

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Senior Walk 1 9:45 Moving Energy 10:45 Headline News 11:00 Table Designers 2:00 Musical Video 2:30 Video Cont. 4:00 Patio Stroll/Chat 6:00 Music & Memory <small>Canada Day</small>	9:15 Memory Jog 2 9:45 Stretcherise 10:30 Daily Chronicle 11:00 Table Designers 2:00 Cards for Friends 3:00 Noodle Ball 4:00 Table Designers 6:00 Connect 4	9:15 Morning Walk 3 9:45 Senior Aerobics 10:45 World News 11:00 Table Designers 2:00 Volleyball Fun 3:00 Crafty Corner 4:00 Table Designers 6:00 Puzzled Evening	9:00 Muscle Motion 4 9:45 News and Views 10:15 Healthy Snack 11:00 Table Designers 2:00 Movie & popcorn 3:00 Basketball 4:00 Table Designers 6:30 Memory Lane <small>Independence Day</small>	9:30 Sit N Stretch 5 10:15 News / Views 10:30 Patio Walk 11:00 Table Designers 2:00 Candy Bingo 3:00 Horse Shoes 4:00 Table Designers 6:30 Music & Memory	9:00 Walking Club 6 9:15 Stretch And Flex 10:00 Garden Club 11:00 Table Designers 2:00 Health Talk 3:00 Target Ball 4:00 Table Designers 6:00 Vespers	9:00 University Church 7 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Resident Choice 4:00 Table Designers 6:00 Vespers
9:15 Walk Your Health 8 9:45 Move And Groove 10:45 Daily Chronicle 11:00 Table Designers 2:00 Chick Soup Chat 2:30 Sunday Bingo 4:00 Patio Stroll/Chat 6:30 Movie Nite	9:15 Bright Walk 9 9:45 Sit N Stretch 10:30 DailyNews/Views 11:00 Table Designers 2:00 Ceramic painting 3:00 Beanbag Catch 4:00 Table Designers 6:30 Senior Trivia	9:15 Memory Walk 10 9:45 Shakercise 10:45 News/Views 11:00 Table Designers 2:00 Volleyball Fun 3:00 Arts & Crafts 4:00 Table Designers 6:30 Bible Study	9:00 Exercise Fun 11 9:45 Daily Chronicle 10:15 Cookie Bake 11:00 Table Designers 2:00 Choir group 3:00 Floor Darts 4:00 Table Designers 6:30 Nature Video	9:30 Move And Groove 12 10:15 Daily News 10:30 Senior Walk 11:00 Table Designers 2:00 Bingo Friends 3:00 Basketball 4:00 Table Designers 6:30 Fabric Fold	9:15 Chair Exercise 13 10:00 Daily Chronicle 10:30 Out for Ice Cream 11:00 Table Designers 2:00 Let's Reminisce 2:30 Bowling 4:00 Table Designers 6:00 Vespers	9:00 University Church 14 10:00 Choir Club 10:30 Bible Words 11:00 Table Designers 2:00 Biblical Art 3:00 Sabbath Film 4:00 Table designers 6:00 Vespers
9:15 Senior Walk 15 9:45 Chair Exercise 10:45 Daily Chronicle 11:00 Table Designers 2:00 Senior Golf 3:00 Candy Bingo 4:00 Patio Stroll/Chat 6:00 Music & Memory	9:45 Stretcherise 16 10:30 Daily Chronicle 11:00 Table Designers 2:00 Cards for friends 3:00 Noodle Ball 4:00 Table Designers 6:00 Word Games	9:15 Morning Walk 17 9:45 Senior Aerobics 10:45 World News 11:00 Table Designers 2:00 Volleyball Fun 3:00 Crafty Corner 4:00 Table Designers 6:30 Puzzles	9:00 Muscle Motion 18 9:45 World News 10:15 Baking Class 11:00 Table Designers 2:00 Creative Moments 3:00 Beanbag Catch 4:00 Table Designers 6:30 Let's reminisce	9:30 Chair Exercise 19 10:15 Daily Chronicle 10:30 Morning Walk 11:00 Table Designers 2:00 Bingo Fun 3:00 Ring Challenge 4:00 Table Designers 6:30 Music & Memory	9:15 Stretch And Flex 20 10:00 World Chronicle 10:30 Garden Club 11:00 Table Designers 2:00 Chick soup chat 2:30 Bowling 4:00 Table Designers 6:00 Vespers	9:00 University Church 21 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Health Facts 4:00 Table designers 6:00 Vespers
9:15 Walk Your Health 22 9:45 Move And Groove 10:45 Daily Chronicle 11:00 Table Designers 2:00 Chick Soup Chat 2:30 Horse Shoes 4:00 Patio Stroll/Chat 6:30 Movie	9:00 Muscle Motion 23 10:00 Daily Chronicle 10:30 Patio Walk 11:00 Table Designers 2:00 Life Trivia 3:00 Basketball 4:00 Table Designers 6:30 Connect 4	9:00 Shakercise 24 9:45 Daily Chronicle 10:00 Patio Walk/Chat 11:00 Table Designers 2:00 Volleyball Fun 3:00 Arts & Crafts 4:00 Table Designers 6:30 Nature Video	9:00 Exercise Fun 25 9:45 Daily Chronicle 10:15 Cooking Class 11:00 Table Designers 2:00 Choir Group 3:00 Floor Darts 4:00 Table Designers 6:30 Life Trivia	9:30 Chair Exercise 26 10:15 Daily Chronicle 10:30 Ring Challenge 11:00 Table Designers 2:00 Bingo Fun 3:00 Patio Walk 4:00 Table Designers 6:30 Fabric Fold	9:15 Stretch And Flex 27 10:00 Daily Chronicle 10:30 Out to Lunch 11:00 Table Designers 2:00 Resident Choice 3:00 Bowling 4:00 Table Designers 6:00 Vespers	9:00 University Church 28 10:00 Name That hymn 10:30 Verse Search 11:00 Table Designers 2:00 Biblical Art 3:00 Health Facts 4:00 Table designers 6:00 Vespers
9:15 Senior Walk 29 9:45 Moving Energy 10:45 Headline News 11:00 Table Designers 2:00 Musical Video 2:30 Video Cont. 4:00 Patio Stroll/Chat 6:00 Music & Memory	9:15 Memory Jog 30 9:45 Stretcherise 10:30 Daily Chronicle 11:00 Table Designers 2:00 Cards for Friends 3:00 Noodle Ball 4:00 Table Designers 6:00 Connect 4	9:15 Morning Walk 31 9:45 Senior Aerobics 10:45 World News 11:00 Table Designers 2:00 Volleyball Fun 3:00 Crafty Corner 4:00 Table Designers 6:00 Puzzled Evening	<h1 style="font-size: 2em; margin: 0;">July 2018</h1> <h2 style="font-size: 3em; margin: 0; font-family: cursive;">Memory Care Activities</h2>			