



INSPIRED SENIOR LIVING

July 2021 Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions Of Wellness Legend						
<ul style="list-style-type: none"> ■ Emotional ■ Intellectual ■ Social ■ Physical ■ Spiritual ■ Purposeful 						
10:00 Catholic Mass on TV (GAR) 4 10:30 Uno (GAR) 2:30 Garden Walk (GAR)	10:30 Exercises (GAR) 5 2:00 Classical Music Virtual (GAR) 2:30 Classical Music Concert-Virtual (GAR)			10:30 Canada Day Trivia (GAR) 1 2:00 Canada Day Celebration- Colleen Durdon performing (CTY) 3:00 Ice Cream Social in Courtyard and Gardenside Lounge (CTY)	10:30 Exercises (GAR) 2 2:00 Group Crosswords (GAR)	9:30 Daily Chronicles Distribution (RES) 3 2:00 Let's Play Bocce (GAR) 3:30 Bananagrams (GAR)
10:00 Catholic Mass on TV (GAR) 11 10:30 Uno (GAR)	10:30 Exercises (GAR) 12 11:00 Finish that Line (GAR) 2:30 Meet Me at the MoMA Discussion (GAR)	9:30 Daily Chronicles Distribution (RES) 6 10:30 Exercises (GAR) 11:00 Water Crossword (GAR) 4:00 1:1 In Room Plant Care Visits (RES) 6:30 Sorry, no Manicures tonight (GAR)	10:00 Sing -a-long with Mona (GAR) 7 11:00 All About Chocolate - Tasting Required! (GAR) 2:30 Bingo (GAR) 3:30 One on One Visit (RES)	10:30 Roll-O-Trump Game (GAR) 8 2:00 Bowling (GAR) 3:30 Java Music Club (GAR)	9:30 1 on 1 with Mona (RES) 9 10:30 Exercises (GAR) 2:00 String Quartet performance (CTY) 2:30 Group Crosswords (GAR)	9:30 Daily Chronicles Distribution (RES) 10 10:30 Armchair Travel-Hong Kong (GAR) 2:30 Bean Bag Toss (GAR)
10:00 Catholic Mass on TV (GAR) 18 10:30 Uno (GAR)	10:30 Exercises (GAR) 19 11:00 Finish that Line (GAR) 2:30 Meet Me at the MoMA Discussion (GAR)	9:30 Daily Chronicles Distribution (RES) 13 2:00 Watermelon Agua Fresca Drink Social (GAR) 3:30 Reminiscing with Songs (GAR) 6:30 Evening Manicures (GAR)	10:00 Music Therapy Session with Lorri-Virtual (GAR) 14 11:00 Music Therapy Session with Lorri-Virtual (GAR) 2:30 Bingo (GAR) 3:30 One on One Visit (RES)	<i>Betty Livingston 100th Birthday</i> 15 10:30 Balloon Badminton (GAR) 2:30 Birthday Gathering (GDR) 4:00 1:1 In Room Plant Care Visits (RES)	10:30 Exercises (GAR) 16 2:00 Entertainment Hour w/ Kurt von Hahn (CTY) 2:30 Group Crosswords (GAR)	9:30 Daily Chronicles Distribution (RES) 17 11:00 Word Game (GAR) 2:00 Front Porch Travels: Stargazing in Nicaragua (GAR)
10:00 Catholic Mass on TV (GAR) 25 10:30 Uno (GAR) 2:30 Bean Bag Toss (GAR)	9:30 1 on 1 with Mona (RES) 26 10:30 Exercises (GAR) 2:30 Sing A Long (GAR) 3:30 2021 Tokyo Olympics (GAR)	9:30 Daily Chronicles Distribution (RES) 20 2:00 Craft Time with Mona (GAR) 4:00 1:1 In Room Plant Care Visits (RES) 6:30 Evening Manicures (GAR)	10:00 Music Therapy Session with Lorri-Virtual (GAR) 21 11:00 Music Therapy Session with Lorri-Virtual (GAR) 2:30 Bingo (GAR) 3:30 One on One Visit (RES)	10:30 Let's Play Petanque! (GAR) 22 2:00 Crafty Crafters - Something Summery (GAR) 3:30 Cool Down with a Backyard Popcycle Social (GAR) 4:00 1:1 In Room Plant Care Visits (RES)	10:30 Exercises (GAR) 23 2:30 Group Crosswords (GAR)	9:30 Daily Chronicles Distribution (RES) 24 11:00 Short Story Time (GAR) 3:30 Let's Play Cornhole! (GAR)
10:00 Catholic Mass on TV (GAR) 25 10:30 Uno (GAR) 2:30 Bean Bag Toss (GAR)	9:30 1 on 1 with Mona (RES) 26 10:30 Exercises (GAR) 2:30 Sing A Long (GAR) 3:30 2021 Tokyo Olympics (GAR)	9:30 Daily Chronicles Distribution (RES) 27 2:30 Gardenside Scenic Drive (GS) 4:00 1:1 In Room Plant Care Visits (RES) 6:30 Evening Manicures (GAR)	10:00 Music Therapy Session with Lorri-Virtual (GAR) 28 11:00 Music Therapy Session with Lorri-Virtual (GAR) 2:30 Bingo (GAR) 3:30 One on One Visit (RES)	10:30 Balloon Badminton (GAR) 29 2:00 All About Hummingbirds! (GAR) 4:00 Iced Tea Social in the Garden (GAR)	10:30 Exercises (GAR) 30 2:30 Group Crosswords (GAR)	9:30 Daily Chronicles Distribution (RES) 31 10:30 Let's Play Bocce (GAR) 2:30 Colour Me Calm (GAR)

