

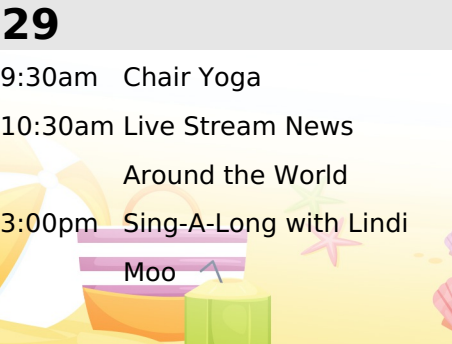


July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Chair Exercise 10:30am Livestream Canada News 2:00pm Canada Day Live Music 	2 9:30am Chair exercise 10:30am Active Game: Parachute 1:30pm Short Stories & Jokes 3:00pm Walking Group	3 9:30am Chair exercise 10:30am Balloon Badminton 1:30pm Reading Club 3:00pm Jeopardy	4 9:30am Chair exercise 10:30am Active Games: Bowling 3:00pm 4th of July Bingo 3:00pm Group Boardgames 	5 9:30am Chair exercise 10:30am International Beer Day Game 2:00pm Two Among Friends and Happy Hour 3:00pm Fresh Flower Arranging	6 9:30am Chair exercise 1:30pm Trivia 3:00pm Neighborhood Walks 1:1
7 9:45am Seated Yoga with Anna 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Tom Melady 3:00pm Documentary Film	8 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Sing-A-Long with Lindi Moo	9 9:30am Chair exercise 10:30am Active Game: Parachute 2:00pm Live Music with Stephanie Greaves 3:00pm Gardening	10 9:30am Chair exercise 10:30am Balloon Badminton 1:30pm Reading Club 3:00pm Jeopardy	11 9:30am Chair exercise 10:30am Active Games: Bowling 1:30pm Bingo 3:00pm Group Boardgames	12 9:30am Chair exercise 10:30am Active Games: Ring Toss 2:00pm Happy Hour and Music with Eugene 3:00pm Brain Games: Word Games	13 9:30am Chair exercise 10:30am Beauty Hour 1:30pm Trivia 3:00pm Neighborhood Walks 1:1
14 9:30am Chair Yoga 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Susie Q 3:00pm Movie and Popcorn	15 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Live Music with Michael Majocha	16 9:30am Chair exercise 10:30am Active Game: Parachute 1:30pm Short Stories & Jokes 3:00pm Walking Group to Beacon Hill Park and Bird Feeding	17 9:30am Chair exercise 10:30am Balloon Badminton 1:30pm Reading Club 3:00pm Jeopardy	18 9:30am Chair exercise 10:30am Active Games: Bowling 1:30pm Bingo 3:00pm Group Boardgames	19 9:30am Chair exercise 10:30am Active Game: Ring Toss 2:00pm Happy Hour and Music with Eugene 3:00pm Fresh Flower Arranging	20 9:30am Chair exercise 10:30am Aromatherapy 1:30pm Trivia 3:00pm Neighborhood Walks 1:1
21 9:45am Seated Yoga with Anna 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Tom Melady 3:00pm Movie and Popcorn	22 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Sing-A-Long with Lindi Moo	23 9:30am Chair exercise 10:30am Active Game: Parachute 1:30pm Short Stories & Jokes 2:30pm Outing to Dallas Road	24 9:30am Chair exercise 10:30am Balloon Badminton 2:00pm Music with Jesse 3:00pm Jeopardy	25 9:30am Chair exercise 10:30am Active Games: Bowling 1:30pm Bingo 3:00pm Group Boardgames	26 9:30am Chair exercise 10:30am Active Game: Ring Toss 2:00pm Happy Hour and Live Music with Jessica Benini 3:00pm Brain Games: Word Games	27 9:30am Chair exercise 10:30am Beauty Hour 1:30pm Trivia 3:00pm Neighborhood Walks 1:1
28 9:30am Chair Yoga 10:30am Live Stream Church Service 3:00pm Movie and Popcorn 10:00pm Sing-A-Long with Susie Q	29 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Sing-A-Long with Lindi Moo 	30 9:30am Chair exercise 10:30am Gardening 1:00pm Cooking Mini Cheesecakes 2:30pm International Friendship Day Tea Party	31 9:30am Chair exercise 10:30am Balloon Badminton 1:30pm Reading Club 3:00pm Jeopardy 