


## July 2020 Activities Calendar for Senior Suites

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

**LEGEND:** Blue=Exercise    Black=Small group activity    SS=Senior Suites    L=Lobby    AR= Activity Room    T=Theatre