

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30 Morning Stretch 1 10:45 Snack & Chat 11:00 Music Therapy with Pat Hamill (TBA) 2:00 Reminiscing Kit 3:00 Sing A Long 6:00 Relaxation Activities Canada Day	10:30 Exercises 2 10:45 Snack & Chat 11:00 Rosary 2:00 Balloon Volley 3:00 Arts & Crafts 4:00 Music Time 6:00 Relaxation Activities	10:30 Sit & Fit 3 10:45 Snack & Chat 11:00 Alphabet Trivia 2:00 Episcopal Service 2:00 Movie 4:00 Individual activities 6:00 Relaxation Activities	10:30 Sittercize 4 10:45 Snack & Chat 11:00 Patriotic Trivia 12:30 BBQ lunch 2:00 Movie 2:30 Specialty Bingo 6:00 Relaxation Activities Independence Day (US)	10:30 Move & Groove Exercises 5 10:45 Snack & Chat 11:00 Reminiscing Kit 2:00 Crad Games (TBA) 2:00 Musical 4:00 Individual Activities 6:00 Relaxations activities
10:30 Morning Stretch 6 10:45 Snack & Chat 11:00 Reminiscing Kit 11:30 Pet Visits 2:00 Movie 2:00 Bible study (TBA) 6:00 Relaxation Activities	10:30 Exercises 7 10:45 Snack & Chat 11:00 Piano Music (ML) 2:15 The Sunshine Ministry with Angelo 3:00 Prayer & Share 4:00 Folding & Sorting 6:00 Relaxation Activities	10:30 Morning Stretch 8 10:45 Snack & Chat 11:00 Cooking Class 2:00 Chair Bowling 3:00 Sing a Long 4:00 Adult Coloring 6:00 Relaxation Activities	10:30 Exercises 9 10:45 Snack & Chat 11:00 Rosary 2:00 Horse racing 3:00 Arts & Crafts 4:00 Oldies Music 6:00 Relaxation Activities	10:30 Sit & Fit 10 10:45 Snack & Chatt 11:00 Mind Joggers 2:00 Catholic Communion Service 2:00 Movie 4:00 Patio Time 6:00 Relaxation Activities	10:30 Fitness Friday 11 10:45 Snack & Chat 11:00 Reminiscing Kit 2:15 Jewish Chaplaincy Visits 2:00 Bingo/Pokeno 3:00 Afternoon Social 6:00 Relaxation Activities	10:30 Music & Stretch 12 10:45 Snack & Chat 11:00 Pamper & Polish 2:00 Musical 2:15 Bingo (TBA) 4:00 Individual Activities 6:00 Relaxation Activities
10:30 Morning Stretch 13 10:45 Snack & Chat 11:00 Sensory Hands 11:30 Pet Visits 2:00 Movie 2:00 Communion Services 6:00 Relaxation Activities	10:30 Exercises 14 10:45 Snack & Chat 11:00 Piano Music (ML) 2:15 The Sunshine Ministry with Angelo 3:00 Prayer & Share 4:00 Folding & Sorting 6:00 Relaxation Activities	10:30 Morning Stretch 15 10:45 Snack & Chat 11:00 Music Therapy with Pat Hamill (TBA) 2:00 Floor Yahtzee 3:00 Music Time 4:00 Puzzles 6:00 Relaxation Activities	10:30 Exercises 16 10:45 Snack & Chat 11:00 Rosary 2:00 Noodle Ball Games 3:00 Puzzles & games 4:00 Music Time 6:00 Relaxation Activities	10:30 Sit & Fit 17 10:45 Snack & Chat 11:00 Alphabet Trivia 2:00 Episcopal Service 2:00 Movie 4:00 Resident Council 6:00 Relaxation Activities	10:30 Sittercize 18 10:45 Snack & Chat 11:00 Word Games 2:00 The Best of Broadway 2:00 Bingo / Pokeno 3:00 Ice Cream Social 6:00 Relaxation Activities	10:30 Move & Groove Exercises 19 10:45 Snack & Chat 11:00 Mind Joggers 2:00 Musical 2:00 Horse racing (TBA) 4:00 Individual Activities 6:00 Relaxation Activities
10:30Morning Stretch 20 10:45 Snack & Chat 11:00 Reminiscing Kit 11:30 Pet Visits 2:00 Movie 2:00 Bible study (TBA) 6:00 Relaxation Activities	10:30 Exercises 21 10:45 Snack & Chat 11:00 Piano Music (ML) 2:15 The Sunshine Ministry with Angelo 3:00 Prayer & Share 4:00 Folding & Sorting 6:00 Relaxation Activities	10:30 Morning Stretch 22 10:45 Snack & Chat 11:00 Mind Joggers 2:00 Board Games 4:00 Adult Coloring 6:00 Relaxation Activities	10:30 Exercises 23 10:45 Snack & Chat 11:00 Rosary 2:00 Balloon Volley 3:00 Arts & Crafts 4:00 Music Time 6:00 Relaxation Activities	10:30 Sit & Fit 24 10:45 Snack & Chat 11:00 Word games 2:00 Catholic Service 2:00 Movie 4:00 Patio Time 6:00 Relaxation Activities	10:30 Fitness Friday 25 10:45 Snack & Chat 11:00 Patio Games 2:00 Old Time Comedy 2:00 Bingo /Pokeno 3:00 Water Ice social 6:00 Relaxation Activities	10:30 Music & Stretch 26 10:45 Snack & Chat 11:00 Pamper & Polish 1:30 Bible Study (TBA) 2:00 Musical 4:00 Individual Activities 6:00 Relaxation Activities
10:30 Morning Stretch 27 10:45 Snack & Chat 11:00 Sensory Hands 11:30 Pet Visits 2:00 Movie 2:00 Communion Services 6:00 Relaxation Activities	10:30 Exercises 28 10:45 Snack & Chat 11:00 Piano Music (ML) 2:15 The Sunshine Ministry with Angelo 3:00 Prayer & Share 4:00 Folding & Sorting 6:00 Relaxation Activities	10:30 Morning Stretch 29 10:45 Snack & Chat 11:00Cooking Class 2:00 Specialty Bingo 2:00 Movie 3:00 Afternoon Social 4:00 Puzzles 6:00 Relaxation Activities	10:30 Exercises 30 10:45 Snack & Chat 11:00 Rosary 2:00 Balloon Volley 3:00 Arts & Crafts 4:00 Music Time 6:00 Relaxation Activities	10:30 Sit & Fit 31 10:45 Snack & Chat 11:00 Alphabet Trivia 2:00 Episcopal Service 2:00 Movie 4:00 Individual activities 6:00 Relaxation Activities	Activities are Subject to Change Main Lounge -ML East Café-EC Cozy Corner-CC 	