# July 2023 **Orchard Manor**

Sunday	Monday	Tuesday	Wednesday	Thursday	
SATURDAY JUL 1	tada Day		Culinary Aonth		
9:30 Gardening Club: 2 Watering and Weeding! (C) 10:00 Piano Music with Beryl (OMLR) 3:30 Java Music Club (ORC) 4:00 Word Games (OMLR)	<ul> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>11:00 Morning Stretches (OMLR)</li> <li>1:00 Horse Race game (O)</li> <li>2:00 Bingo (OM)</li> <li>3:00 Balloon Badminton (OMLR)</li> <li>3:30 Snack and Chat! (OM)</li> </ul>	<ul> <li>9:15 Gardening Club: Watering and Weeding! (C)</li> <li>9:30 Go4Life Walking Club! (OM)</li> <li>10:00 Crafts and Colouring in the Activity Kitchen! (ORC)</li> <li>10:30 Word Pyramid (OMLR)</li> <li>1:30 Short Stories and Musical Stories (ORC)</li> <li>2:30 Jeopardy Trivia Game (ORC)</li> <li>3:30 Chair Soccer (O)</li> </ul>	9:00 Gardening Club: Watering and Weeding! (C) 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Go4Life Walking Club! (OM) 1:30 Afternoon Visits (OMLR) 2:30 Afternoon Exercises! (ORC) 3:30 Brain Games (C) 5:00 Bar Cart with Heather! (OM)	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Sing a long (ORC) 1:30 Giant Crossword Puzzle (ORC) 3:00 Entertainment with Mar Manongdo! (OM)	9:00 9:15 9:45 10:00 10:30 10:30 1:15 2:30 3:30
9:30 Gardening Club: 9 Watering and Weeding! (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Word Games (OMLR) 3:30 Java Music Club (ORC)	<ul> <li>10:00 Gardening Club: Watering and Weeding! (C)</li> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>11:00 Morning Stretches (OMLR)</li> <li>1:00 Horse Race game (O)</li> <li>2:00 Afternoon Tea and Reminiscing (OM)</li> <li>3:00 Balloon Badminton (OMLR)</li> </ul>	National Fashion Day <b>11</b> 9:15 Gardening Club: Watering and Weeding! (C)9:30 Go4Life Walking Club! (OM)9:30 Go4Life Walking Club! (OM)10:00 Morning Stretches (OMLR)10:30 Word Pyramid (OMLR)1:30 Short Stories and Musical Stories (ORC)2:30 Jeopardy Trivia Game (ORC)3:30 Snack and Chat! (OM)	9:00 Gardening Club: Watering and Weeding! (C) 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Rollo Trump Game! (O) 2:30 Afternoon Exercises! (ORC) 3:30 Brain Games (C) 5:00 Bar Cart with Heather! (OM)	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Crafts and Colouring in the Activity Kitchen! (ORC) 10:30 Cheryl's Craft Sale (LO) 1:30 Giant Crossword Puzzle (ORC) 3:00 Music with Jeremy!	9:00 9:15 9:45 10:00 10:30 10:30 2:30 3:30

INSPIRED SENIOR LIVING

erve



INSPIRED SENIOR LIVING WITH Verve

## Friday

## Saturday

	Happy Canada Day! Wear Red and White Today! 9:00 Gardening Club: Watering and Weeding! (C) 9:00 Morning Movie (OMLR) 1:30 Canada Day Celebration with Mar! (OMLR) 4:00 Canada Day Armchair Travel! (OM)
e:00 Gardening Club: Watering <b>7</b> and Weeding! (C)	9:00 Gardening Club: 8 Watering and
9:15 Fit Minds *Identify the Scent!* (OM)	Weeding! (C)
9:45 Beach Ball Toss! (OMLR)	9:00 Morning Movie
:00 Fun Fitness Friday (OMLR)	(OMLR) 1:70 Table Ten Activities
):30 Facetime Calls & One on one visits (OM)	1:30 Table Top Activities: Yahtzee (OM)
30 Table Top Activities:	2:00 Hand Massages and
Colouring (OMLR)	Manicures (OM)
1:15 Table Top Activities: Dominos (OM)	3:00 Picture Bingo (ORC) 4:00 Armchair Travel!
2:30 Sip and Paint-a-Long! (LO)	(OM)
3:30 Scattegories! (ORC)	
French Day! <b>14</b> 0:00 Gardening Club:	9:00 Gardening Club: <b>15</b> Watering and
Watering and Weeding!	Weeding! (C)
(C)	9:00 Morning Movie
9:15 Fit Minds Friday! *World Flags* (OM)	(OMLR)
9:45 Beach Ball Toss! (OMLR)	1:30 Table Top Activities:
:00 Fun Fitness Friday	Flower Arranging (OM)
(OMLR)	2:00 Hand Massages and
):30 Facetime Calls & One on	Manicures (OM)
one visits (OM) 0:30 Table Top Activities:	3:00 Picture Bingo (ORC)
Colouring (OMLR)	4:00 Armchair Travel!
2:30 Sip and Paint-a-Long!	(OM)
(LO) S:30 Scattegories! (ORC)	



