



INSPIRED SENIOR LIVING

July 2023 Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SATURDAY JUL 1</p> <p>Canada Day</p>	 <p>National Culinary Arts Month</p>					<p>Happy Canada Day! Wear Red and White Today!</p> <p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Canada Day Celebration with Mar! (OMLR)</p> <p>4:00 Canada Day Armchair Travel! (OM)</p>
<p>9:30 Gardening Club: Watering and Weeding! (C)</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>3:30 Java Music Club (ORC)</p> <p>4:00 Word Games (OMLR)</p>	<p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>11:00 Morning Stretches (OMLR)</p> <p>1:00 Horse Race game (O)</p> <p>2:00 Bingo (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:15 Gardening Club: Watering and Weeding! (C)</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>10:30 Word Pyramid (OMLR)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:30 Jeopardy Trivia Game (ORC)</p> <p>3:30 Chair Soccer (O)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Go4Life Walking Club! (OM)</p> <p>1:30 Afternoon Visits (OMLR)</p> <p>2:30 Afternoon Exercises! (ORC)</p> <p>3:30 Brain Games (C)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM)</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 Sing a long (ORC)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Entertainment with Mar Manongdo! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:15 Fit Minds *Identify the Scent!* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>1:15 Table Top Activities: Dominos (OM)</p> <p>2:30 Sip and Paint-a-Long! (LO)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Table Top Activities: Yahtzee (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:30 Gardening Club: Watering and Weeding! (C)</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>11:00 Word Games (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>10:00 Gardening Club: Watering and Weeding! (C)</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>11:00 Morning Stretches (OMLR)</p> <p>1:00 Horse Race game (O)</p> <p>2:00 Afternoon Tea and Reminiscing (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p>	<p>National Fashion Day</p> <p>9:15 Gardening Club: Watering and Weeding! (C)</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Morning Stretches (OMLR)</p> <p>10:30 Word Pyramid (OMLR)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:30 Jeopardy Trivia Game (ORC)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Rollo Trump Game! (O)</p> <p>2:30 Afternoon Exercises! (ORC)</p> <p>3:30 Brain Games (C)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM)</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>10:30 Cheryl's Craft Sale (LO)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Music with Jeremy!</p>	<p>French Day!</p> <p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:15 Fit Minds Friday! *World Flags* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>2:30 Sip and Paint-a-Long! (LO)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Table Top Activities: Flower Arranging (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Gardening Club: Watering and Weeding! (C) 16</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>11:00 Word Games (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>10:00 Gardening Club: Watering and Weeding! (C) 17</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>11:00 Morning Stretches (OMLR)</p> <p>1:00 Song Bingo! (ORC)</p> <p>2:00 Afternoon Tea and Reminiscing (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p>	<p>9:15 Gardening Club: Watering and Weeding! (C) 18</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Morning Stretches (OMLR)</p> <p>10:30 Word Pyramid (OMLR)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:30 Wheel of Fortune (OM)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>National Hot Dog Day! 19</p> <p>9:00 Gardening Club: Watering and Weeding! (C)</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Scenic Drive on the Bus! (MEE)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>2:00 Afternoon Exercises! (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 20</p> <p>9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM)</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 Sing a long (ORC)</p> <p>10:30 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Entertainment with</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 21</p> <p>9:15 Fit Minds Friday! *Shadow Matching* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>2:30 Sip and Paint-a-Long! (LO)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 22</p> <p>9:00 Morning Movie (OMLR)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p> <p>5:00 Table Top Activities: Photo Reminiscing (OM)</p>
<p>9:30 Gardening Club: Watering and Weeding! (C) 23</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>11:00 Word Games (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>10:00 Gardening Club: Watering and Weeding! (C) 24</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>11:00 Morning Stretches (OMLR)</p> <p>1:00 Horse Race game (O)</p> <p>2:00 Afternoon Tea and Reminiscing (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p>	<p>9:15 Gardening Club: Watering and Weeding! (C) 25</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Morning Stretches (OMLR)</p> <p>10:30 Word Pyramid (OMLR)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:30 Jeopardy Trivia Game (ORC)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 26</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Scenic Drive on the Bus! (MEE)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Birthday Party with Vic & Carol! (OM)</p> <p>2:00 Afternoon Exercises! (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather!</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 27</p> <p>9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM)</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>1:30 Bus Outing for Rootbeer Floats at A&W! (OM)</p> <p>3:30 Giant Crossword Puzzle (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 28</p> <p>9:15 Fit Minds *Breakfast Scramble* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>2:00 Sip and Paint-a-Long! (LO)</p> <p>3:00 Music Therapy with Ria (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 29</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Table Top Activities: Shake Loose A Memory (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:30 Gardening Club: Watering and Weeding! (C) 30</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>11:00 Word Games (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>10:00 Gardening Club: Watering and Weeding! (C) 31</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>11:00 Morning Stretches (OMLR)</p> <p>1:00 Song Bingo! (ORC)</p> <p>2:00 Afternoon Tea and Reminiscing (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p>				<p style="text-align: center;">Locations Legend</p> <p>Orchard Manor (OM) Courtyard (C) Orchard Manor Theatre (T) Living Room (OMLR) Oakroom (O) Orchard Manor Lounge (LO) Activity Room (ORC) Meet by bus (MEE)</p>	