

Sunday

Monday

Tuesday

Wednesday













Thursday

Friday

Saturday

July 2022

FIRST FLOOR RECREATION CALENDAR

July 2022 FIRST FLOOR RECREATION CALENDAR						1 Happy Canada Day! Morning: 9:30 BINGO  WEAR RED & WHITE Canada Day	2 
Chapel Service on the Television 	3 Morning: 9:00 Monthly Gazette 9:30 Montessori Activities Afternoon: 1:30 Friendly Visits 3:00 Ladder Ball Independence Day (US)	4 Morning: 9:00 Chapel Service with Don 9:30 Fit Minds Afternoon: 1:30 Board Games 3:00 Music Hour 	5 Morning: 9:00 Exercise 9:30 Creative Arts Afternoon: 1:00 Manicures 2:00 Movie Matinee	6 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Gardening Club 3:00 Poetry in the Courtyard 	7 Morning: 9:00 Sing & Stretch 9:30 BINGO  Afternoon: 1:30 Montessori Activities 3:00 Beach Ball Toss	8 Outdoor Visits 	
Chapel Service on the Television 	10 Morning: 9:00 Exercise 9:30 Travel the World  Afternoon: 1:30 Card Games 3:00 Finish the Line	11 Morning: 9:00 Chapel Service with Don 9:30 Fit Minds Afternoon: 1:30 Pick A Horse! 3:00 Golden Oldies Name that Tune 	12 Morning: 9:00 Ladder Ball 9:30 High Tea Afternoon: 1:30 Book Club 3:00 Games in the Courtyard	13 Happy Birthday Annie P! Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Creative Arts 3:00 Outdoor Strolls 	14 Morning: 9:00 Summer Trivia 9:30 BINGO  Afternoon: 1:30 Outdoor Games 3:00 Balloon Tennis	15 1:00 Lemonade In the Courtyard! 	
Chapel Service on the Television 	17 Morning: 9:00 Exercise 9:30 Puzzle Group Afternoon: 1:00 History of NASCAR Racing! 3:00 Wheel of Fortune 	18 Morning: 9:00 Chapel Service with Don 9:30 Fit Minds Afternoon: 2:30 Cool Treats in the Courtyard! 	19 Morning: 9:00 Exercise 9:30 Creative Arts Afternoon: 1:30 Bocce Ball 3:00 Montessori Activities	20 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Manicures 3:00 Twister Toss 	21 Happy Birthday John! Morning: 9:30 BINGO  Afternoon: 1:30 Friendly Visits	22 What do you call a dog on the beach in summer?  A hot dog!	
Chapel Service on the Television 	24 Morning: 9:00 Ladder Ball 9:30 Gardening Club Afternoon: 1:30 Outdoor Games 3:00 Friendly Visits	25 Morning: 9:00 Chapel Service with Don Carnival Day! 	26 Morning: 9:00 Exercise 9:30 Scavenger Hunt Afternoon: 1:30 Outdoor Strolls 3:00 Parachute Game	27 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Bocce Ball 3:00 Birthday Party! 	28 Morning: 9:00 One to one visits 9:30 BINGO  Afternoon: 1:30 Outdoor Games 3:00 Montessori Activities	29 Friendly Visits 	
Chapel Service on the Television 	31 This is the day which the Lord hath made; we will rejoice and be glad in it. Psalm 118:24						