INSPIRED SENIOR LIVING

# July 2023 **Orchard Manor**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Gardening Club: Watering and Weeding! (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Word Games (OMLR) 3:30 Java Music Club (ORC)	<ul> <li>10:00 Gardening Club: Watering and Weeding! (C)</li> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>11:00 Morning Stretches (OMLR)</li> <li>1:00 Song Bingo! (ORC)</li> <li>2:00 Afternoon Tea and Reminiscing (OM)</li> <li>3:00 Balloon Badminton (OMLR)</li> </ul>	9:15 Gardening Club: Watering and Weeding! (C) 9:30 Go4Life Walking Club! (OM) 10:00 Morning Stretches (OMLR) 10:30 Word Pyramid (OMLR) 1:30 Short Stories and Musical Stories (ORC) 2:30 Wheel of Fortune (OM) 3:30 Snack and Chat! (OM)	National Hot Dog Day!199:00 Gardening Club: Watering and Weeding! (C)9:30 Dog Therapy with Dawn and Angel (OM)9:30 Dog Therapy with Dawn and Angel (OM)10:00 Scenic Drive on the Bus! (MEE)1:00 Afternoon Visits and walks (OMLR)2:00 Afternoon Exercises! (ORC)2:30 Brain Games (C)3:00 Movie Matinee (OM)5:00 Bar Cart with Heather! (OM)	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Sing a long (ORC) 10:30 Crafts and Colouring in the Activity Kitchen! (ORC) 1:30 Giant Crossword Puzzle (ORC) 3:00 Entertainment with	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Fit Minds Friday! *Shadow Matching* (OM) 9:45 Beach Ball Toss! (OMLR) 10:00 Fun Fitness Friday (OMLR) 10:30 Facetime Calls & One on one visits (OM) 10:30 Table Top Activities: Colouring (OMLR) 2:30 Sip and Paint-a-Long! (LO) 3:30 Scattegories! (ORC)	<ul> <li>9:00 Gardening Club: Watering and Weeding! (C)</li> <li>9:00 Morning Movie (OMLR)</li> <li>2:00 Hand Massages and Manicures (OM)</li> <li>3:00 Picture Bingo (ORC)</li> <li>4:00 Armchair Travel! (OM)</li> <li>5:00 Table Top Activities: Photo Reminiscing (OM)</li> </ul>
9:30 Gardening Club: Watering and Weeding! (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Word Games (OMLR) 3:30 Java Music Club (ORC)	<ul> <li>10:00 Gardening Club: Watering and Weeding! (C)</li> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>11:00 Morning Stretches (OMLR)</li> <li>1:00 Horse Race game (O)</li> <li>2:00 Afternoon Tea and Reminiscing (OM)</li> <li>3:00 Balloon Badminton (OMLR)</li> </ul>	<ul> <li>9:15 Gardening Club: Watering and Weeding! (C)</li> <li>9:30 Go4Life Walking Club! (OM)</li> <li>10:00 Morning Stretches (OMLR)</li> <li>10:30 Word Pyramid (OMLR)</li> <li>1:30 Short Stories and Musical Stories (ORC)</li> <li>2:30 Jeopardy Trivia Game (ORC)</li> <li>3:30 Snack and Chat! (OM)</li> </ul>	9:00 Gardening Club: Watering and Weeding! (C) 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Scenic Drive on the Bus! (MEE) 1:00 Afternoon Visits and walks (OMLR) 1:30 Birthday Party with Vic & Carol! (OM) 2:00 Afternoon Exercises! (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather!	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Crafts and Colouring in the Activity Kitchen! (ORC) 1:30 Bus Outing for Rootbeer Floats at A&W! (OM) 3:30 Giant Crossword Puzzle (ORC)	9:00 Gardening Club: Watering and Weeding! (C) 9:15 Fit Minds *Breakfast Scramble* (OM) 9:45 Beach Ball Toss! (OMLR) 10:00 Fun Fitness Friday (OMLR) 10:30 Facetime Calls & One on one visits (OM) 10:30 Table Top Activities: Colouring (OMLR) 2:00 Sip and Paint-a-Long! (LO) 3:00 Music Therapy with Ria (OM)	<ul> <li>9:00 Gardening Club: Watering and Weeding! (C)</li> <li>9:00 Morning Movie (OMLR)</li> <li>1:30 Table Top Activities: Shake Loose A Memory (OM)</li> <li>2:00 Hand Massages and Manicures (OM)</li> <li>3:00 Picture Bingo (ORC)</li> <li>4:00 Armchair Travel! (OM)</li> </ul>
9:30 Gardening <b>30</b> 10:00 Gardening Club: <b>31</b> Clube Watering and					Location	<u>s Legend</u>
Club: Watering and Weeding! (C) 10:00 Piano Music with Beryl (OMLR) 11:00 Word Games (OMLR) 3:30 Java Music Club (ORC)	Weeding! (C) 10:30 Catholic Communion Service with Father Gabriel (T) 11:00 Morning Stretches (OMLR) 1:00 Song Bingo! (ORC) 2:00 Afternoon Tea and Reminiscing (OM) 3:00 Balloon Badminton (OMLR)				Orchard Manor (OM) Orchard Manor Living Room (OMLR) Orchard Manor Activity Room (ORC)	Courtyard (C) Theatre (T) Oakroom (O) Lounge (LO) Meet by bus (MEE)



