






Long Term Care

Note: Please be advised that Programs are subject to change without notice. Please check the daily information board.

		<p>Canada Day 1</p> 	<p>2</p> <p>9:30 Exercise with Physio (M)</p> <p>1:30 Movie Matinee (TV)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>3</p> <p>10:00 Bible Study (RH)</p> <p>11:00 Stretching to Music (M)</p> <p>2:00 Movie Matinee (TV)</p>	<p>4</p> <p>9:30 Program Planning Mtg. (M)</p> <p>10:00 Range of Motion Exercise (M)</p> <p>10:30 Catholic Mass (C)</p> <p>4:00 Bible Reading with Sjoukje</p>	<p>5</p> 
<p>6</p> <p>2:30 Presbyterian Church Service (C)</p>	<p>7</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p> <p>6:30 Sip & Sample (P)</p> <p>7:15 Garden Club (P)</p>	<p>8</p> <p>2:00 Walking Group (RR)</p> <p>3:00 Sing-a-long (M)</p> <p>4:00 Popsicles on the Patio (P)</p>	<p>9</p> <p>1:30 Movie Matinee (TV)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>10</p> <p>10:00 Bible Study (RH)</p> <p>11:00 Darts (M)</p>	<p>11</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>12</p> <p>9:30 Fresh Fruit Soup Making (A)</p> <p>11:00 Craft Club (M)</p>
<p>13</p> <p>10:30 Catholic Communion (C)</p> <p>2:30 Anglican Church Service (C)</p>	<p>14</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>15</p> <p>2:00 -4:00 Retirement Home Sod Turning Ceremony (Front Entrance)</p>	<p>16</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>17</p> <p>10:00 Bible Study (RH)</p>	<p>18</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>19</p> <p>9:30 Sit and dance (M)</p> <p>11:00 Parachute Games (M)</p>
<p>20</p> <p>10:30 Catholic Communion (C)</p> <p>2:30 Spirit & Word Church Service (C)</p>	<p>21</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p> <p>6:30 Happy Hr. (O)</p> <p>7:15 Sing-a-long (O)</p>	<p>22</p> <p>1:00 Movie Theatre Trip (OT)</p> <p>4:00 Men's Den – Tools of the Trade (M)</p>	<p>23</p> <p>9:30 Exercise with Physio (M)</p> <p>1:30 Movie Matinee (TV)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>24</p> <p>10:00 Bible Study (RH)</p> <p>11:00 Rhythm Band (M)</p>	<p>25</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p>	<p>Butterfly Day  26</p> <p>9:30 Butterfly Facts (M)</p> <p>11:00 Butterfly Art (M)</p>
<p>27</p> <p>10:30 Catholic Communion (C)</p> <p>2:30 United Church Service (C)</p>	<p>28</p> <p>9:30 Exercise with Physio (M)</p> <p>4:00 Bible Reading with Sjoukje (M)</p> <p>6:30 Walking Group (RR)</p> <p>7:15 Soda Floats (P)</p>	<p>29</p> <p>12:00 Resident BBQ (P)</p>	<p>30</p>  <p>3:00 Birthday Party (RH)</p>	<p>31</p> <p>10:00 Bible Study (RH)</p> <p>11:00 Parachute Games (MD)</p>	<p>Program locations: C=Chapel A=Annex Dining Room RH=Retirement RR=Room to Room P=Patio</p>	<p>O=Oasis S=Salon W=Wellness Room M=Multi Purpose Room MD=Main Dining Room TV=Television OT=Outing</p>

