

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  July 2023 				Location of Activity RR= Retirement Residence SS= Senior Suites B= Bistro Lib= Library T= Theatre AR= Activity Room C= Chapel FC= Fitness Centre L= Lobby GR= Games Room BY= Backyard DR= Dining Room Type of Activity Blue—Fitness Green—Spiritual Brown— Outing Purple— Vendor Red— New Program/Special Events		10:15 Weekend Exercise 1 (SS-AR) 11:00 Flag Ceremony (RR Front Parking Lot) 2:30 Canada Day Celebration with Martin Lacey (RR-AR) 2:15 Movie: Bon Cop, Bad Cop (T) 7:15 Movie: Bon Cop, Bad Cop (T) 
2 11:00 St. Mary's Catholic Live Stream Mass (T) 2:00 Bridge (SS-B) 2:15 Movie: Hector and the Search for Happiness (T) 7:15 Movie: Hector and the Search for Happiness (T)	3 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Scenic Drive 2:00 Bingo (SS-AR) 2:30 4 Pics 1 Word (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	4 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:30 Documentary: My Next Guest Special: Volodymyr Zelenskyy 2:00 Craft Club (SS-AR) 3:30 Mix & Mingle (RR-B)	5 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Bridge (SS-B) 2:30 Aquafit (P) 2:30 Arcade Basketball (RR-AR) 3:30 Mix & Mingle (SS-B)	6 10:00 Shopping: Wal-Mart Supercentre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Shopping: Billings Bridge Shopping Mall 2:00 Euchre (SS-B) 2:30 Music Hall (T) 2:30 Pottery One (SS-AR) 2:30 Aquafit 3:30 Mix & Mingle (RR-B)	7 10:00 Chair Tai Chi (SS-AR) 10:30 Chair Exercise (RR-AR) 2:00 Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Virtual Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	8 10:15 Weekend Exercise (SS-AR) 2:15 Movie: The Mask of Zorro (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Mask of Zorro (T)
9 10:15 Weekend Exercise (SS-AR) 11:00 St. Mary's Catholic Easter Sunday Mass (T) 2:00 Bridge (SS-B) 2:15 Movie: Where the Tracks End (T) 7:15 Movie: Movie: Where the Tracks End (T)	10 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Scenic Drive 2:00 Bingo (SS-AR) 2:30 Walker Repair (RR-L) 2:30 Hangman (T) 2:45 Aquafit (P) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)	11 8:00 SS Community Breakfast (SS-DR) 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Sing-along with Chris White (C) 3:30 Mix & Mingle (RR-B)	12 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Bridge (SS-B) 2:30 Aquafit (P) 2:30 Staff WOW Party 3:30 Mix & Mingle (SS-B)	13 10:00 Shopping: Merivale Mall 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Euchre (SS-B) 2:30 Aquafit (P) 1:00 Outing: Canadian Museum of History 2:30 Music Hall (T) 2:30 Pottery Two (SS-AR) 3:30 Mix & Mingle (RR-B)	14 10:00 Chair Tai Chi (SS-AR) 10:30 Chair Exercise (RR-AR) 2:00 Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Virtual Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	15 10:15 Weekend Exercise (SS-AR) 2:15 Movie: Persuasion (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Persuasion (T)

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16 11:00 St. Mary's Catholic Live Stream Mass (T) 2:00 Bridge (SS-B) 2:15 Movie: Gran Torino (T) 2:30 Interdenominational Church Service w/ Pastor Pauline Williams (T) 7:15 Movie: Gran Torino (T)	17 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 12:15 Lunch outing at Boston Pizza 2:00 Bingo (SS-AR) 2:30 Kahoot (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	18 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Just for Laughs Gags 1 Hour Special (T) 3:30 Mix & Mingle (RR-B)	19 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Bridge (SS-B) 2:30 Aquafit (P) 2:30 Bean Bags (RR-AR) 3:30 Mix & Mingle (SS-B)	20 10:00 Shopping: Bayshore Shopping Centre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Euchre (SS-B) 2:00 Shopping: Nepean Crossroads Centre 2:30 Music Hall (T) 2:30 SS Afternoon Tea with Management (SS-DR)	21 10:00 Chair Tai Chi (SS-AR) 10:30 Chair Exercise (RR-AR) 2:00 Bridge (SS-B) 2:00 Bingo (SS-AR) 2:00 Current Event with Professor Cammy (C) 3:30 Virtual Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	22 10:15 Weekend Exercise (SS-AR) 2:15 Movie: The Pianist (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Pianist (T)
23 10:15 Weekend Exercise (RR-AR) 11:00 St. Mary's Catholic Live Stream Mass (T) 2:00 Bridge (SS-B) 2:15 Movie: A River Runs Through It (T) 7:15 Movie: A River Runs Through It (T)	24 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Scenic Drive 2:00 Bingo (SS-AR) 2:30 Wordle (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	25 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Documentary: What the Health (T) 3:30 Mix & Mingle (RR-B)	26 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:00 Vendor: MyCloset (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Bridge (SS-B) 2:30 Aquafit (P) 2:30 Ladder Ball (RR-AR) 3:30 Mix & Mingle (SS-B)	27 10:00 Shopping: Carlingwood Shopping Centre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 College Square Mall 2:00 Euchre (SS-B) 2:30 Music Hall (T) 2:30 Aquafit (P) 5:00 Birthday/Anniversary Dinner (RR&SS DR)	28 10:00 Chair Tai Chi (SS-AR) 10:30 Chair Exercise (RR-AR) 2:00 Bridge (SS-B) 2:00 Bingo (SS-AR) 2:30 Book Club Meeting (RR-L) 3:30 Virtual Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	29 10:15 Weekend Exercise (SS-AR) 2:15 Movie: Child 44 (T) 3:30 Mix & Mingle (RR-B) 2:15 Movie: Child 44 (T)
30 10:15 Weekend Exercise (RR-AR) 11:00 St. Mary's Catholic Live Stream Mass (T) 2:00 Bridge (SS-B) 2:15 Movie: To the Bone (T) 7:15 Movie: To the Bone (T)	31 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Scenic Drive 2:00 Bingo (SS-AR) 2:30 Hidden Words (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)					