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July 2022

Second Floor Recreation Calendar

						Happy Canada Day! 1 WEAR RED & WHITE Afternoon: 2:45 – BINGO!  <small>Canada Day</small>	2 Morning: 10:00 – Rummikub Afternoon: 3:00 – Manicures
Church Service on the Television 	3 Morning: 9:30 – Colouring Pages 10:00 – Ladder Ball Afternoon: 1:00 – One to one visits 3:00 – Horse Racing <small>Independence Day (US)</small>	4 Morning: 9:30 – Colouring Pages 10:00 – Ladder Ball Afternoon: 1:00 – One to one visits 3:00 – Horse Racing <small>Independence Day (US)</small>	5 Morning: 10:00 – Exercise 10:30 – Fit Minds Afternoon: 1:00 – Montessori Activities 3:00 – You Be The Judge	6 Morning: 9:30 – Picture It 10:00 – Arts & Crafts Afternoon: 1:00 – Reading Group 3:00 – Obie Games 5:30 – Board Games	7 Happy Birthday Mini! Morning: 9:30 – One to one visits 10:00 – Escape Room Afternoon: 1:00 – Darts 3:00 – Fit Minds	8 Morning: 9:30 – Connect 4 10:00 – Arts & Crafts Afternoon: 1:00 – Outdoor Strolls 2:45 – BINGO!	9  Friendly Visits
Church Service on the Television 	10 Morning: 9:30 – Kerplunk 10:00 – Trivia Afternoon: 1:00 – Obie Games 3:00 – Board Games	11 Morning: 9:30 – Kerplunk 10:00 – Trivia Afternoon: 1:00 – Obie Games 3:00 – Board Games	12 Happy Birthday Helen K! Morning: 9:30 – Obie Games 10:00 – Wheel of Fortune Afternoon: 1:00 – Basketball 3:00 – Arts & Crafts 5:30 – Board Games	13 Happy Birthday Helen K! Morning: 9:30 – Obie Games 10:00 – Wheel of Fortune Afternoon: 1:00 – Basketball 3:00 – Arts & Crafts 5:30 – Board Games	14 Morning: 9:30 – Over or Under 50 10:00 – Men's Coffee Club Afternoon: 1:00 – Outdoor Strolls and Cool Treats! 3:00 – Fit Minds	15 Morning: 9:30 – Colouring Pages 10:00 – Arts & Crafts Afternoon: 1:00 – One to one visits 2:45 – BINGO!	16 Morning: 10:00 – Exercise 10:30 – Obie Games Afternoon: 1:00 Lemonade In the Courtyard!
Church Service on the Television 	17 Morning: 10:00 – Colouring Pages Afternoon: 3:00 – Balloon Tennis	18 Morning: 10:00 – Colouring Pages Afternoon: 3:00 – Balloon Tennis	19 Morning: 9:30 – Parachute Game 10:00 – Arts & Crafts Afternoon: 1:00 – One to one visits 3:00 – Jeopardy 5:30 – Spa Night	20 Morning: 9:30 – Parachute Game 10:00 – Arts & Crafts Afternoon: 1:00 – One to one visits 3:00 – Jeopardy 5:30 – Spa Night	21 Morning: 9:30 – Montessori Activities 10:00 – Bocce Ball Afternoon: 1:00 – Obie Games 3:00 – Fit Minds	22 Morning: 10:00 – Friendly Visits Afternoon: 2:45 – BINGO!	23 Morning: 10:00 – Exercise 10:30 – Name 10 Afternoon: 3:00 – Arts & Crafts
Church Service on the Television 	24 Morning: 10:00 – Manicures Afternoon: 3:00 – Activity Pages	25 Morning: 10:00 – Manicures Afternoon: 3:00 – Activity Pages	26 Morning: 9:30 – Manicures 10:00 – Price is Right Afternoon: 1:00 – Obie Games 3:00 – Arts & Crafts 5:30 – Board Games	27 Morning: 9:30 – Manicures 10:00 – Price is Right Afternoon: 1:00 – Obie Games 3:00 – Arts & Crafts 5:30 – Board Games	28 Morning: 9:30 – Colouring Pages 10:00 – Trip to Wisconsin Afternoon: 1:00 – Outdoor Games 3:00 – Fit Minds	29 Morning: 9:30 – Obie Games 10:00 – Arts & Crafts Afternoon: 1:00 – Elfer raus! 2:45 – BINGO!	30  Friendly Visits
Church Service on the Television 	31 <p><i>"Happiness is not a goal...it's a by-product of a life well-lived."</i> <i>Eleanor Roosevelt</i></p>						