INSPIRED SENIOR LIVING WITH

:00	Gardening Club: Watering and Weeding! (C)	21	9:00 Gardeni Waterin Weedin
):15	Fit Minds Friday! *Shadow Matching* (OM)		9:00 Morning (OMLR) 2:00 Hand M
	Beach Ball Toss! (OMLR) Fun Fitness Friday		Manicu
	(OMLR)		3:00 Picture 4:00 Armcha
:30	Facetime Calls & One on one visits (OM)		(OM)
:30	Table Top Activities: Colouring (OMLR)		5:00 Table To Photo R
:30	Sip and Paint-a-Long! (LO)		(OM)
	Scattegories! (ORC)		
:00	Gardening Club: Watering and Weeding! (C)	28	9:00 Gardeni Waterin Weedin
):15	Fit Minds *Breakfast		9:00 Morning
	Scramble* (OM)		
	Beach Ball Toss! (OMLR)		(OMLR) 1:30 Table To
	• •		(OMLR) 1:30 Table To Shake L
:00	Beach Ball Toss! (OMLR) Fun Fitness Friday		(OMLR) 1:30 Table To Shake L Memory 2:00 Hand M
:00 :30	Beach Ball Toss! (OMLR) Fun Fitness Friday (OMLR) Facetime Calls & One on one visits (OM) Table Top Activities:		(OMLR) 1:30 Table To Shake L Memory 2:00 Hand M Manicur
:00 :30 :30	Beach Ball Toss! (OMLR) Fun Fitness Friday (OMLR) Facetime Calls & One on one visits (OM) Table Top Activities: Colouring (OMLR)		(OMLR) 1:30 Table To Shake L Memory 2:00 Hand M Manicur 3:00 Picture
:00 :30 :30 :00	Beach Ball Toss! (OMLR) Fun Fitness Friday (OMLR) Facetime Calls & One on one visits (OM) Table Top Activities:		(OMLR) 1:30 Table To Shake L Memory 2:00 Hand M Manicut

<u>_ocations</u>	<u>Legen</u>	d