



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>J</b>	<b>U</b>	<b>L</b>	<b>Y</b>	<b>2024</b>	
	<b>1</b> 9:00 Coffee Chat w/ a Manager (CY) 10:00 Canada Day Scavenger Hunt (MF) 10:30 Fitness w/ Christine (FS) 11:00 Canada Day Activity Packages (FD) 2:00 Musical Entertainment w/ Joel H. (CY) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 7:00 Board Games Night (GR)  <b>HAPPY CANADA DAY!</b>	<b>2</b> 9:00 Coffee Chat w/ a Manager (CY) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 9:30 Giant Beer Pong (CY) 10:30 Seated Fitness (SBL) 11:00 Recreation Meeting (GR) 1:00 DIY: Summer Magnets (SBL) 1:45 Balance & Flexibility (FS) <b>2:00 Fishing Trip* (ME)</b> <b>2:00 Blood Pressure Clinic w/ Sue* (NS)</b> 2:30 Lemonade Social (CY) 3:00 Board Games & Cards (GR) 6:45 Movie Night (GT)	<b>3</b> 9:00 Coffee Chat w/ a Manager (CY) 9:30 Ring Toss (CY) 10:30 Seated Fitness (SBL) 11:00 Strength & Cardio (FS) 1:30 Sand Art (SBL) 2:00 Tuck Shop (TS) 2:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 6:00 Word Search Wednesday (RD) 6:30 Visits w/ Gracie (WL)	<b>4</b> 9:00 Coffee Chat w/ a Manager (CY) <b>10:00 Cherryhill Mall* (ME)</b> 10:30 Seated Fitness (SBL) 11:00 Words Within (WL) 1:30 Beach Ball Conversations (FS) 2:00 Presentation: Elder Abuse w/ Michael Lamb (GT) 2:30 Choices (word game) (WL) 3:00 Board Games & Cards (GR) 3:30 Travelogue: Ottawa (GT) 7:00 Giddy Up Line Dancers (WL)  <b>WESTERN DRESS UP DAY</b>  <b>NATIONAL COUNTRY MUSIC DAY</b>	<b>5</b> 9:00 Coffee Chat w/ a Manager (CY) 10:30 Seated Fitness (SBL) 11:00 Balance & Flexibility (FS) 11:00 Games w/ Hazeema (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 6:45 Classic Movie Night (GT)	<b>6</b> 9:00 The Monthly Gazette (RD) 10:15 Interactive White Board (SC) 11:00 July IQ (FD) 2:00 Musical Entertainment w/ Susie Q. (WL) 4:00 Mini Putt (WL) 7:00 Board Games Night (GR)
<b>7</b> 9:00 Hymn Sing (SBL) 9:30 Livestream Church (GT) 10:00 St. John Ambulance Therapy Dog Visits w/ Janet & Tilly (R/R) 11:00 Win Wheel (FD) 2:00 Chocolate Scavenger Hunt (MF) 4:00 Scripture Readings (SBL) 5:00 Prayer Box (FD)  <b>INTERNATIONAL CHOCOLATE DAY</b>	<b>8</b> <b>Manicure Monday*</b> 9:00 Coffee Chat w/ a Manager (CY) 9:30 Courtyard Games (CY) 10:00 Age Friendly London Presentation w/ Mark Pompilii: (GT) 10:30 Seated Fitness (SBL) 11:00 Strength & Cardio (FS) 1:30 Paint by Numbers (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 7:00 Board Games Night (GR)	<b>9</b> 9:00 Coffee Chat w/ a Manager (CY) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 9:30 Darts (WL) <b>10:00 Country Drive* (ME)</b> 10:30 Seated Fitness (SBL) 11:00 Family Feud (WL) 1:45 SMART Fitness w/ VON (FS) 2:00 Luau & Steel Drums Musical Entertainment w/ Aaron (CY) 3:00 Board Games & Cards (GR) 6:45 Movie Night (GT)	<b>10</b> 9:00 Coffee Chat w/ a Manager (CY) 9:30 Corn Hole (CY) <b>10:00 Hear Well Be Well (WL)*</b> 10:30 Seated Fitness (SBL) 11:00 Name 5 (WL) 1:30 Greeting Card Making (SBL) 2:00 Tuck Shop (TS) 2:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 6:00 Word Search Wednesday (RD)	<b>11</b> 9:00 Coffee Chat w/ a Manager (CY) <b>10:00 Sherwood Forest Mall* (ME)</b> 11:00 Tic Tac Putt (WL) 1:45 SMART Fitness w/ VON (FS) 2:30 Giant Scrabble (RL) 3:00 Board Games & Cards (GR) 3:30 Travelogue: British Columbia (GT) 6:45 TV Series Night (GT)	<b>12</b> 9:00 Coffee Chat w/ a Manager (CY) 10:30 Seated Fitness (SBL) 11:00 Balance & Flexibility (FS) 11:00 Trivia w/ Hazeema (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 6:45 Classic Movie Night (GT)  <b>FRANKFURTER FRIDAY</b>	<b>13</b> 9:00 Daily Chronicles (RD) 10:30 Seated Fitness (SBL) 11:00 Build a House (hangman) (WL) 1:30 Axe Throwing (CY) 2:30 Shuffleboard Club w/ Sam (BFP) 3:00 Bible Study w/ Lynda (SBL) 7:00 Board Games Night (GR)

