

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2022					Happy Canada Day 1 10:15 Canadian Trivia & Facts 11:00 Flag Raising (In front of 312) 2:00 Travel Canada <small>Canada Day</small>	2 2:15 Afternoon Movie: Mama Mia
3 10:15 Virtual Chapel Service	4 10:15 Bingo 2:00 Poet Tree 2:15 Room Visits 3:00 Physio Exercises <small>Independence Day (US)</small>	5 10:00 July Trivia 10:30 Fun Facts 2:15 Celebration of Life Service in the Garden	6 2:00 Get to Know Me Game 3:00 Physio Exercises 6:00 Evening Walks Library pick up today	7 10:15 Adult Colouring 11:00 Physio Exercises 2:30 Independent July Word Search	8 10:15 Beauty Care 2:15 Cribbage 2:15 Chaplain Visits 3:15 Physio Exercises	9 10:00 Coffee & Treats 11:00 Visits 2:30 Susie-Q In The Garden
10 10:15 Chapel Service with Chris 2:15 Games in the Garden	11 10:00 Wal-Mart Shopping & Lunch Trip 2:30 Visits 3:00 Physio Exercises	12 10:30 Drum Circle (Dining Room) 2:15 Chaplain Visits	13 10:00 Jokes of the Day 10:15 Name That Sound 2:15 Garden Visits 3:00 Physio Exercises	14 10:15 Crafters Corner 11:00 Physio Exercises 2:30 Games	15 10:15 Daily Chronicle 10:30 Horoscopes 2:15 Chaplain Visits 2:30 Manicures 3:15 Physio Exercises	16 2:15 Afternoon Movie: Grease
17 10:15 Virtual Chapel Service	18 10:15 Bingo 2:15 Crafters Corner 3:00 Physio Exercises	19 10:15 Hymn Sing 10:00 Summer Trivia 2:15 Popsicles in the Garden	Butter Tart Day 20 2:00 Butter Tart Facts 2:15 Chaplain Visits 2:30 Tea & Tarts 3:00 Physio Exercises 6:00 Evening Walks	21 10:15 Adult Colouring 11:00 Physio Exercises 2:30 Independent July Crosswords	22 10:15 Beauty Care 2:15 Cribbage 3:15 Physio Exercises	23 10:00 Pet Therapy in the Garden 2:15 Card Games
24 11:00 Chapel Service with Chris	25 2:00 Bingo 3:00 Physio Exercises 6:00 Outdoor Walks	26 10:15 Hope & Reflection 2:15 Planet Earth	27 10:00 Morning Humor 2:15 Garden Visits 3:00 Physio Exercises	28 10:15 Crafters Corner 11:00 Physio Exercises 2:30 Games	29 10:15 Inspire 10:15 Sensory Visits 2:15 Chaplain Visits 2:30 Manicures 3:15 Physio Exercises	30 2:15 Afternoon Movie: Hairspray
31 10:15 Virtual Chapel Service	 5th Floor Recreation Calendar					

For further information please contact the Recreation Office ext. 224