

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

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

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