**MAIN FLOOR** FD- FRONT DESK, WL- WELLINGTON LOUNGE, QSK- QUEEN STREET KITCHEN, BL- BYRON LIBRARY, GR- GAMES ROOM, RL- RIVERBEND LOUNGE,

TS- TUCK SHOP, R/R- ROOM TO ROOM, CY- COURTYARD, RD- RECREATION DESK, ME- MAIN ENTRANCE, SC- SUNNINGDALE CAFÉ

**SECOND FLOOR** SBL- STONYBROOK LOUNGE, NS- NURSING STATION

**LOWER LEVEL** BFP- BLACKFRIARS PUB, GT- GRAND THEATRE, FS- FITNESS STUDIO

**\* SIGN UP REQUIRED AT RECREATION DESK \*\*COURTYARD ACTIVITIES & SOCIALS ARE WEATHER PERMITTING**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">14</p> <p><b>8:00-1:00 Brunch</b>            9:00 Hymn Sing (SBL)            9:30 Livestream Church (GT)            10:00 St. John Ambulance Therapy            Dog Visits w/ Janet &amp; Tilly (WL)            10:30 Seated Fitness (SBL)            11:00 Trivia (WL)            1:30 Washer Toss (CY)            2:30 Crafting: Flowerpot Candy            Bouquets (GR)            4:00 Scripture Readings (SBL)            5:00 Prayer Box (FD)</p>	<p style="text-align: right;">15</p> <p><b>Manicure Monday*</b>            9:00 Coffee Chat w/ a Manager (CY)            9:30 Giant Connect Four (CY)            10:30 Seated Fitness (SBL)            11:00 The Price is Right (WL)            1:30 Parachuting (SBL)            2:00 Bingo (GR)            3:00 Happy Hour (BFP)            6:00 Word Mining (RD)            7:00 Board Games Night (GR)</p>	<p style="text-align: right;">16</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 St. John Ambulance Therapy            Dog Visits w/ Erin &amp; Islay (R/R)            9:30 Drum Fit (CY)  <b>10:00 Giant Tiger/ Dollar Tree* (ME)</b>            10:30 Seated Fitness (SBL)            11:00 Horseshoes (CY)            1:00 Noodle Volleyball (SBL)            1:45 SMART Fitness w/ VON (FS)            2:30 DIY: Clay Candy Dishes (BFP)            3:00 Board Games &amp; Cards (GR)            6:45 Movie Night (GT)</p>	<p style="text-align: right;">17</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 Ring Toss (CY)            10:30 Seated Fitness (SBL)            11:00 Strength &amp; Cardio (FS)            1:30 DIY: Flower Bookmarks (SBL)            2:00 Tuck Shop (TS)            2:00 Knitting Group (WL)            3:00 Cocktail Hour (SC)            6:00 Word Search Wednesday (RD)            6:30 Visits w/ Gracie (WL)</p>	<p style="text-align: right;">18</p> <p>9:00 Coffee Chat w/ a Manager (CY)  <b>10:00 Scoop Ice Cream Shop* (ME)</b>            10:30 Seated Fitness (SBL)            11:00 Think Fast (brain game) (WL)            1:45 SMART Fitness w/ VON (FS)            2:30 Booze (Beer Sampling) &amp; Tattoos            Social (CY)            3:00 Board Games &amp; Cards (GR)            3:30 Travelogue: Nunavut (GT)            6:45 TV Series Night (GT)</p>	<p style="text-align: right;">19</p> <p>9:00 Coffee Chat w/ a Manager (CY)            10:30 Seated Fitness (SBL)            11:00 Balance &amp; Flexibility (FS)            11:00 Games w/ Hazeema (SBL)            2:00 Bingo (GR)            3:00 Happy Hour (BFP)            6:45 Classic Movie Night (GT)</p>	<p style="text-align: right;">20</p> <p>9:00 Daily Chronicles (RD)            10:00 Interactive White Board (SC)            11:00 Golf Darts (WL)            2:00 Musical Entertainment            w/ Leaving Tracks (CY)            4:00 Guess How Many (FD)            7:00 Chess Night (GR)</p> <p style="text-align: center;"><b>INTERNATIONAL CHESS DAY</b></p>
<p style="text-align: right;">21</p> <p>9:00 Hymn Sing (SBL)  <b>9:30 Pride Parade (ME)*</b>            9:30 Livestream Church (GT)            10:00 St. John Ambulance Therapy            Dog Visits w/ Janet &amp; Tilly (R/R)            11:00 Scavenger Hunt (MF)            2:00 The Grocery Shopping Game            (RD)            4:00 Scripture Readings (SBL)            5:00 Prayer Box (FD)</p>	<p style="text-align: right;">22</p> <p><b>Manicure Monday*</b>            9:00 Coffee Chat w/ a Manager (CY)            9:30 Courtyard Games (CY)            10:30 Seated Fitness (SBL)            11:00 Strength &amp; Cardio (FS)            1:30 Creative Coloring (SBL)            2:00 Bingo (GR)            3:00 Happy Hour (BFP)            6:00 Word Mining (RD)            7:00 Board Games Night (GR)</p>	<p style="text-align: right;">23</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 St. John Ambulance Therapy            Dog Visits w/ Erin &amp; Islay (R/R)            9:30 Ribbon Dancing (CY)  <b>10:00 Stratford: Lunch &amp; Boat            Ride* (ME)</b>            10:30 Seated Fitness (SBL)            11:00 Lawn Darts (CY)            1:00 Toss &amp; Catch w/ Students            (SBL)            1:45 SMART Fitness w/ VON (FS)            2:30 Popsicle Fest (CY)            3:00 Board Games &amp; Cards (GR)            6:45 Movie Night (GT)</p>	<p style="text-align: right;">24</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 Horse Races (WL)            10:30 Seated Fitness (SBL)            11:00 Food Meeting (BFP)            1:30 Hand Massages (SBL)            2:00 Tuck Shop (TS)            2:00 Knitting Group (WL)            2:30 Musical Entertainment            w/ Justin (CY)            3:00 Cocktail Hour (SC)            6:00 Word Search Wednesday (RD)            7:00 Bonfire Night (CY)</p> <p style="text-align: center;"><b>INTERNATIONAL SELF- CARE DAY</b></p>	<p style="text-align: right;">25</p> <p>9:00 Coffee Chat w/ a Manager (CY)            10:30 Seated Fitness (SBL)            11:00 Book Club (WL)            1:45 SMART Fitness w/ VON (FS)  <b>2:00 Walmart* (ME)</b>            3:00 Board Games &amp; Cards (GR)            3:30 Travelogue: Manitoba (GT)            6:45 TV Series Night (GT)</p>	<p style="text-align: right;">26</p> <p>9:00 Coffee Chat w/ a Manager (CY)            10:30 Seated Fitness (SBL)            11:00 Balance &amp; Flexibility (FS)            11:00 Trivia w/ Hazeema (SBL)            2:00 Bingo (GR)            3:00 Happy Hour (BFP)            6:45 Classic Movie Night (GT)</p>	<p style="text-align: right;">27</p> <p>9:00 Daily Chronicles (RD)            10:30 Seated Fitness (SBL)            11:00 Pictionary (WL)            1:30 Karaoke w/ Sam (GT)            2:30 Ladder Ball (CY)            3:00 Bible Study w/ Lynda (SBL)            7:00 Board Games Night (GR)</p>
<p style="text-align: right;">28</p> <p>9:00 Hymn Sing (SBL)            9:30 Livestream Church (GT)            10:00 St. John Ambulance Therapy            Dog Visits w/ Janet &amp; Tilly (R/R)            10:30 Seated Fitness (SBL)            11:00 Jeopardy (GR)            1:30 Bocce ball (CY)            2:00 Craft -Paper Mache Bird (GR)            4:00 Scripture Readings (SBL)            5:00 Prayer Box (FD)</p>	<p style="text-align: right;">29</p> <p><b>Manicure Monday*</b>            9:00 Coffee Chat w/ a Manager (CY)            9:30 Courtyard Games (CY)            10:30 Seated Fitness (SBL)            11:00 Chicken Soup for the Soul            (GR)            1:30 Carpet Bowling (SBL)            2:00 Bingo (GR)            3:00 Happy Hour (BFP)            6:00 Word Mining (RD)            7:00 Board Games Night (GR)</p>	<p style="text-align: right;">30</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 St. John Ambulance Therapy            Dog Visits w/ Erin &amp; Islay (R/R)            9:30 Board Games (SC)  <b>10:00 Country Drive* (ME)</b>            10:30 Seated Fitness (SBL)            11:00 Friendship Bracelet Making            (GR)            1:00 Noodle Volleyball (SBL)            1:45 SMART Fitness w/ VON (FS)            2:30 July Birthday Celebration (SC)            3:00 Board Games &amp; Cards (GR)            6:45 Movie Night (GT)</p> <p style="text-align: center;"><b>INTERNATIONAL FRIENDSHIP            DAY</b></p>	<p style="text-align: right;">31</p> <p>9:00 Coffee Chat w/ a Manager (CY)            9:30 Washer Toss (CY)            10:30 Seated Fitness (SBL)            11:00 Strength &amp; Cardio (fitness)            (FS)            1:30 Water Games (CY)            2:00 Tuck Shop (TS)            2:00 Knitting Group (WL)            3:00 Cocktail Hour (SC)            4:00 Town Hall Meeting (SC)            6:00 Word Search Wednesday (RD)            6:30 Visits w/ Gracie (WL)</p>			

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