

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>Memory Care/Assisted Living</h2> <h1>July 2024</h1>					Location Code B Bistro BR SS Bridge Room GR RR Game Room 2 nd 2 nd floor Dining Room T Theatre C Chapel	L Lobby YR SS Yoga Room Lib SS Library 3 rd 3 rd floor lounge WC Wellness Center
	1 8:30 Scenery Walk (2 nd) 9:30 Monday Manicures (2 nd) 10:30 Coffee & Canadian Trivia (RR B) 11:00 Singing of "Oh Canada" by the Flagpole 2:30-4:00 Outdoor Social Hour Canada Day	2 9:30 Scenery Walk (2 nd) 10:30 Balloon Tennis (2 nd) 10:45 Music Therapy with Jennifer (3 rd) 1:30 1:1 Visits (3 rd) 2:00 Canada Craft (3 rd) 4:00 Scenery Walk (3 rd)	3 9:30 Colouring Club (RR AR) 10:30 History Recall: Canada (RR T) 10:45 Fun & Fitness (3 rd) 2:00 Fun & Fitness (2 nd) 3:00 Social Hour (RR B) 4:00 Scenery Walk (3 rd)	4 8:30 Scenery Walk (2 nd) 11:00-2:00 BBQ with Live Entertainment & Ice Cream Truck 4:00 Billiards (RR GR) Promenade's Canada Day BBQ (wear red & white)	5 8:30 Scenery Walk (3 rd) 10:30 Sing A Long (RR T) 2:00 Hawaiian Dancing Exercise (3 rd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (2 nd) National Hawaii Day	6 9:30 1:1 visits (2 nd & 3 rd) 1:30 Bean Bags (3 rd) 3:00 Fit Minds (3 rd)
7 9:30 Colouring Club (RR AR) 10:30 Sing A Long (3 rd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 4:00 Strawberry Sundae Social (RR Outside)	8 8:30 Scenery Walk (2 nd) 9:30 Monday Manicures (3 rd) 10:30 Coffee & Current Events (RR B) 10:45 Mindful Colouring (3 rd) 2:00 Zumba Dancing (2 nd) 3:00 Social Hour with Mocktails (RR B) 3:00 Beach Ball Catch (3 rd)	9 9:30 Scenery Walk (2 nd) 10:30 Balloon Tennis (3 rd) 1:30 Blood Pressure Clinic (RR WC) 1:30 1:1 Visits (2 nd) 2:00 Painting Flowers (3 rd) 4:00 Scenery Walk (3 rd)	10 9:30 Colouring Club (RR AR) 10:30 Armchair Travel: Let's Visit the Tropics (RR T) 10:45 Fun and Fitness (3 rd) 2:00 Fun and Fitness (2 nd) 3:00 Tropical Craft (RR AR) 3:00 Social Hour with Pina Coladas (RR B) 4:00 1:1 Visits (3 rd) National Pina Colada Day	11 8:30 Scenery Walk (2 nd) 10:30 Lemonade Social (3 rd) 2:00 Lemonade Social (2 nd) 2:00 Catholic Mass (RR C) 3:00 Meet and Greet Party (RR LL) 4:00 Billiards (RR GR)	12 8:30 Scenery Walk (3 rd) 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3 rd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (2 nd)	13 9:30 1:1 visits (2 nd & 3 rd) 10:30 Baking Club: Banana Muffins (RR AR) 1:30 Bean Bags (3 rd) 3:30 Nails by Remi (RR AR) 4:00 Mocktails Social (2 nd)

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<p style="text-align: right;">14</p> <p>9:30 Colouring Club (RR AR) 10:30 Sing A Long (3rd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:00 Strawberry Social (RR outside) 4:00 Mocktails Social (3rd)</p>	<p style="text-align: right;">15</p> <p>8:30 Scenery Walk (2nd) 9:30 Monday Manicures (2nd) 10:30 Coffee & Current Events (RR B) 10:30 Mindful Colouring (3rd) 2:00 Zumba Dancing (2nd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (3rd)</p>	<p style="text-align: right;">16</p> <p>8:30 Scenery Walk (2nd) 10:30 Balloon Tennis (3rd) 10:45 Music Therapy with Jennifer (2nd) 1:30 1:1 Visits (3rd) 2:00 Water Colour Painting (3rd) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">17</p> <p>9:30 Colouring Club (RR AR) 10:30 History Recall: