




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Locations Legend</div> <div>Great Room (GR) Tower Courtyard (COUR)</div> <div>Activity Room (AR) Art Room (ART)</div> <div>Theatre (TH) Country Kitchen (CK)</div> <div>Games Room (GAMR) Front Desk (FD)</div> <div>Resident Led Activity (*)</div> <div>(\$ denotes payment required activity)</div> <div></div>		<div>10:00 Chair Pilates Exercise with Jenn (AR) 1</div> <div>10:45 Canada Day Crosswords & Activity Sheets* (GR)</div> <div>2:00 We Love Canada Scavenger Hunt* (GR)</div> <div>6:30 Card Game Night* (GR)</div> <div><div>Canada Day</div></div>	<div>10:00 Falls Prevention Exercise with Dr. McNeill (AR) 2</div> <div>10:45 Jeopardy Trivia (GR)</div> <div>1:00 BUS: Shopping at Tillicum Mall (AR)</div> <div>2:00 Bingo (GR)</div> <div>3:00 History Presentation with Eric: Canadian History Series (TH)</div> <div>7:00 DOCUMENTARY: Canada Untold (TH)</div>	<div>10:00 Exercise (AR) 3</div> <div>10:45 Word Games (AR)</div> <div>2:30 Canada Day Celebration Happy Hour ft Mike & Marty (GR)</div> <div>3:30 Shuffleboard* (GAMR)</div> <div>7:00 SERIES: Sullivan's Crossing (TH)</div>	<div>10:00 Chair Yoga with Kathy (AR) 4</div> <div>1:00 - 3:00pm Casual Chic Mobile Fashion Boutique Sale (GAMR)</div> <div>2:00 Upwords Board Game* (GR)</div> <div>3:00 Knitting Group* (GR)</div> <div>3:00 Music Bingo - led by resident Bruce* (GR)</div> <div>7:00 SERIES: This Is Us - last episodes (TH)</div>	<div>10:00 Exercise - led by resident Joyce* (AR) 5</div> <div>10:45 Shut the Box! Board Game* (GR)</div> <div>1:00 BUS: Scenic Drive Inner Harbour & James Bay (AR)</div> <div>2:00 Ping Pong* (AR)</div> <div>3:00 Meet in the Great Room for Coffee & Conversation* (GR)</div> <div>7:00 MOVIE: Dirty Rotten Scoundrels (TH)</div>
<div>9:30 United Church Service Video (TH) 6</div> <div>10:00 Crosswords & Activity Sheets* (GR)</div> <div>2:00 MATINEE: A Home of Our Own (TH)</div> <div>3:00 Board Games* (GR)</div> <div>7:00 SERIES: Mad Men (TH)</div>	<div>10:00 Chair Tai Chi with Brenda (AR) 7</div> <div>10:45 July Trivia (GR)</div> <div>1:30 Horse Racing (GR)</div> <div>2:30 Bingo (GR)</div> <div>3:00 Knitting Group* (GR)</div> <div>7:00 DOCUMENTARY SERIES: Canada: A Year in the Wild Ep 1 & 2 (TH)</div>	<div>10:00 Chair Pilates Exercise with Jenn (AR) 8</div> <div>10:45 You be the Judge (GR)</div> <div>2:00 Wine & Cheese Social ft Jesse Thomas Brown (GR)</div> <div>3:15 ART: Colouring & Conversation (GR)</div> <div>6:30 Card Game Night* (GR)</div>	<div>9:00 Rides to Medical Appointments 9</div> <div>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</div> <div>10:45 Jeopardy Trivia (GR)</div> <div>1:00 BUS: Shopping at Mattick's Farm (AR)</div> <div>2:00 Bingo (GR)</div> <div>3:15 Summer Craft Beer Tasting (GR)</div> <div>7:00 MOVIE: Nonnas (TH)</div>	<div>8:00 Hearing Aid Cleaning Pick Up (FD) 10</div> <div>10:00 Exercise (AR)</div> <div>10:45 Upwords Board Game (GR)</div> <div>2:30 Happy Hour ft Fred Chester (GR)</div> <div>3:30 Pool Game* (GAMR)</div> <div>7:00 SERIES: Sullivan's Crossing (TH)</div>	<div>10:00 Chair Yoga with Kathy (AR) 11</div> <div>10:45 Who or What Am I? Trivia (GR)</div> <div>1:00 Crib Tournament* (GR)</div> <div>2:00 Canada Day Talk with Clem: Embrace Canada (TH)</div> <div>3:00 Knitting Group* (GR)</div> <div>3:00 Music Bingo (GR)</div> <div>7:00 NEW SERIES: Parenthood (TH)</div>	<div>10:00 Balls & Bands (AR) 12</div> <div>10:45 Fit Minds (AR)</div> <div>2:00 Target Practice (GR)</div> <div>3:00 CRAFTS: Summer Wooden Welcome Signs (AR)</div> <div>7:00 MOVIE: The Jazz Singer (TH)</div>
