


July 2020 Activities Calendar for Ravines Retirement

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Exercise (RR-GR) 2:00 Canada Day Trivia (RR-AR) 3:30 Assisted Walks Happy Canada Day!	2 10:00 Exercise (RR-GR) 10:45 Exercise with Natalie (RR-AR) 2:00 Hangman (RR-AR) 3:30 Assisted Walks 4:00 Social (RR-L)	3 10:00 Exercise (RR-GR) 2:00 Fitminds (RR-AR) 3:30 Assisted Walks	4 Facetime Calls Walks 7:15 Movie (T)
5 Facetime Calls Walks 7:15 Movie (T)	6 10:00 Exercise (RR-GR) 2:00 Crossword (RR-AR) 3:30 Assisted Walks	7 10:00 Exercise (RR-GR) 2:00 Pictionary (RR-AR) 2:00 Documentary (T) 3:30 Assisted Walks 4:00 Social (RR-L)	8 10:00 Exercise (RR-GR) 2:00 Bingo (RR-AR) 3:30 Assisted Walks	9 10:00 Exercise (RR-GR) 10:45 Exercise with Natalie (RR-AR) 2:00 Charades (RR-AR) 3:30 Assisted Walks 4:00 Social (RR-L)	10 10:00 Exercise (RR-GR) 2:00 Complete the Phrase (RR-AR) 3:30 Assisted Walks	11 Facetime Calls Walks 7:15 Movie (T)
12 Facetime Calls Walks 7:15 Movie (T)	13 10:00 Exercise (RR-GR) 2:00 Brain Teasers (RR-AR) 3:30 Assisted Walks	14 10:00 Exercise (RR-GR) 2:00 Fitminds (RR-AR) 2:00 Documentary (T) 3:30 Assisted Walks 4:00 Social (RR-L)	15 10:00 Exercise (RR-GR) 2:00 Bingo (RR-AR) 3:30 Assisted Walks	16 10:00 Exercise (RR-GR) 10:45 Exercise with Natalie (RR-AR) 2:00 Pictionary (RR-AR) 3:30 Assisted Walks 4:00 Social (RR-L)	17 10:00 Exercise (RR-GR) 2:00 Charades (RR-AR) 3:30 Assisted Walks	18 Facetime Calls Walks 7:15 Movie (T)
19 Facetime Calls Walks 7:15 Movie (T)	20 10:00 Exercise (RR-GR) 2:00 Crossword (RR-AR) 3:30 Assisted Walks	21 10:00 Exercise (RR-GR) 2:00 Tongue Twister (RR-AR) 2:00 Documentary (T) 3:30 Assisted Walks 4:00 Social (RR-L)	22 10:00 Exercise (RR-GR) 2:00 Bingo (RR-AR) 3:30 Assisted Walks	23 10:00 Exercise (RR-GR) 10:45 Exercise with Natalie (RR-AR) 2:00 Words in Words (RR-AR) 3:30 Assisted Walks 4:00 Social (RR-L)	24 10:00 Exercise (RR-GR) 2:00 Pictionary (RR-AR) 3:30 Assisted Walks	25 Facetime Calls Walks 7:15 Movie (T)
26 Facetime Calls Walks 7:15 Movie (T)	27 10:00 Exercise (RR-GR) 2:00 Brain Teasers (RR-AR) 3:30 Assisted Walks	28 10:00 Exercise (RR-GR) 2:00 Crossword (RR-AR) 2:00 Documentary (T) 3:30 Assisted Walks 4:00 Social (RR-L)	29 10:00 Exercise (RR-GR) 2:00 Bingo (RR-AR) 3:30 Assisted Walks	30 10:00 Exercise (RR-GR) 10:45 Exercise with Natalie (RR-AR) 2:00 Hangman (RR-AR) 3:30 Assisted Walks 4:00 Social (RR-L)	31 10:00 Exercise (RR-GR) 2:00 Trivia (RR-AR) 3:30 Assisted Walks	Facetime Calls Walks 7:15 Movie (T)

LEGEND: **Blue**=Exercise **GR**=Games Room **Black**=Small group activity **RR**=Ravines Retirement Building **L**=Lobby **AR**= Activity Room **T**=Theatre