






July 2023

Bus outings have limited space and a waitlist - Please sign up with Recreation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Happy Canada Day	1 - Happy Canada Day - 10:00am The Royal Nova Scotia International Tattoo Showing 1:30pm Outdoor time
2 	3 9:30am Friendly Visits on Units 10:30am Word Games and Brain Games 1:30pm Fairy Gardens with Theresa - SOL	4 10:00am Stretch and Strength - SOL 1:30pm Bingo 6:00pm Live Music with RULE62 - SOL	5 10:00am Drumfit - SOL 11:00am Drumfit - Wallace 1:00pm Scenic Drive	6 10:30am Memorial Service 1:30pm Resident Council Meeting 1:45pm Jeopardy Game - SOL 	7 10:00am Fun and Fitness 1:30pm CRIBBAGE tournament - SOL	8 10:00am Saturday Social - SOL 1:30pm Outdoor time
9 This week we are collecting donations for the Alzheimer's Society of Canada at the front doors	10 9:30am Friendly Visits on Units 10:30am Word Games and Brain Games 1:30pm Baking Cakes - SOL	11 10:00am Stretch and Strength - SOL 1:30pm Bingo 6:00pm Evening Games	12 10:00am Cake Decorating - SOL 1:30pm Cake Walk Fundraiser for Alzheimer's - SOL	13 9:30am Coffee Hour 10:30am Church Service	14 10:00am Walk for Alzheimer's - SOL 12:00pm Alzheimer Society BBQ (\$3) 1:30pm Bible Study - SOL	15 10:00am Friendly Visits on Units 1:30pm Outdoor time
16	17 9:30am Friendly Visits on Units 10:30am Word Games and Brain Games 1:30pm Fairy Gardens with Theresa - SOL	18 10:00am Stretch and Strength - SOL 1:30pm Bingo 6:00pm Live Music - Dave Riley + Friends - SOL	19 10:00am Drumfit - SOL 11:00am Drumfit - Wallace 1:00pm Scenic Drive	20 9:30am Coffee Hour 10:30am Church Service 1:30pm Gospel Troop	21 11:00am Mens Exercise Group - Wallace 1:30pm Movie - SOL	22 10:00am Saturday Social - SOL 1:30pm Outdoor time
23 	24 9:30am Friendly Visits on Units 10:30am Word Games and Brain Games 1:30pm Gardening - SOL	25 10:00am Stretch and Strength - SOL 1:30pm Bingo 6:00pm - On the Road Again - a musical road trip exploring music and memories of travels	26 10:00am Crafts - SOL 10:30am Men's Club in Wallace - SOL 1:30pm Games - SOL	27 9:30am Coffee Hour 10:30am Church Service 1:30pm Karaoke - SOL	28 1:30am Bible Study in Wallace 10:00am Fun and Fitness 11:00am Anglican Community Service - SOL 	29 10:00am Friendly Visits on Units 1:30pm Outdoor time
30	31 9:30am Friendly Visits on Units 10:30am Word Games and Brain Games 1:30pm Fairy Gardens with Theresa - SOL					

Programs are subject to change