<div>9:30 United Church Service Video (TH) 13</div> <div>10:00 Crosswords & Activity Sheets* (GR)</div> <div>2:00 MATINEE: Walk.Ride.Rodeo (TH)</div> <div>3:00 Board Games* (GR)</div> <div>7:00 SERIES: Mad Men (TH)</div>	<div>10:00 Gentle Fit & Stretch (AR) 14</div> <div>10:45 Did you know? Fun Facts about Canada (GR)</div> <div>1:00 - 3:00pm Art Exploration with Cynthia (AR)</div> <div>1:30 Horse Racing (GR)</div> <div>2:30 Bingo (GR)</div> <div>3:00 Knitting Group* (GR)</div> <div>7:00 DOCUMENTARY SERIES: Canada: A Year in the Wild Ep 3 & 4 (TH)</div>	<div>10:00 Chair Pilates Exercise with Jenn (AR) 15</div> <div>10:45 A Picture is Worth a 1000 Words (GR)</div> <div>1:00 BUS: Bilston Lavender Farm in Metchosin (\$6 entry fee) (AR)</div> <div>2:45 P.A.T.S. Dog Visit (GR)</div> <div>3:00 Seniors Support Discussion Group* (CK)</div> <div>3:15 Matching Cards Memory Game (GR)</div> <div>6:30 Card Game Night* (GR)</div>	<div>9:00 Rides to Medical Appointments 16</div> <div>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</div> <div>10:45 Jeopardy Trivia (GR)</div> <div>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</div> <div>2:00 Bingo (GR)</div> <div>3:00 Watermelon & Summer Memories Conversation (COUR)</div> <div>7:00 MOVIE: The Hill (TH)</div>	<div>10:00 Exercise (AR) 17</div> <div>10:45 Word Games (AR)</div> <div>2:30 Happy Hour ft Joyz & the Boyz (GR)</div> <div>3:30 Shuffleboard* (GAMR)</div> <div>7:00 SERIES: Sullivan's Crossing (TH)</div>	<div>10:00 Chair Yoga with Kathy (AR) 18</div> <div>10:45 Target Practice (GR)</div> <div>1:30 Horse Racing (GR)</div> <div>3:00 Knitting Group* (GR)</div> <div>3:00 Music Bingo (GR)</div> <div>7:00 NEW SERIES: Parenthood (TH)</div>	<div>10:00 Drumfit Exercise (AR) 19</div> <div>10:45 Fit Minds (AR)</div> <div>1:00 BUS: Sip & Stroll - Breakwater & Cafe (\$) (AR)</div> <div>2:00 Cornhole Toss Game (COUR)</div> <div>3:00 CRAFTS: Vision Board Collage (ART)</div> <div>7:00 MOVIE: Indiana Jones & the Last Crusade (TH)</div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 United Church Service Video (TH) 20 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: Falling Inn Love (TH) 3:00 Board Games* (GR) 7:00 SERIES: Mad Men (TH) National Ice Cream Day	10:00 Gentle Fit & Stretch (AR) 21 10:45 Trivia (GR) 1:30 Summer Craft with Michelle (ART) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: The Last Train Across Canada Ep 1 & 2 (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 22 10:45 Yahtzee Game! (GR) 1:45 Town Hall Meeting (GR) 3:00 Ice Cream Floats (COUR) 6:30 Card Game Night* (GR)	9:00 Rides to Medical Appointments 23 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 11:30 BUS: Lunch at the Flying Otter (\$) (AR) 1:30 Dr. Govender Talk: Heat & Hydration (TH) 2:30 Bingo (GR) 7:00 MOVIE: Red Notice (TH)	10:00 Exercise (AR) 24 10:45 Rapid Rumble Game (GR) 2:30 Summertime Marguerita Happy Hour ft Seabreeze (GR) 3:30 Pool Game* (GAMR) 7:00 SERIES: Sullivan's Crossing (TH) National Tequila Day	10:00 Chair Yoga with Kathy (AR) 25 10:45 Who or What Am I? Trivia (GR) 1:00 Crib Tournament* (GR) 2:00 Memory & Aging Clinic Presentation by Dr. Patrick Corney (TH) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 NEW SERIES: Parenthood (TH)	10:00 Balls & Bands (AR) 26 10:45 Fit Minds (AR) 2:00 Making Music with Hand Drums & Percussion (AR) 3:00 ART: Paint & Wine (ART) 7:00 MOVIE: Life or Something Like It (TH)
9:30 United Church Service Video (TH) 27 9:45 BUS OUTING: ArtisTREE Festival Market at Government House (AR) 2:00 MATINEE: Dog Gone (TH) 3:00 Board Games* (GR) 7:00 SERIES: Mad Men (TH)	10:00 Chair Tai Chi with Brenda (AR) 28 10:45 Trivia (GR) 1:00 - 3:00pm Art Exploration with Cynthia (AR) 1:30 Horse Racing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: The Short Game (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 29 10:45 Show & Share (GR) 2:00 Birthday Social ft K-Tones (GR) 3:00 Seniors Support Discussion Group* (CK) 3:15 Matching Cards Memory Game (GR) 6:30 Card Game Night* (GR)	9:00 Rides to Medical Appointments 30 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 11:15 BUS OUTING: BBQ Hamburger Picnic & Walk at Gorge Park (AR) 2:00 Bingo (GR) 3:15 Coffee Chat (GR) 7:00 MOVIE: Miss Congeniality (TH) International Day of Friendship	10:00 Exercise (AR) 31 10:45 Summer Scattegories (AR) 2:30 Happy Hour ft Brian Porter (GR) 3:30 Shuffleboard* (GAMR) 7:00 SERIES: Sullivan's Crossing (TH)		

TUCK SHOP

Monday, Wednesday & Friday
2:00pm - 3:00pm

BINGO 25 cents per card

HORSE RACING 10 cents per race

HAPPY HOUR \$2 per drink donation

