group Exercise - 2nd floor (2SR) 10:00 Eatable Art (RR) 10:30 Group Exercise - 3rd floor (3SR) 12:00 Luncheon on the Balcony (B) 2:00 Crafts-Buttons (2SR) 2:00 Water Painting (RR) 6:30 Cards (AR)	9:15 Friendly Visits (RR) 10:00 Fancy Fingers (2NS) 2:00 Creative Art (RR) 2:00 Backgammon (GR) 3:00 Plant Care-Balcony (B) 6:30 Sequence (AR)	6:30 Residents Choice (AR)	6:30 Dice Poker (AR)  2:00 Bingo (2SR)  6:30 Crackers and Conversations (AR)
9:30 Church Radio/TV (2SR) 10:00 Bible Stories (GR) 2:00 Outdoor Yoga Session (Out) 2:00 Social of the month-lce Cream (3SR)	10:00 Morning Walks (Out)  2:00 Ice Cream Social (AR) 2:00 Word Games (AR)	9:30 Plant Care (RR)  10:00 Group Exercise - 2nd floor (2SR)  10:30 Group Exercise - 3rd floor (3SR)	10:00 Group Exercise - 2nd floor (2SR)  10:00 Resident Council (AR)  10:30 Group Exercise - 3rd floor (3SR)	10:00 Fancy Fingers (2NS) 10:00 Hand Massages (RR) 12:00 craft (AR) 2:00 Creative Art (RR)	Dimensions Of Wellness Legend Emotional Social	Covada

2:00 Bocce Ball (C)

6:30 Outside Music Group (Out)

11:00 Resident BBQ-2nd Floor with

Darlene McGuinness (C)

2:00 Gourmet Ice Coffee Cart (RR)

6:00 Pet Therapy (RR)

6:30 Ladies Choice (AR)