Summer (RR T) 10:45 Fun and Fitness (3rd) 2:00 Fun and Fitness (2nd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3rd)</p>	<p style="text-align: right;">18</p> <p>8:30 Scenery Walk (2nd) 10:30 Iced Tea Social (3rd) 2:00 Catholic Mass (RR C) 2:00 Orange Punch Social (2nd) 3:30 Scenery Walk (3rd) 4:00 Billiards (RR GR)</p>	<p style="text-align: right;">19</p> <p>8:30 Scenery Walk (3rd) 9:40 Latin Chair Dancing (RR LL) 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3rd) 3:00 Beach Ball Catch (2nd) 3:00 Social Hour (RR B)</p>	<p style="text-align: right;">20</p> <p>9:30 1:1 visits (2nd & 3rd) 1:30 Bean Bags (3rd) 3:00 Fit Minds (3rd)</p>
<p style="text-align: right;">21</p> <p>9:30 Colouring Club (RR AR) 10:30 1:1 Visits (3rd and 2nd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:30 Movie Matinee (RR T) 4:00 Lemonade Social (RR Outside)</p>	<p style="text-align: right;">22</p> <p>8:30 Scenery Walk (2nd) 9:30 Monday Manicures (3rd) 10:30 Celebrate Christmas in July with Frozen Hot Chocolate Social (RR B) 2:00 Zumba Dancing (2nd) 3:00 Social Hour with Cranberry Ginger Mocktails (RR B) 3:00 Beach Ball Catch (3rd) Christmas Week in July</p>	<p style="text-align: right;">23</p> <p>9:30 Scenery Walk (2nd) 10:30 Balloon Tennis (3rd) 1:30 1:1 Visits (2nd) 2:00 Christmas Craft (3rd) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">24</p> <p>9:30 Colouring Club (RR AR) 10:30 Armchair Travel: Let's Visit The North Pole (RR T) 10:45 Fun and Fitness (3rd) 2:00 Fun and Fitness (2nd) 3:00 Christmas Craft (RR AR) 3:00 Social Hour (RR B) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">25</p> <p>8:30 Scenery Walk (2nd) 10:30 Celebrate Christmas Morning in July with Mimosas & Cinnamon Buns (RR B) 1:30 Billiards (RR GR) 2:00 Catholic Mass (RR C) 3:00 Christmas Memories Chit Chat (3rd) 3:30 Scenery Walk (3rd)</p>	<p style="text-align: right;">26</p> <p>8:30 Scenery Walk (3rd) 10:30 Christmas Sing A Long (RR T) 2:00 Musical Exercise (3rd) 3:00 Beach Ball Catch (2nd) 3:00 Social Hour (RR B)</p>	<p style="text-align: right;">27</p> <p>9:30 1:1 visits (2nd & 3rd) 10:30 Baking Club: Sugar Cookies (RR AR) 1:30 Bean Bags (3rd) 3:00 Word Games (3rd) 4:00 Mocktails Social (2nd)</p>
<p style="text-align: right;">28</p> <p>9:30 1:1 visits (2nd & 3rd) 10:30 Sing A Long (3rd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) (SS L) 1:30 Bean Bags (2nd) 2:30 Movie Matinee (RR T) 2:00 Ice-Cream Social (RR B) 4:00 Mocktails Social (3rd)</p>	<p style="text-align: right;">29</p> <p>8:30 Scenery Walk (2nd) 9:30 Monday Manicures (2nd) 10:30 Coffee & Current Events (RR B) 10:30 Mindful Colouring (3rd) 2:00 Zumba Dancing (2nd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (3rd)</p>	<p style="text-align: right;">30</p> <p>9:30 Scenery Walk (2nd) 10:30 Balloon Tennis (3rd) 10:45 Music Therapy with Jennifer (2nd) 1:30 1:1 Visits (2nd) 2:00 Painting Sunsets (3rd) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">31</p> <p>9:30 Colouring Club (RR AR) 10:30 History Recall: Olympics (RR T) 10:45 Fun and Fitness (3rd) 2:00 Fun and Fitness (2nd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3rd) Birthday & Anniversary Dinner</p>	<p>Type of Activity:</p> <p>Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Lilac - Holidays</p>		