

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Better Me/Be Cool		1 Canada Day Meet at the Elementary School at 9:15am	2 Coffee and Chat Morning 10am McDonalds, Olds <i>Low Impact Cardio</i> 1:30pm	3 Be Cool 10-12pm Employment and Skills <i>Tissue Paper</i> <i>Butterfly Art 1:30pm</i> \$3	4 Stampede Parade and Pancake Breakfast 8:30am <i>Movie and Treats</i> <i>Evening 6:30pm</i> \$3 <i>The Lost World</i>	5
6	7 Card Games at the Office 10:30am <i>Make a Bouncy Ball</i> 1:30pm \$3 <i>Self-Advocacy</i> <i>Meeting 6:30pm</i>	8 Tie Dye Hats 1pm	9 The Day in Innisfail <i>RCMP Dog Training</i> <i>Centre</i> \$5 <i>Lunch and Walk at</i> <i>Napolean Park</i> <i>Leaving at 9:30 sharp</i>	10 Be Cool 10-12pm Employment and Skills <i>Lunch at Rotary</i> <i>Park 12pm</i>	11 Fun Drink Friday 1pm <i>Movie and Treats</i> <i>Evening 6:30pm</i> \$3 <i>Jurassic Park III</i>	12
13	14 Walk the Forest 1:30pm <i>Cooking Class 4:30pm</i>	15 Paper Flower Bloom 1:30pm	16 Lunch at Cipperly's Pond 12pm <i>Low Impact Cardio</i> 1:30pm	17 Be Cool 10-12pm Employment and Skills <i>Water Balloon Baseball</i> <i>1pm Ball Diamond by</i> <i>Imperial Way</i>	18 Freezie Sale! \$1	19
20	21 <i>Homemade Lava</i> <i>Lamps 1pm</i> \$3	22 Bingo Afternoon 1:30pm \$3	23 Handi Boat Ride on Ghost Lake 9-6pm \$10 <i>Leaving at 9am Sharp</i>	24 Be Cool 10-12pm Employment and Skills <i>Kickball Baseball</i> <i>1pm Ball Diamond by</i> <i>Imperial Way</i>	25 Staff Training Day Office Closed <i>Movie and Treats</i> <i>Evening 6:30pm</i> \$3 <i>Jurassic World</i>	26
27	28 Coffee and Chat 10am Meet at Didsbury Tims <i>Cooking Class 4:30pm</i>	29 Flutter Flyer Craft 1:30pm	30 Walk the Wetlands 1pm	31 Be Cool 10-12pm Employment and Skills <i>Beach Day Birthday</i> <i>Party! 1:30pm</i>		

Remember to get your punch card for any activities that require payment. \$20 for 10 punches. \$3 if no punch card. Activities in the community require payment upon arrival at the venue. Anyone wanting treats while at an activity are responsible for bringing money or their own treat