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July 2022

Third Floor Recreation Calendar

July 2022 Third Floor Recreation Calendar				WEAR RED & WHITE 1 9:45 Bingo in the Dining Room 1:30 Canadian Trivia and Maple Leaf Toss <small>Canada Day</small>	2 Sunshine Visits 	
3 Church Service on the Television 	4 9:30 Manicures 10:00 Exercise  1:00 Bocce Ball 2:45 Fit Minds <small>Independence Day (US)</small>	5 9:45 Come Play with OBIE! 1:00 Puzzle Group 2:30 Balloon Tennis 5:30 Outdoor Strolls	6 9:45 Poem Writing 2:45 Price is Right 	7 9:45 Montessori Activities 1:00 Friendly Visits 2:45 Word Search Group 5:30 Outdoor Reading Group	8 9:45 Bingo in the Dining Room  1:00 What's in the Bag? 2:45 Fit Minds	9 Happy Birthday Helen Y! 9:45 Outdoor Strolls 2:45 Beach Ball Toss 
10 Church Service on the Television  2:30 Cool Treats in the Courtyard	11 9:45 Exercise and Alphabet Game  1:00 One to One Visits 2:45 Fit Minds	12 9:45 Arts and Crafts 1:00 Board Games 2:45 Outdoor Games	13 9:45 Activity Pages 1:00 Montessori Activities 2:45 Catching Fireflies 	14 9:00 Chapel Service with Don 9:45 Exercise and Finish the Line 1:00 Outdoor Strolls 2:45 Fit Minds	15 Happy Birthday Nelly! 9:45 Bingo in the Dining Room 2:45 Name that Tune	16 9:45 Sunshine Visits 1:00 Lemonade in the Courtyard! 
17 Church Service on the Television  Afternoon Outdoor Strolls	18 9:45 Exercise and Wheel of Fortune 1:00 Giant Crossword 2:45 Activity Pages	19 9:45 Jeopardy 1:00 Manicures 2:45 Fit Minds  5:30 Outdoor Readings & Poems	20 9:45 Balloon Tennis 1:00 Card Games 2:45 Colouring Pages 	21 9:00 Chapel Service with Don 9:45 Exercise and Trivia 1:00 Shake Loose a Memory 2:45 Outdoor Strolls 5:30 Puzzle Group	22 9:30 Bingo in the Dining Room  1:00 Manicures 2:45 Fit Minds	23 Courtyard Visits 
24 Church Service on the Television 	25 9:45 High Tea 1:00 Arts and Crafts 2:45 Fit Minds  	26 Carnival Day! 	27 9:45 Exercise and Categories 2:45 Come Play with Obie! 	28 9:00 Chapel Service with Don 9:45 Exercise and How Many Words 1:00 Board Games 2:45 Jeopardy	29 9:45 Bingo in the Dining Room  1:00 Ladder Ball 2:45 Fit Minds	30 9:45 Fun in the Sun 2:45 Movie Matinee 
31 Church Service on the Television   2:00 Birthday Party!	<p>"Happiness is not a goal...it's a by-product of a life well-lived." - Eleanor Roosevelt</p>					

