

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00am Armchair Travel Newfoundland and Labrador 11:00am Workout with Powerback 1:30pm Tai Chi 2:00pm MUSICAL BINGO with Mike! 3:45pm Happy Hour/Horseshoe Challenge Canada Day	10:30am Drumming Circle 11:00am Activities Meeting 1:15pm Communion 2:00pm Ageless Artists with Bill Dougall 3:15pm Bingo 6:00pm Film by Request: Fried Green Tomatoes	10:30am Exercise Flow & Stretch 11:00am History Talk - Anniversary of the Civil Rights Act 1:00pm Hand Massages with Dawn 2:00pm Down Memory Lane with Bill Naughton 3:15pm Rummikub 6:00pm Puzzle Solvers	10:15am Volley For Serve 11:00am Flower Arranging 12:00pm 4th of July Cookout Patriotic Sing Along 1:30pm Guided Meditation 2:30pm Bingo 3:45pm Happy Hour/You Be the Judge 6:00pm Mandala Art Independence Day (U.S.)	10:30am Seated Strength Training 11:00am Word in a Word 1:15pm Rosary 2:00pm Art/Craft Studio with Savannah 3:15pm UNO in the Pub 4:00pm Word Puzzles
10:00am Televised Mass 11:00am Morning Exercise 11:30am Fill in the Blanks 1:30pm Guided Meditation 2:00pm Kitchen Memories - with Elizabeth 3:15pm Fill in the Blanks 4:00pm Sunday Funnies - Funniest Moments of the Century Pt.1	10:30am Yoga Stretch 11:00am Health Talk with Sandra Underwood 1:00pm Manicures 2:00pm TED Talk "Forgiveness" 3:15pm Bingo 4:00pm Spam and Hawaiian Punch Tasting 7:00pm Ukulele Practice with Dr. Uke	10:30am Movement to Music! 11:00am Everything A-Z 1:30pm Guided Meditation 2:00pm The History of Coca Cola Cola/ Is it Coke or is it Pepsi ? 3:45pm Happy Hour/ Axe Toss Challenge 6:00pm Scrabble Night with Marcia	10:30am Fitness Blast with Sarah! 11:30am Resident Council 1:00pm Parkinson's Support Group 1:15pm Tai Chi 2:00pm Ageless Artists with Bill Dougall 3:15pm Bingo 6:00pm Movie by Request: "A Streetcar Named Desire"	10:30am Workout with the Yoga Balls 11:00am Who Am I? 1:00pm Hand Massages/Aromatherapy with Dawn 2:00pm Live Music with Les Julian on Guitar 3:15pm Ladies' Tea 3:15pm Men's Social 6:00pm	10:15am Noodle Blast 11:00am Flower Arranging 11:15am Picnic Lunch at Riverside Park 1:30pm Guided Meditation 2:30pm Bingo 3:45pm Happy Hour/Jeopardy Trivia 6:00pm Western Movie Night	10:30am Chair Dance with Savannah 11:00am Ice Cream Sundae Mining 1:15pm Rosary 2:00pm Art/Craft Studio with Savannah 3:15pm Scrabble Games 4:00pm Word Puzzles
9:45am Church Transportation 10:00am Televised Mass 1:15pm Scenic Ride with Renee 3:15pm Snack and Chat with Renee 4:00pm Sunday Funnies- Funniest Moments of the Century Pt.2	10:30am Seated Strength Training 11:00am Holy Cow, It's Lisa's Animal Talk! 1:00pm Manicures with Renee 3:15pm Bingo 6:00pm Monday Musical "The Music Man"	10:00am Armchair Travel New Zealand 11:00am Exercise with Powerback 1:30pm Tai Chi 2:00pm Art Documentary 3:45pm Happy Hour/July Trivia Pt. 6:00pm Baseball All Star Game	10:30am Drumming Circle 11:00am Crossword Challenge 1:15pm Communion 2:00pm Ageless Artists with Bill Dougall Focusing on the Art of 3:15pm Bingo 6:00pm Movie by Request: Elvis in Blue Hawaii"	10:30am 11:00am Who Am I? 1:00pm Hand Massages/Aromatherapy with Dawn 2:00pm Live Music with Larry Batter on keyboard 3:15pm Rummikub with Kathy 6:00pm Mandalas for Relaxation	10:15am Noodle Hockey 11:00am Veteran's Social 11:00am Flower Arranging 11:30am Beamer Visits! 1:30pm Trip to Robb's Farm for Ice Cream! 2:30pm Bingo 3:45pm Happy Hour /July Trivia 6:00pm Western Night	10:30am 11:00am 1:15pm Rosary 2:00pm Art/Craft Studio with Savannah 3:15pm Card Games in the Pub 4:00pm Word Puzzles
10:00am Televised Mass 11:00am Remembering the 11:30pm Remember When? The First Moon Landing 1:30pm Guided Meditation 2:00pm 3:15pm RC Cola and Moon Pies 4:00pm Sunday Funnies - Funniest Moments Pt. 3	10:30am AM Workout 11:00am Sharing Treasures 1:00pm Manicures with Renee 2:00pm Live Music - Garth West 3:15pm Bingo 6:00pm Monday Musical "Viva Las Vegas" w/ Elvis 7:00pm Ukulele Practice with Dr. Ukes	10:30am Strengthening Clinic with Powerback 11:00 1:30pm Guided Meditation 2:00pm Words of Advice with Glamorous Grandmas 3:45pm Happy Hour/Jeopardy Trivia 6:00pm Try Something New-Dot Doodles	10:30am Drumming Circle 11:00am Armchair Travel Paris in the Summer 1:15pm Tai Chi 2:00pm Ageless Artists with Bill Dougall 3:15pm Bingo 6:00pm Documentary- "Return of the King" The Rise and Fall of Elvis"	10:30am Workout with Yoga Balls 11:00am Food for Thought 11:30pm Aviation Quiz 1:00pm Hand Massages and Aromatherapy with Dawn 2:00pm Live Music with Jose Paulo 3:15pm Rummikub with Kathy	10:15am Noodle Fitness 11:00am Flower Arranging 10:30am Trip to Nautilus Museum and Lunch at Capt. Scott's 1:30pm Guided Meditation 2:30pm Bingo with Bright Star! 3:45pm Happy Hour /Karaoke 6:00pm Movie Night "Jaws"	10:30am Chair Dance with Savannah 11:00am 1:15pm Rosary 2:00pm Art/Craft Studio with Savannah 3:15pm 4:00pm Word Puzzles
9:45am Church Transportation 10:00am Televised Mass 1:15pm Scenic Ride with Renee 3:15pm Snack and Chat with Renee 4:00pm Sudy Funnies- Funniest Moments of the Century Pt. 3	10:30am Workout with Yoga Balls 11:00am Songs of Summer 1:00pm Manicures with Renee 2:00pm Book Club - "The Women" 3:15pm Bingo 6:00pm Monday Musical "7 Brides for 7 Brothers"	10:30am Rockin to Oldies 11:15pm Crossword Challenge 2:00pm Jeff Cianciolo-The Bird Man 3:45pm Happy Hour/Giant Jenga 6:00pm Scrabble Night with Marcia	10:30am Fitness Blast with Sarah! 11:30am The Year Was..... 1:15pm Tai Chi 2:00pm Ageless Artists with Bill Dougall 3:15pm Bingo 6:00pm Movie by Request -	10:30am Exercise with Light Weights 11:00am What Am I? 1:00pm Hand Massages and Aromatherapy with Dawn 2:00pm Live Music-Vocalist Susan Peak 3:15pm Rummikub with Kathy 6:00 Mandalas Relaxation		