

ST. CHARLES MANOR

July 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9:00am Bird Watching & Feeding 9:15am Yoga 10:30am Reading 1-1	2 9:00am Walking Group 10:30am Seated Yoga With Anna 2:00pm Rock Painting 3:30pm Trivia	3 9:00am Bocce Ball 10:30am Walking Group 1:30pm Bingo 3:30pm Pool and Darts	4 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Painting to Music with Ian 3:30pm Fresh Flower Arranging	5 9:00am Puzzles and Games 10:30am Weighted Movement - Anna 2:00pm Live Music with Stephanie G. 3:30pm French Club	6 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	7 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
8 9:15am Yoga 1:30pm Live Music with Jesse	9 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Charm Bracelet making 3:30pm Trivia	10 9:00am Frisbee Golf 10:30am Walking Group 1:30pm Bus Outing 3:00pm Reading Club	11 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Painting to Music with Ian 3:30pm Beauty Hour	12 9:00am Puzzles and Games 10:30am Weighted Movement - Anna 1:30pm Cello w Elena 3:30pm French Club	13	14
15 9:15am Yoga 1:30pm Live Music w The K-Tones	16 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Bus Outing 3:30pm Trivia	17 9:00am Bowling 10:30am Walking Group 1:30pm Bingo 3:30pm Pool and Darts	18 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Painting to Music with Ian 3:30pm Fresh Flower Arranging	19 9:00am Puzzles and Games 10:30am Weighted Movement - Anna 1:00pm Cello w Elena 3:30pm French Club	20 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	21 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
22 9:15am Yoga 1:30pm Live Music with Jesse	23 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Colouring to Music 3:30pm Trivia	24 9:00am Bean Bag Toss 10:30am Walking Group 1:30pm Bus Outing 3:00pm Reading Club	25 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Painting to Music with Ian 3:30pm Beauty Hour	26 9:00am Puzzles and Games 10:30am Weighted Movement - Anna 1:30pm The Elderly Brothers 3:30pm French Club	27 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	28 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
29 9:15am Yoga	30 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Cupcake Decorating 3:30pm Trivia	31 9:00am Basketball 10:30am Walking Group 1:30pm Bingo 3:30pm Pool and Darts				