


July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div><p>If you have any questions or concerns please contact the Recreation Therapy team at (902) 384-4118</p><p><u>Activities are subject to change. Please refer to White Board Daily</u></p></div>		<div><p><u>Wear red and white</u> 1</p><p>10:00 Video: Wonders of Canada</p><p>2:00 Canada Day Social</p></div>	<div><p>2</p><p>10:30 Card Game Bingo</p><p>2:00 Exercises</p></div>	<div><p>3</p><p>9:30Hairdresser</p><p>10:30 Arm chair travel</p><p>2:00 Bingo</p></div>	<div><p>4</p><p>10:30 Lexicon</p><p>2:00 Ice Cream Social Outside</p><p>6:30Movie in lounge</p></div>	<div><p>5</p><p>10:30 Card Game Bingo</p><p>2:00 Soaking up the sun</p></div>	
	<div><p>6</p><p>10:30 Card Game Bingo</p><p>2:00 NASCAR Races/ Sports</p></div>	<div><p>7</p><p>10:30 Exercises</p><p>2:00 Soaking up the sun outside</p></div>	<div><p>8</p><p>10:30 Gardening/ Outside</p><p>2:00 Manicures</p></div>	<div><p>9</p><p>10:30 Exercises</p><p>2:00 Arm Chair Travel</p></div>	<div><p>10</p><p>9:30Hairdresser</p><p>10:00 Scenic drive</p><p>2:00 Bingo</p><p>6:30Movie in lounge</p></div>	<div><p>11</p><p>10:30 Lexicon</p><p>2:00 Ice Cream Social Outside</p></div>	<div><p>12</p><p>10:30 Card Game Bingo</p><p>2:00 Soaking up the sun</p></div>
	<div><p>13</p><p>10:30 Card Game Bingo</p><p>2:00 NASCAR Races/ Sports</p></div>	<div><p>14</p><p>10:30 Exercises</p><p>2:00 Jeopardy Trivia</p></div>	<div><p>15</p><p>10:30 Resident Council Meeting</p><p>2:00 Sing along with Avarad and Friends</p></div>	<div><p>16</p><p>10:00 Braeside Buddies</p><p>2:00 Music with the Country Hicks</p></div>	<div><p>17</p><p>9:30Hairdresser</p><p>10:00 Scenic drive</p><p>2:00 Bingo</p></div>	<div><p>18</p><p>10:30 Lexicon</p><p>2:00 Ice Cream Social Outside</p><p>6:30Movie in lounge</p></div>	<div><p>19</p><p>10:30 Card Game Bingo</p><p>2:00 Soaking up the sun</p></div>
	<div><p>20</p><p>10:30 Card Game Bingo</p><p>2:00 NASCAR Races/ Sports</p></div>	<div><p>21</p><p>10:30 Exercises</p><p>2:00 Soaking up the sun outside</p></div>	<div><p>22</p><p>10:30 Gardening/ Outside</p><p>2:00 Manicures</p></div>	<div><p>23</p><p>10:00 Scenic drive</p><p>2:00 Halifax Public Library Visit – Craft</p></div>	<div><p>24</p><p>9:30Hairdresser</p><p>11:00 Church Service</p><p>2:00 Bingo</p><p>6:30Movie in lounge</p></div>	<div><p>25</p><p>10:30 Lexicon</p><p>2:00 Ice Cream Social Outside</p></div>	<div><p>26</p><p>10:00 Music with Riverside Revival</p><p>2:00 Soaking up the sun</p></div>
	<div><p>27</p><p>10:30 Card Game Bingo</p><p>2:00 NASCAR Races/ Sports</p></div>	<div><p>28</p><p>10:30 Exercises</p><p>2:00 Jeopardy Trivia</p></div>	<div><p>29</p><p>10:00 Gardening/ Outside</p><p>2:00 Manicures</p></div>	<div><p>30</p><p>10:30 Exercises</p><p>2:00 Birthday Bash</p></div>	<div><p>31</p><p>9:30Hairdresser</p><p>10:00 Scenic drive</p><p>2:00 Bingo</p></div>	<div><p><u>July Birthdays</u></p><p>July 13th- Tim K.</p><p>July 14th- Judy T.</p><p>July 28th- Wilma V.</p></div>	

July Birthdays

July 13th- Tim K.

July 14th- Judy T.

July 28th- Wilma V.

July 31st- Carman T.