

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>ACTIVITY CALENDAR</h2> <h1>July 2024</h1>						
	1	2	3	4	5	6
	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Coffee & Canadian Trivia (RR & SS B)</p> <p>11:00 Singing of "Oh Canada" by the Flagpole</p> <p>10:30 Crochet Club (SS L)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:30-4:00 Outdoor Social Hour (RR & SS)</p> <p>3:00 Art with Verbena (SS L4)</p> <p>3:00 Social Hour (RR B)</p> <p>*Monday Mocktail*</p> <p>4:00 Social Hour (SS B)</p> <p>4:00 Cribbage (RR AR)</p> <p style="text-align: center;">Canada Day</p>	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Tuesday Trivia (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Gardening Club (RR Back Patio)</p> <p>3:00 Toonie Bingo (SS Lib)</p> <p>3:00 Bean Bags (RR LL)</p> <p>3:30 National Geographic Hour (RR T)</p> <p>4:00 Tech Tuesday (SS Lib)</p>	<p>9:30 Colouring Club (RR AR)</p> <p>10:30 History Recall: Canada (RR T)</p> <p>10:30 Corn Husking Social (SS Back Patio)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:00 Bingo (RR T)</p> <p>3:00 Baking Club: Banana Muffins (RR AR)</p> <p>3:00 Social Hour (RR B)</p> <p>*Music Request*</p> <p>4:00 Social Hour (SS B)</p>	<p>8:00-1:00 Van Shuttle to Place D'Orleans Mall</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Outside Word Games (RR L)</p> <p>11:00-2:00 BBQ with Live Entertainment</p> <p>1:15 Euchre Games (SS BR)</p> <p>3:00 Tv Series: Golden Oldies TV Shows (RR T)</p> <p style="text-align: center;">Promenade's Canada Day BBQ (wear red & white)</p>	<p>10:15 Latin Chair Dancing (SS YR)</p> <p>10:30 Sing A Long (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:00 Celebration of the Word (SS C)</p> <p>3:00 Mai Tai Social Hour (RR B)</p> <p>*Trivia Time*</p> <p>4:00 Mai Tai Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "The Greatest Showman" (SS T)</p> <p style="text-align: center;">National Hawaii Day (wear your tropical best)</p>	<p>10:00 Ted Talks (SS B)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Movie Matinée: "Ladies in Lavender" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Strawberry Sundae Social (SS Outside)</p> <p>7:00 Saturday Night Movie: "Ladies in Lavender" (RR T)</p> <p style="text-align: center;">National Strawberry Sundae Weekend</p>
7	8	9	10	11	12	13
<p>9:30 Colouring Club (RR AR)</p> <p>11:00 St. Mary's Catholic Live Stream Mass (RR T)</p> <p>2:30 Movie Matinée: "The Greatest Showman" (RR T)</p> <p>3:00 Toonie Bingo (SS Lib)</p> <p>4:00 Strawberry Sundae Social (RR Outside)</p>	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Coffee & Current Events (RR B)</p> <p>10:30 Crochet Club (SS L)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:00 Bingo (RR T)</p> <p>3:00 Art with Verbena (SS L4)</p> <p>3:00 Social Hour (RR B)</p> <p>*Monday Mocktail*</p> <p>4:00 Social Hour (SS B)</p> <p>4:00 Cribbage (RR AR)</p>	<p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Blood Pressure Clinic (SS BR)</p> <p>10:30 Tuesday Trivia (RR T)</p> <p>1:30 Blood Pressure & Weight Clinic (RR WC)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Chair Tai Chi (SS YR)</p> <p>3:00 Bean Bags (RR LL)</p> <p>3:00 Toonie Bingo (SS Lib)</p> <p>3:30 National Geographic Hour (RR T)</p>	<p>8:00 Community Breakfast (SS)</p> <p>9:30 Colouring Club (RR AR)</p> <p>10:30 Armchair Travel: Let's visit the Tropics (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:00 Bingo (RR T)</p> <p>3:00 Tropical Craft (RR AR)</p> <p>3:00 Pina Colada Social Hour (RR B)</p> <p>*Music Request*</p> <p>4:00 Pina Colada Social Hour (SS B)</p> <p style="text-align: center;">National Pina Colada Day</p>	<p>8:00-1:00 Van Shuttle to Walmart</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Outside Word Games (RR L)</p> <p>1:15 Euchre Games (SS BR)</p> <p>2:00 Catholic Mass (RR C)</p> <p>3:00 Meet & Greet Party (RR LL)</p> <p>3:00 Toonie Bingo (SS Lib)</p> <p>3:00 Tv Series: Golden Oldies TV Shows (RR T)</p>	<p>10:00 Morning Exercise (RRG)</p> <p>10:30 Sing A Long (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>2:00 Celebration of the Word (SS C)</p> <p>3:00 Social Hour (RR B)</p> <p>*Trivia Time*</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "The Pursuit of Happyness" (SS T)</p>	<p>10:00 Ted Talks (SS B)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Movie Matinée: "Miracles from Heaven" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>2:00 Strawberry Social (SS Outside)</p> <p>3:30 Nails by Remi (RR AR)</p> <p>7:00 Saturday Night Movie: "Miracles from Heaven" (RR T)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
