

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2021

Radiant Care Pleasant Manor – Heritage Place

Morning Canada Day 1
Sing and Stretch
Afternoon Canada Day
Celebrations



Morning Exercise 2
10:30 Physio Exercise
11:10 Virtual Music with Mendelt
Afternoon Lounge Games
1:30 Physio Exercise

Morning Chair Yoga 3
Afternoon Travel to: Rome, Italy

Morning TV Church 4
Afternoon Balloon Soccer

Independence Day (US)

Morning Move and Groove 5
10:30 Physio Exercise
1:30 Physio Exercise
Afternoon Montessori
2:30 Chapel Service

Morning Exercise 6
Afternoon Wellness Visits

Morning Sling Shot 7
Painting
10:30 Physio Exercise
Afternoon Sundae Funday
1:30 Physio Exercise

Morning Exercise 8
Afternoon Bingo

Morning Exercise 9
10:30 Physio Exercise
Afternoon Word Games
1:30 Physio Exercise

Morning Exercise 10
Afternoon Read with Me

Morning TV Church/ 11
TV German Church
Afternoon Picture This

Morning Sing and Stretch 12
10:30 Physio Exercise
1:30 Physio Exercise
Afternoon Montessori
2:30 Chapel Service

Morning Exercise 13
Afternoon Wellness Visits

Morning Paper 14
Lantern Art
10:30 Physio Exercise
Afternoon Men's Club
1:30 Physio Exercise
2:30 Catholic Service

Morning Exercise 15
10:00 Virtual Music Therapy
Afternoon Bingo

Morning Hockey Eh? 16
10:30 Physio Exercise
Afternoon I Spy
1:30 Physio Exercise

Morning Exercise 17
Afternoon Lemonade in the Shade

Morning TV Church 18
Afternoon Colour Me Happy

Morning Move and Groove 19
10:30 Physio Exercise
1:30 Physio Exercise
Afternoon Water Gun Fun
2:30 Chapel Service

Morning Exercise 20
Afternoon Wellness Visits

Morning Travel to 21
Tokyo
10:30 Physio Exercise
Afternoon Men's Club
1:30 Physio Exercise

Morning Exercise 22
Afternoon Bingo

Morning Exercise 23
10:30 Physio Exercise
Afternoon Olympic News and Views
1:30 Physio Exercise
Olympic Opening Ceremonies

Morning Olympic 24
Warm-Ups
Afternoon Coloring the Olympic Rings
Olympic Games Week

Morning TV Church/ 25
TV German Church
Afternoon Olympic Word Games

Morning Olympic Warm 26
Ups
10:30 Physio Exercise
1:30 Physio Exercise
Afternoon Olympic Trivia
2:30 Chapel Service

Morning Olympic 27
Stretches
Afternoon Shot Put

Morning Balloon 28
Tennis
10:30 Physio Exercise
Afternoon Olympic Games
1:30 Physio Exercise

Morning Exercise 29
10:00 Virtual Music Therapy
Afternoon Bingo

Morning Olympic 30
Stretches
10:30 Physio Exercise
Afternoon Olympic paintings
1:30 Physio Exercise

Morning Olympic 31
Exercises
Afternoon Olympic Games

Olympic Games Week

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Radiant Care Pleasant Manor



<p>Today is Independence Day commemorating this day in 1776 when the Continental Congress declared that the 13 American colonies were no longer under the control of England.</p>	<p>Daily Trivia If you turn the word SWIMS upside down, it is still readable as the same word.</p>	<p>3:00 In the Garden Beatles Trivia The legendary rock group had the names the Quarrymen and the Silver Beatles before settling on The Beatles.</p>	<p>2:30 Zoom Exercise Today in 1969 The House of Commons passed the Official Languages Act, declaring French and English the official languages of Canada</p>	<p>11:00- Zoom Devotions 6:30 One to Ones Today in 1881 – The first ice-cream sundae was served in Two Rivers, Wisconsin. Until then, chocolate syrup primarily flavored ice-cream sodas.</p>	<p>11:10 Music with Mendelt? Punny Business The expert carpenter really nailed it. Then the new guy screwed up.</p>	<p>Today in 1608 – French explorer Samuel de Champlain founded the settlement of Quebec. Quebec City is one of the oldest settlements of European origin in North America.</p>
<p>Riddle Me This What object gets whiter the dirtier it gets? <i>Answer: A Chalkboard</i></p>	<p>Today in 1543 – King Henry VIII married his last wife, the widow Catherine Parr, at Hampton Court Palace.</p>	<p>3:00 Computer Questions Today in 1939 – Frank Sinatra made his recording debut with the songs “Melancholy Mood” and “From the Bottom of My Heart.”</p>	<p>2:30 Zoom Exercise Daily Trivia The three consecutive periods you see in sentences (...) is called an ellipsis.</p>	<p>11:00- Zoom Devotions Word Scramble B A R O H N L O E Worthy of high regard and respect <i>Answer: Honorable</i></p>	<p>Riddle Me This number do you get when you multiply all the numbers on a telephone’s number pad?<i>Answer: 0 (multiply any number by 0 will be 0)</i></p>	<p>Today in 1950 – Nat King Cole entered the R&B hit list with one of his best loved recordings, “Mona Lisa.” It topped the charts for eight weeks.</p>
<p>Name Three Can you name three summer Olympic sporting events that start with the letter W? <i>Answer: water polo, wrestling, weightlifting</i></p>	<p>Daily Trivia Coffee is the most popular beverage in the world, with 400 billion cups consumed annually.</p>	<p>3:00 In the Garden Did You Know? The Q in Q-tips stands for quality. The swabs were originally called Baby Gays.</p>	<p>2:30 Zoom Exercise Daily Trivia Banana-flavored cream originally filled the center of the Hostess Twinkie. A World War II shortage led to the change to vanilla flavored filling.</p>	<p>11:00- Zoom Devotions 6:30 One to Ones Daily Trivia When your cat squeezes its eyes shut, it is a sign your cat is enjoying the moment with you!</p>	<p><i>Let the games begin!</i> Tokyo Olympics 2021 starts today</p> 	<p>Today in 1701 – The French explorer Antoine de la Mothe Cadillac founded Fort Pontchartrain du Detroit as a trading post.</p>
<p>Did You Know? An ostrich hen will typically lay 10 eggs per year, each about the size of a cantaloupe.</p>	<p>Today in 1982 – Karen Baldwin of London, Ontario, became the first Canadian Miss Universe at age 18.</p>	<p>3:00 Computer Questions Riddle Me This I might be lighter than air, but a million arms could not lift me. What am I? <i>Answer: A Bubble</i></p>	<p>2:30 Zoom Exercise Daily Trivia Octothorpe is the name for the symbol of the pound key found on your phone: #.</p>	<p>11:00- Zoom Devotions 6:30 One to Ones Punny Business Smaller babies might be delivered by stork, but the heavier ones arrive by crane.</p>	<p>Today in 1935 – Penguin published the first paperback. The book was a biography of the English poet Percy Shelley.</p>	<p>Buy a Vowel N _ T _ C _ _ B L _ Easily seen or apparent <i>Answer: Noticeable</i></p>