



JULY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day 2:00 Video: Gaither Gospel Series	2 STAT * No Fitness Today 1:00 Movie: Black Beauty 6:00 Nature Night: Capture Wild School- Episode 1	3 10:15 Sit & Knit 2:00 Tea Time Trivia 'Canada Edition' 6:00 Armchair Travel: Departures 'Iceland'	4 9:30 Strength Training 1:00 Bus Trip: Walmart 3:00 Family TV Classics- I Love Lucy 6:00 Evening News	5 10:15 Brain BINGO 2:00 Resident Meeting 6:00 Evening News	6 9:30 Body Works 10:30 Chapel 1:00 Movie: The pursuit of Happiness 3:00 BINGO @ SO 6:00 Evening News	7 10:30 Wii Bowling 2:00 Video: Lawrence Welk 6:00 Evening News
8 2:00 Video: Gaither Gospel Series 7:00 Faith Baptist Hymn Sing @SO	9 9:30 Seated Cardio Tone 1:00 Glee Club 2-4 Blood Pressure Clinic 6:00 Nature Night: Capture Wild School-Episode 2	10 10:15 Sit & Knit 2:00 Tea Time Trivia 'Scent Guessing' 6:00 Armchair Travel: Departures 'Zambia'	11 9:30 Strength Training 1:00 Farmers Market 2:30 Mini Manicure 3:00 Family TV Classics- I Love Lucy 6:00 Evening News	12 10:15 Brain BINGO 2:00 Video: Wonders of Gods Creations- Thundering Earth & Roaring Waters 6:00 Evening News	13 9:30 Body Works 10:30 Chapel 1:00 Afternoon Theater Nature Documentary 3:00 BINGO @ SO 6:00 Evening News	14 10:30 Wii Bowling 2:00 Video: Lawrence Welk 2:00 Mahjong 6:00 Evening News
15 2:00 Video: Gaither Gospel Series	16 9:30 Seated Cardio Tone 2:00 Ice cream social with Brian Gimble 6:00 Nature Night: Capture Wild School- Episode 3	17 10:15 Sit & Knit 1:00 Gentle Yoga 6:00 Armchair Travel: Departures 'Madagascar'	18 9:30 Strength Training 11:45 Bus Trip: Picnic Lunch with CCT Team 3:00 Family TV Classics- I Love Lucy 4:00 Painting with Lily 6:00 Evening News	19 10:15 Brain BINGO 1:00 Bus Trip: Health & Safety Fair with VPD 6:00 Evening News	20 9:30 Body Works 10:30 Chapel 2:00 Monika's Baby Shower 3:00 BINGO @ SO 6:00 Evening News	21 10:30 Wii Bowling 2:00 Video: Lawrence Welk 2:00 Mahjong 6:00 Evening News
22 2:00 Video: Gaither Gospel Series	23 9:30 Seated Cardio Tone 1:00 Glee Club 2:00 Pharmacist Presentation 6:00 Nature Night: Capture Wild School-Episode 4	24 10:15 Sit and Knit 1:00 Gentle Yoga 6:00 Armchair Travel: Departures 'Chile: Ups & Downs'	25 9:30 Strength Training 10:15 Bus Trip: Champlain 2:30 Mini Manicures 3:00 Family TV Classics- I Love Lucy 6:00 Evening News	26 10:15 Brain BINGO 1:00 Sit & Dance 2:00 Birthday & Welcome Tea with Allen Boolinoff 6:00 Evening News	27 9:30 Body Works 10:30 Chapel 2:00 Frozen Friday 3:00 BINGO @ SO 6:00 Evening News	28 10:30 Wii Bowling 2:00 Video: Lawrence Welk 6:00 Evening News
29 2:00 Video: Gaither Gospel Series	30 9:30 Seated Cardio Tone 2:00 Tales & Treats 6:00 Nature Night: Capture Wild School- Episode 5	31 10:15 Sit & Knit 2:00 Craft Corner with Linda & Irene 6:00 Armchair Travel: Departures 'Chile: Ends of the Earth'				<i>Daily events are subject to change. Please check your weekly schedule or daily boards for the most up to date details.</i>