<p style="text-align: right;">14</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:00 Strawberry Social (RR outside) 2:30 Movie Matinée: "The Pursuit of Happyness" (RR T) 3 :00 Toonie Bingo (SS Lib) 4 :00 Nails by Remi (SS YR)</p>	<p style="text-align: right;">15</p> <p>10:00 Morning Exercises (SS YR) 10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) *Monday Mocktail* 4:00 Social Hour (SS B) 4:00 Cribbage (RR AR) Give Something Away Day</p>	<p style="text-align: right;">16</p> <p>10:00 Morning Exercises (SS YR) 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T) 4:00 Tech Tuesday (SS Lib)</p>	<p style="text-align: right;">17</p> <p>9:30 Colouring Club (RR AR) 10:30 History Recall: (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Baking Club: Strawberry Shortcake (RR AR) 3:00 Social Hour (RR B) *Music Request* 4:00 Social Hour (SS B)</p>	<p style="text-align: right;">18</p> <p>8:00-1:00 Van Shuttle to Fallingbrook Mall 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Outside Word Games (RR L) 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 3:00 Toonie Bingo (SS Lib) 3:00 TV Series: Golden Oldies TV Shows (RR T)</p>	<p style="text-align: right;">19</p> <p>9:30 Latin Chair Dancing (RR LL) 10:15 Latin Chair Dancing (SS YR) 11:00 Chair Yoga (SS YR) 10:30 Sing A Long (RR T) 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) *Trivia Time* 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Cold Mountain" (SS T)</p>	<p style="text-align: right;">20</p> <p>10:00 Ted Talks (SS B) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Lost in Translation" (SS T) 2:00 Bingo (RR T) 4:00 Lemonade Social (SS Outside) 7:00 Saturday Night Movie: "Lost in Translation" (RR T)</p>																								
<p style="text-align: right;">21</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "Cold Mountain" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Lemonade Social (RR Outside)</p>	<p style="text-align: right;">22</p> <p>10:00 Morning Exercises (SS YR) 10:30 Celebrate Christmas in July with Frozen Hot Chocolate Social (RR & SS B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) *Cranberry Ginger Mocktail* 4:00 Social Hour (SS B) 4:00 Cribbage (RR AR) Christmas Week in July</p>	<p style="text-align: right;">23</p> <p>10:00 Morning Exercises (SS YR) 10:00 Tech Tuesday (RR T) 10:30 Tuesday Trivia -Christmas in July Edition (RR T) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 2:00 Lecture with Professor Cammy (RR T) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T)</p>	<p style="text-align: right;">24</p> <p>9:30 Christmas Colouring Club (RR AR) 10:30 Armchair Travel: Let's visit The North Pole (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Christmas Craft (RR AR) 3:00 Social Hour (RR B) *Music Request* 4:00 Social Hour (SS B)</p>	<p style="text-align: right;">25</p> <p>8:00-1:00 Van Shuttle to Superstore 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Celebrate Christmas Morning in July with Mimosas & Mini Cinnamon Buns (RR & SS B) 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T)</p>	<p style="text-align: right;">26</p> <p>10:00 Morning Exercise (RR G) 10:30 Christmas Sing a Long (RR T) 11:00 Chair Yoga (SS YR) 11:00-3:00 Jewelry with Olivia (SS L) 1:15 Bridge Game (SS BR) 1:30 Opening Ceremony of the Olympic Games (RR & SS B) 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) *Celebrate Boxing Day in July with Wine & Cheese* 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "It's A Wonderful Life" (SS T)</p>	<p style="text-align: right;">27</p> <p>10:00 Ted Talks (SS B) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Miracle on 34th Street" (SS T) 2:00 Toonie Bingo (RR T) 2:00 Ice Cream Social (SS B) 7:00 Saturday Night Movie: "Miracle on 34th Street" (RR T)</p>																								
<p style="text-align: right;">28</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:00 Wii Bowling (RR T) 2:00 Ice Cream Social (RR outside) 2:30 Movie Matinée: "Remember the Titans" (RR T) 3:00 Toonie Bingo (SS Lib)</p>	<p style="text-align: right;">29</p> <p>10:00 Morning Exercise (SS YR) 10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 3:00 Art with Verbena (SS L4) 2:00 Bingo (RR T) 3:00 Social Hour (RR B) *Monday Mocktail* 4:00 Social Hour (SS B) 4:00 Cribbage (RR AR)</p>	<p style="text-align: right;">30</p> <p>10:00 Morning Exercises (SS YR) 10:00 Tech Tuesday (RR T) 10:30 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 1 :30 Book Club Meeting (SS L) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RR T)</p>	<p style="text-align: right;">31</p> <p>9:30 Colouring Club (RR AR) 10:30 History Recall: Olympics (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Baking Club: Ice Cream Sandwiches (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) Birthday & Anniversary Dinner (Fine Dining Attire Encouraged)</p>	<p style="text-align: center;">Type of Activity:</p> <p>Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Lilac - Holidays</p>	<p style="text-align: center;">Location Code</p> <table border="1"> <tr> <td>B</td> <td>Bistro</td> <td>L</td> <td>Lobby</td> </tr> <tr> <td>LL</td> <td>RR Lower Lounge</td> <td>SSD</td> <td>SS Dining Room</td> </tr> <tr> <td>GR</td> <td>RR Game Room</td> <td>Lib</td> <td>SS Library</td> </tr> <tr> <td>BR</td> <td>SS Bridge Room</td> <td>YR</td> <td>SS Yoga Room</td> </tr> <tr> <td>AR</td> <td>RR Activity Room</td> <td>G</td> <td>Gym</td> </tr> <tr> <td>T</td> <td>Theatre</td> <td></td> <td></td> </tr> </table>		B	Bistro	L	Lobby	LL	RR Lower Lounge	SSD	SS Dining Room	GR	RR Game Room	Lib	SS Library	BR	SS Bridge Room	YR	SS Yoga Room	AR	RR Activity Room	G	Gym	T	Theatre		
B	Bistro	L	Lobby																											
LL	RR Lower Lounge	SSD	SS Dining Room																											
GR	RR Game Room	Lib	SS Library																											
BR	SS Bridge Room	YR	SS Yoga Room																											
AR	RR Activity Room	G	Gym																											
T	Theatre																													