


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: (CL): Café/Lounge (C): Cottage (FL): Front Lobby (L): Library (SG): Secret Garden	1  2:00-3:00(CL)Entertainment with Kim Atkins <small>Canada Day</small>	2 Esthetician Today 10:30(C) Brain Joggers 1:00-4:30 Pet Service 1:20(C) Funny Animal Videos 2:00(C) Bingo 4:00(FL) Dog visit with Hank and Linnea 7:00(C) Toast Masters	3 Hairdresser Today Shuttle Today 10:00 TRIP *Sign up* Walmart 10:30(C) Ball Toss 2:00(C) DRUM BALL 3:30(FL) Outdoor Walk 6:00(CL) Cribbage	4 10:15(SG) Garden Care 11:00(C) Seated Dance Class 11:00-2:00(FL) Jewelry Vendor 1:30(C) Technology Help 2:00(C) Painting Class 3:30(C)(N) Documentary: <i>Mysteries of the Terracotta Warriors</i> <small>Independence Day (US)</small>	5 Hairdresser Today Shuttle Today 10:15(C) JAVA Music Club 2:00(CL) Happy Hour with Brad James	6 2:00(C)(N) Movie: The rewrite 2:00(CL) Cribbage 7:00(C)(N) Movie: The Mirror Has Two Faces
10:30 (C)(yt) Hymn Sing 7 2:00(C)(N) Movie: American Underdog	8 Hairdresser Today 10:00(C) Church Service 10:15(SG) Garden Care 2:00-3:00(CL) Ice Cream Social 3:30(FL) Outdoor Walk	9 Esthetician Today 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 4:00(FL) Dog visit with Hank and Linnea 7:00(C) Toast Masters	10 Hairdresser Today 10:00 TRIP *Sign up* Hamilton Farmers Market 10:30(C) Ball Toss 2:00(C) DRUMBALL 3:00(C) Sing- a-longs with Nathalia 6:00(CL) Cribbage	11 10:00(L) Exploring Scripture 10:15(SG) Garden Care 11:00(C) Seated Dance Class 2:00-3:00(C) Presentation: Nutrition Risk & Malnutrition with University of Waterloo 3:15(FL) Documentary: Our Great National Parks	12 Hairdresser Today 10:15(C) JAVA Music Club 2:00(CL) Happy Hour with Paul Horton	13 2:00(C)(N) Movie: Madeline 2:00(CL) Entertainment with Emily Gilbey: NEW 7:00(C)(N) Movie: Larry Crowne
10:30 (C)(yt) Hymn Sing 14 2:00(C)(N) Movie: My Life with the Walter Boys VR Experience ???	15 Hairdresser Today 10:00(C) Church Service 10:15(SG) Garden Care 2:00(C) DRUMBALL 3:15(FL) Outdoor Walk 3:30(C)(N) Documentary: Horizon	16 Esthetician Today 10:00-2:00(FL) Cathy's Jewelry Vendor 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 4:00 (FL) Dog visit with Hank and Linnea 7:00(C) Toast Masters	17 Hairdresser Today Shuttle Today 10:00 TRIP *Sign up* Terra Greenhouse 10:30(C) Ball Toss 2:00(SG) Planting Garden Beds 3:30(FL) Documentary: Our Living World 6:00(CL) Cribbage	18 10:15(SG) Garden Care 11:00(C) Seated Dance Class 1:30(C) Technology Help 2:00(C) Painting Class 3:30(C)(N) Documentary: DOGS	19 Hairdresser Today Shuttle Today 10:15(C) JAVA Music Club 2:00-3:00 (CL) Happy Hour with Ken Lighthouse & Hawaiian Party! Hawaiian Party!!	20 2:00(C)(N) Movie: The Martian 2:00(CL) Cribbage 7:00(C)(N) Movie: The Highwaymen
10:30 (C)(yt) Hymn Sing 21 2:00(C)(N) Movie: Queen Bees	22 Hairdresser Today Shuttle Today 10:00(C) Church Service 10:00 TRIP *Sign up* Hutch's on the beach 10:15(SG) Garden Care 2:00(C) DRUMBALL 3:15(FL) Outdoor Walk	23 Esthetician Today 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 4:00 (FL) Dog visit with Hank and Linnea 7:00(C) Toast Masters	24 Hairdresser Today Shuttle Today 10:00 TRIP *Sign up* Triple C Farm (Animal Farm) 10:30(C) Ball Toss 2:00(C) Crafts 3:00(C) Sing- a-longs with Nathalia 6:00(CL) Cribbage	25 10:00(L) Exploring Scripture 10:15(SG) Garden Care 11:00(C) Seated Dance Class 2:00(C) Townhall Meeting 3:15(C) Food Meeting	26 Hairdresser Today 10:15(C) JAVA Music Club 2:00(CL) Happy Hour with Paula French	27 2:00(C)(N) Movie: Rumor Has it 2:00(CL) Cribbage 7:00(C)(N) Movie: Smokey & the Bandit
10:30 (C)(yt) Hymn Sing 28 2:00(C)(N) Movie: Blended	29 Hairdresser Today Shuttle Today 10:00(C) Church Service 10:30(SG) Garden Care 1:00 TRIP *Sign up* Scenic Drive 2:00-3:30(C) Global Social Innovation Workshop & Presentation	30 Esthetician Today 10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C) Bingo 4:00 (FL) Dog visit with Hank and Linnea 7:00(C) Toast Masters	31 Hairdresser Today Shuttle Today 10:00 TRIP *Sign up* Lindley's Farm 10:30(C) Ball Toss 2:00-3:00(SG)(CL) Lemonade Social 6:00(CL) Cribbage	<h1>July 2024</h1>		

EXERCISE SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM-10:30AM	GENERAL EXERCISE	GENERAL EXERCISES	SEATED YOGA/TAI CHI (COTTAGE)	GENERAL EXERCISE	
10:30AM-11:30AM	RACKET BALLOON	ADVANCED EXERCISES	BALL TOSS	ADVANCED EXERCISE	
10:45AM-11:45AM			GENERAL EXERCISE		GENERAL EXERCISE
1:00PM-2:00PM	ADVANCED EXERCISE				



What to Look out For This Month!

- Canada Day Entertainment with Kim Atkins
 - At Home Pet Service for your animals
 - **New Exercise Schedule: Increased Classes!**
 - Jewelry Vendors
 - Ice Cream Social
 - **Presentation with University of Waterloo: Nutrition Risk & Malnutrition**
- **Hawaiian Themed Party with Entertainment!**
- **Presentation with Green Hope Foundation: Global Innovation Workshop**
 - **New Entertainer: Emily Gilbey**
 - Planting Garden Beds
 - Lemonade Social Outside
 - Trip to Walmart
 - Trip to Hamilton Farmers Market
 - Trip to Terra Greenhouse
 - Trip to Hutches on the Beach
 - Trip to Triple C Farm (Animal Farm)
 - Scenic Drive
 - Lindley's Farm



Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	