



July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i></p> <p>Canada Day <i>No activities today</i></p>	<p>210:30 Music/Joan (CC) 11:00 Zumba class (AL)</p>	<p>3 10:45 Active game Residential Council Meeting CC 1pm - AL 2pm</p>	<p>4 11:00 Gold chair Zumba class 1:30 Nail Care</p>	<p>5 10:45 Yoga with Amy 1:30 Word Game</p>	<p>6 10:45 Soccer 1:30 Tea & Trivia 3:45 1-1 Walks</p>
<p>7 10:45 Hand Chimes 1:30 CLA Church 3:15 Ice Cream Social (CC patio)</p>	<p>8 10:45 Bocce ball mental aerobics 1:30 Music with Jean Bedard</p>	<p>9 10:45 Music therapy with Maryann 1:30 Music with Claddaugh Clan</p>	<p>10 10:45 News and views + short stories 1:30 Active game</p>	<p>11 11:00 Gold chair Zumba 1:30 Helping Hands</p>	<p>12 10:45 Yoga with Amy 1:30 Walks</p>	<p>13 10:45 Soccer 1:30 Tea & Trivia 3:45 Music w/ Michelle</p>
<p>14 10:45 Hand Chimes 1:30 Volleyball 3:15 Ice Cream Social (CC patio)</p>	<p>15 10:45 Bocce ball & Mental aerobics 1:30 Bingo</p>	<p>16 10:45 Music therapy with Maryann 1:30 Active game</p>	<p>17 10:45 Horse Races 1:30 Baking Cookies + Tea/Coffee social</p>	<p>18 11:00 Gold chair Zumba 1:30 Music with Steve and Sherry</p>	<p>19 10:45 Yoga with Amy 1:30 Walks</p>	<p>20 10:45 Soccer 1:30 Tea & Trivia 3:45 1-1 Walks</p>
<p>21 10:45 Hand Chimes 1:30 CLA Church 3:15 Ice Cream Social (CC patio)</p>	<p>22 10:45 Bocce ball & mental aerobics 1:30 Arts & Crafts</p>	<p>23 10:45 Music therapy with Maryann 1:30 Music with Encores</p>	<p>24 10:45 Balloon Volleyball 1:30 Music with Guy Marchi</p>	<p>25 11:00 Gold chair Zumba 11:00 Bus outing to Romeos</p>	<p>26 10:45 Yoga with Amy 1:30 Walks</p>	<p>27 10:45 Soccer 1:30 Tea & Trivia 3:45 Music w/ Michelle</p>
<p>28 10:45 Hand Chimes 1:30 Badminton 3:15 Ice Cream Social (CC patio)</p>	<p>29 10:45 Bocce ball & mental aerobics 1:30 Helping Hands</p>	<p>30 10:45 Music therapy with Maryann 1:30 Name that tune</p>	<p>31 10:45 Active game 1:30 Month end paper work</p>			