



<p><b>“Zest For Life”</b></p> 		<p><b>Canada Day</b></p> 				
<p><b>6</b></p> <p>2:30 Presbyterian Church Service (Ch)</p> <p>7:00 Travelogue Movie (L)</p>	<p><b>7</b></p> <p>10:45 Exercise with Physio</p> <p>1:45 Trivia (C)</p> <p>3:00 Pub (FL)</p> <p>7:00 Bingo (DR)</p>	<p><b>8</b></p> <p>9:00 Walking Club (OS)</p> <p>11:00 How Things Have Changed (C)</p> <p>1:30 Balance Class (C)</p> <p>7:00 Fruit Tasting (C)</p>	<p><b>9</b></p> <p>10:45 Exercise with Physio (Ch)</p> <p>2:00 Bowling (FL)</p> <p>3:00 Hang Man (C)</p> <p>7:00 Smoothie Making (C)</p>	<p><b>10</b></p> <p>10:00 Bible Study (C)</p> <p>1:30 Balance Class (C)</p> <p>2:00 Shuffleboard (P)</p> <p>3:00 Pub (FL)</p> <p>7:00 Popsicles on the Patio (P)</p>	<p><b>11</b></p> <p>10:45 Exercise with Physio (Ch)</p> <p>7:00 Bingo (DR)</p>	<p><b>12</b></p> <p>10:00 Card Hour (GR)</p> <p>2:00 Welcome Tea (C)</p> <p>3:15 Parachute Fitness (C)</p> <p>7:00 Darts and Shuffleboard (GR)</p>
<p><b>13</b></p> <p>10:30 Catholic Mass (Ch)</p> <p>2:30 Anglican Church Service (Ch)</p> <p>7:00 Movie Night (L)</p>	<p><b>14</b></p> <p>10:45 Exercise with Physio</p> <p>3:00 Pub (FL)</p> <p>7:00 Bingo (DR)</p>	<p><b>15</b></p> <p>1:30 Balance Class (C)</p> <p><b>2:00 – 4:00</b></p> <p><b>Sod Turning Ceremony</b></p> <p>7:00 Manicures (C)</p>	<p><b>16</b></p> <p>10:45 Exercise with Physio (Ch)</p> <p><b>2:00 Resident Council Mtg. (C)</b></p> <p>7:00 Scrabble (C)</p>	<p><b>17</b></p> <p>10:00 Bible Study (C)</p> <p>1:30 Balance Class (C)</p> <p><b>2:30 Fine Dining Mtg. (FL)</b></p> <p>7:00 Giant Crossword (C)</p>	<p><b>18</b></p> <p>10:45 Exercise with Physio (Ch)</p> <p>3:00 Pub (FL)</p> <p>7:00 Bingo (DR)</p>	<p><b>19</b></p> <p>10:00 Card Hour (GR)</p> <p>7:00 Evening Walk (OS)</p>
<p><b>20</b></p> <p>10:30 Catholic Mass (Ch)</p> <p>2:30 Spirit and Word Church Service (Ch)</p> <p>7:00 Travelogue Movie (L)</p>	<p><b>21</b></p> <p><b>9:30 Country Drive</b></p> <p>10:45 Exercise with physio (Ch)</p> <p>1:45 Men’s Den (C)</p> <p>3:00 Pub (FL)</p> <p>7:00 Bingo (DR)</p>	<p><b>22</b></p> <p>9:30 Walking Club</p> <p>1:30 Balance Class (C)</p> <p>7:00 Scrabble (C)</p>	<p><b>23</b></p> <p>10:45 Exercise with physio (Ch)</p> <p>7:00 Tell me a Story (C)</p>	<p><b>24</b></p> <p>10:00 Bible Study (C)</p> <p>1:30 Balance Class (C)</p> <p>7:00 Lawn Darts (OS)</p>	<p><b>25</b></p> <p>10:30 Anglican Communion (Ch)</p> <p>11:00 Exercise with Physio (C)</p> <p>7:00 Bingo (DR)</p>	<p><b>26</b></p> <p>10:00 Card Hour (GR)</p> <p>7:00 Make your own Sundae (C)</p>
<p><b>27</b></p> <p>10:30 Catholic Mass (Ch)</p> <p>2:30 United Church Service (Ch)</p> <p>7:00 Movie Night (L)</p>	<p><b>28</b></p> <p>10:45 Exercise with Physio (CH)</p> <p>3:00 Pub (FL)</p> <p>7:00 Bingo (DR)</p>	<p><b>29</b></p> <p>9:30 Walking Club</p> <p><b>12:00 Resident BBQ (OS)</b></p> <p>1:30 Balance Class (C)</p> <p>7:00 Indoor Golf (FL)</p>	<p><b>30</b></p> <p>10:45 Exercise with Physio (Ch)</p> <p>2:00 Word Game (C)</p> <p><b>3:00 Birthday Party (FL)</b></p> <p>7:00 Darts and Shuffleboard (GR)</p>	<p><b>31</b></p> <p>10:00 Bible Study (C)</p> <p>1:30 Balance Class (C)</p> <p>2:00 Bowling (FL)</p> <p>3:00 Pub (FL)</p> <p>7:00 Puzzles (GR)</p>	<p><b>(LEGEND) Program locations:</b></p> <p>Ch= Chapel    V= Veranda (front)</p> <p>C = Café      FL= Front Lobby</p> <p>OS= Outside</p> <p>P=Patio (games room)</p> <p>DR=Dining Room</p> <p>L =Library</p>	<p>Please be advised that programs are subject to change without notice. Please check our daily information board</p> <p><b>Specialty Living Retirement Community</b></p>

