

     						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Walking Group - Every Morning @ 8:45 AM  			1 - Canada Day 9am Walk to watch Canada Day  Parade  11am Chair Yoga 2pm Patio Ceasars and Snacks	2 10am Coffee on the Patio 11am Exercise Class 1pm St Anthony's 1:30pm Croquet Game	3 10AM Bible Study 10am Coffee on the Patio 1pm Walk or Scooter Ride 2pm Ice Cream  held on the Patio.	4 10am Nature Walk & Scavenger Hunt 11am Chair Yoga  1:30pm Drinks on Patio
5 10am Golf Game 1pm Walk to Lions Park Bonfire 	6 10am Card Bingo 11am Exercise Class 2pm Bingo	7 9am Men's Hour (Coffee & Chat) 2pm Golf Card Game	8 10am Card Bingo 11am Chair Yoga 1:30 July Birthday's & The  Dunnington Group 	9 11am Exercise Class	10 10AM Bible Study 10am Coffee on the Patio 1:30pm Long term care visits 2pm Ice Cream   3pm Walk	11 10am Coffee on the Patio 11am Chair Yoga 1:30 Bonfire Hotdogs  and smores  Sign Up
12 10 Am Scooter and Walkers Vehicle Wash 2pm Garden Tour and Harvesting	13 11am Exercise Class 10:30 To Pigeon Lake For Lunch	14 9am Men's Hour (Coffee & Chat) 10am Phase 10 2pm Shuffleboard 3:30pm Skip Bo	15 10am Card Bingo 11am Chair Yoga 1:45pm Lutheran Church  2pm Fast Track  4:45pm Wings & Beer	16 10am Pass the Ace 11am Exercise Class  2pm - 3 Hole Golf Putting 3:00 Baptist 3:30pm Crib	17 10AM Bible Study 10am Golf Card Game  ** 1pm Talent Show ** 2pm Ice Cream  3:30 pm Sequence Game	18 10am Card Bingo 11am Chair Yoga 2pm Floor Curling
19 1pm Family Carnival Garden Party-All Ages 1:30pm Music by Harry  	20 Dress up for Beach Day!  10am Card Bingo  11am Exercise Class 1:30 Comrads(Outside) 	21 10am Coloring with Brenda 11:45 Grill Cheese (Sign Up) 1:30pm Patio Cool Drinks  and Music 	22 10am Card Bingo 11am Chair Yoga 2pm Iced Tea on Patio	23 10am Coffee on the Patio 11am Exercise Class 11am Out For Lunch 1pm St Anthony's 2pm Scooter Nature Walk	24 10AM Bible Study 10am Golf Card Game 1pm Floor Curling 2pm Ice Cream  3:30 pm Sequence Game	25 10am Card Bingo 11am Chair Yoga 2pm Yard Game (Garden Area)
26 10 am Phase 10 2pm Trip to Watch Larial Gymkhana (Lions Rodeo Ground)	27 10am Card Bingo 11am Exercise Class 1pm Crib Tournament \$1 entry fee to play 3:30pm Shuffleboard	28 9am Men's Hour (Coffee & Chat) 10am International Cuisine 2pm Shuffleboard 3:30 pm Skip Bo	29 9am Bus Leaves for Peaceful Valley Provincial Recreational Area 11am Chair Yoga	30 10am Trip to Walmart 11am Exercise Class 11:45am Take out Burger Baron  on the Patio 1:30 Music and Bonfire	31 10AM Bible Study HAWAIIAN DAY Dress up 1:30 Hawaiian Party&Dancers 2pm Ice Cream 	