


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<p><b>Canada Day 1</b></p> <p>11:00 <b>Canada Day Flag Raising hosted by Village Residents</b></p> <p>11:30 <b>Canada Day Tea Party hosted by Village Residents (at Manor) [BR]</b></p>	<p><b>2</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Short Stories</p> <p>10:30  Beanbag Toss</p> <p>2:00  Harbour Worship</p> <p>2:30  Pampered Hands</p> <p>3:00  Just You and Me</p>	<p><b>3</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:30  Exercise Essentials with Noodles</p> <p>11:00  Arts and Crafts</p> <p>1:00  Down Memory Lane</p> <p>1:30 <b>Bus Trip - Scenic Drive to Cochrane</b></p>	<p><b>4</b></p> <p>9:00  Go4Life Walking Club</p> <p>10:00  Balloon Badminton</p> <p>1:30  Bocce Ball</p> <p>3:00  Mental Aerobics</p> <p>3:30  Just You &amp; Me</p> <p>6:00  Sing Along</p>	<p><b>5</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:00 <b>Stampede Parade on TV</b></p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:00  Java Music</p> <p>11:30  Catholic Communion</p> <p>1:00  Sing Along</p> <p>1:30  MoMa Art Class</p> <p>3:00  Just You and Me</p>	<p><b>6</b></p> <p><b>Stampede Lunch from 12-1:30PM</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Balloon Badminton</p> <p>11:00  <b>Stampede Performance - Dwayne Fettig (11-1)</b></p> <p>6:00  Evening Movie</p>		
<p>9:30  Music <b>7</b></p> <p>Appreciation with Shinia</p>	<p><b>8</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Group</p> <p>10:30  Exercise Essentials with Balls</p> <p>2:00  <b>Old Western Sing Along</b></p> <p>3:00  Coffee Social (East)</p>	<p><b>9</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Short Stories</p> <p>10:30  Beanbag Toss</p> <p>2:30  Pampered Hands</p> <p>3:00  Just You and Me</p>	<p><b>10</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:30  Exercise Essentials with Noodles</p> <p>11:00  Arts and Crafts</p> <p>1:00  Down Memory Lane</p>	<p><b>11</b></p> <p>9:00  Go4Life Walking Club</p> <p>10:00  Balloon Badminton</p> <p>1:30  Bocce Ball</p> <p>2:30  <b>Calgary Stampede Midway Food Tasting</b></p> <p>3:30  Just You &amp; Me</p> <p>6:00  Sing Along</p>	<p><b>12</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>9:35  Catholic Communion</p> <p>10:00  Java Music</p> <p>10:00  <b>Stampede Games</b></p> <p>1:00  Sing Along</p> <p>1:30  MoMa Art Class</p> <p>1:45  Pastoral Care Visits</p> <p>3:00  Just You and Me</p>	<p><b>13</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Balloon Badminton</p> <p>6:00  Evening Movie</p>		
<p>9:30  Music <b>14</b></p> <p>Appreciation with Shinia</p>	<p><b>15</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Group</p> <p>10:30  Exercise Essentials with Balls</p> <p>2:00  Horse Races</p> <p>3:00  Coffee Social (West)</p>	<p><b>16</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Short Stories</p> <p>10:30  Beanbag Toss</p> <p>2:00  Harbour Worship</p> <p>2:30  Pampered Hands</p> <p>3:00  Just You and Me</p>	<p><b>17</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:30  Exercise Essentials with Noodles</p> <p>11:00  Arts and Crafts</p> <p>1:00  Down Memory Lane</p>	<p><b>18</b></p> <p>9:00  Go4Life Walking Club</p> <p>10:00  Balloon Badminton</p> <p>1:30  Bocce Ball</p> <p>3:00  Mental Aerobics</p> <p>3:30  Just You &amp; Me</p> <p>6:00  Sing Along</p>	<p><b>19</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>9:35  Catholic Communion</p> <p>10:00  Java Music</p> <p>1:00  Sing Along</p> <p>1:30  MoMa Art Class</p> <p>2:00  <b>Popsicles in the Courtyard</b></p> <p>3:00  Just You and Me</p>	<p><b>20</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Balloon Badminton</p> <p>6:00  Evening Movie</p>		
<p>9:30  Music <b>21</b></p> <p>Appreciation with Shinia</p>	<p><b>22</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Group</p> <p>10:30  Exercise Essentials with Balls</p> <p>2:00  Horse Races</p> <p>3:00  Coffee Social (East)</p>	<p><b>23</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Short Stories</p> <p>10:30  Beanbag Toss</p> <p>2:30  Pampered Hands</p> <p>3:00  Just You and Me</p>	<p><b>24</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:30  Exercise Essentials with Noodles</p> <p>11:00  Arts and Crafts</p> <p>1:00  Down Memory Lane</p>	<p><b>25</b></p> <p>9:00  Go4Life Walking Club</p> <p>10:00  Balloon Badminton</p> <p>1:30  Bocce Ball</p> <p>3:00  Mental Aerobics</p> <p>3:30  Just You &amp; Me</p> <p>6:00  Sing Along</p>	<p><b>26</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>9:35  Catholic Communion</p> <p>10:00  Java Music</p> <p>1:00  Sing Along</p> <p>1:30  MoMa Art Class</p> <p>1:45  Pastoral Care Visits</p> <p>3:00  Just You and Me</p>	<p><b>27</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Balloon Badminton</p> <p>6:00  Evening Movie</p>		
<p>9:30  Music <b>28</b></p> <p>Appreciation with Shinia</p>	<p><b>29</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Group</p> <p>10:30  Exercise Essentials with Balls</p> <p>2:00  Horse Races</p> <p>3:00  Coffee Social (West)</p>	<p><b>30</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Short Stories</p> <p>10:30  Beanbag Toss</p> <p>2:30  Pampered Hands</p> <p>3:00  Just You and Me</p>	<p><b>31</b></p> <p>9:00  Go4Life Walking Club</p> <p>9:30  Sprout &amp; Grow Club</p> <p>10:30  Exercise Essentials with Noodles</p> <p>11:00  Arts and Crafts</p> <p>1:30  <b>Birthday Bash with Live Entertainment - Michael Herkle</b></p>	<p> Emotional</p> <p> Intellectual</p> <p> Physical</p> <p> Purposeful</p> <p> Social</p> <p> Spiritual</p>			<p><b>Please Note:</b></p> <p>Activities are a guideline only, staff may choose to change or substitute another activity depending on the needs of residents and staff.</p>	