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July 2022

July 2022				HAPPY CANADA DAY! 1 WEAR RED & WHITE 10:00 Canadian Trivia 1:30 Maple Leaf Toss 2:45 BINGO  Canada Day		Friendly Visits 2 	
9:00am Church Service on the Television 3 		Happy Birthday Christine! 4 9:30 Group Exercise 10:00 Catching Fireflies Card Game 2:00 Painting 3:00 Creative Writing <small>Independence Day (US)</small>		9:30 Group Exercise 5 10:00 Solar Lantern Craft 1:30 Outdoor Games 2:30 Fit Minds		1:30 Outdoor Strolls 6 2:00 Balloon Tennis 3:00 Summer Collage 5:30 Travel Stories	
10:00 Shake Loose a Memory 7 1:30 Fun with OBIE 2:30 Fit Minds		9:00 Morning Movie 8 2:45 BINGO 		10:00 Outdoor Strolls 9 2:30 Beach Ball Toss 			
9:00am Church Service on the Television 10 2:30 Cool Treats in the Courtyard 		Happy Birthday Kae! 11 10:00 Manicures 2:00 Activity Pages		9:30 Group Exercise 12 10:00 Mix n' Match 1:30 Reading Circle 2:30 Fit Minds		1:30 Outdoor Strolls 13 2:00 Outdoor Kerplunk 3:00 Indoor Gardening 5:30 Courtyard Garden Care	
9:30 Chapel Service with Don 14 10:00 Wind Chime Craft 1:30 One to One Visits 2:30 Fit Minds		9:30 Group Exercise 15 10:00 Expressive Canvas Painting 1:30 Outdoor Strolls 2:45 BINGO 		1:00 Lemonade In the Courtyard! 16 			
9:00am Church Service on the Television 17 		9:30 Group Exercise 18 10:00 Yes, I Have Game 2:00 Beach Painting 3:00 Fun with OBIE		9:30 Chair Yoga 19 10:00 Alphabet Game 1:30 National Daquiri Day 2:30 Fit Minds		1:30 Outdoor Strolls 20 2:00 Outdoor Games 3:00 How Many Words? 5:30 Board Games	
Happy Birthday Elfrieda! 21 9:30 Chapel Service with Don 10:00 Balloon Tennis 1:30 One to One Visits 2:30 Fit Minds		9:30 Group Exercise 22 10:00 Finish the Line 1:30 Outdoor Strolls 2:45 BINGO 		Friendly Visits 23 			
9:00am Church Service on the Television 24 		9:30 Group Exercise 25 10:00 Fit Minds 2:00 High Tea Party 3:00 Scattergories		Carnival Day! 26 		1:30 Outdoor Strolls 27 2:00 Family Feud 3:00 Card Games 5:30 Spa Night	
9:30 Chapel Service with Don 28 10:00 Bocce Ball 1:30 Fun with OBIE 2:30 Fit Minds		10:00 Activity Pages 29 2:45 BINGO 		10:00 Fun in the Sun 30 2:00 Movie Matinee 			
9:00am Church Service on the Television 31 2:30 Birthday Party  		FOURTH FLOOR RECREATION CALENDAR					

FOURTH FLOOR RECREATION CALENDAR

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Wellness Suites Recreation Calendar

					 Canada Day	
3 9:30 Church Service in Chapel 	4 Independence Day (US)	5 10:30 Fit Minds  1:30 Falls Prevention Class in Chapel	6 11:15 Chapel Service in Chapel 2:00 Brain Yoga with Courtney	7 10:30 Exercise & Pen Pal Group 1:30 Falls Prevention Class in Chapel	8 10:30 Bingo	9
10 9:30 Church Service in Chapel 	11	12 10:30 Fit Minds  1:30 Falls Prevention Class in Chapel	13 10:00 Walking Group with Kira 11:15 Chapel Service in Chapel 2:00 Brain Yoga	14 10:30 Exercise & Creative Arts 1:30 Falls Prevention Class in Chapel	15 10:30 Bingo	16
17 9:30 Church Service in Chapel 	18	19 10:30 Music with Walter Ostanek in courtyard (see poster for details) 1:30 Falls Prevention Class in Chapel	20 11:15 Chapel Service in Chapel 2:00 Brain Yoga with Kira	21 10:30 Exercises & Card Games 1:30 Falls Prevention Class in Chapel	22 10:30 Bingo	23
24 9:30 Church Service in Chapel 	25	26 10:30 Fit Minds  1:30 Falls Prevention Class in Chapel	27 11:15 Chapel Service in Chapel 2:00 Coffee Social with Courtney	28 10:30 Exercise & Name That Tune 1:30 Falls Prevention Class in Chapel	29 10:30 Bingo	30
31 9:30 Church Service in Chapel 						

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