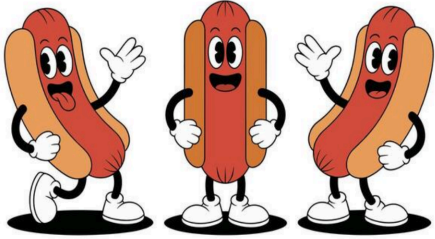
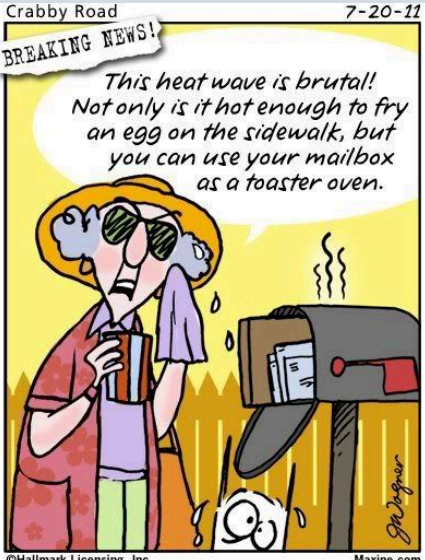


Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
Weekly Activity Challenge Due Date: Sum Matrix (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:30 TD Bank (V) 3:00 Southland Mall (V) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Co-op Grocery Store (V) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Billy Young (B)	National Hot Dog Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 11:30 Come & Go Hot Dog Roast with Chef Amy (11:30 AM - 1:30 PM) (CP) 2:00 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN) 	National Cherry Day National Daiquiri Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Plinko (P) 3:00 Happy Hour feat. Saskatoon Daiquiris (P) 7:00 Crokinole (BN) 7:00 Entertainment: Jim Harty (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:30 The Write Word Game: Games of Summer (E) 2:00 Grasslands Shopping (V) 2:00 Wellness Clinic: Blood Pressure Checks with Cecilia (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:00 Interdenominational Church Service (B) 4:30 Supper Outing with Yeva: The Classic Friday Happy Hour at Bushwakker Brewpub* (V) 6:30 Armchair Travel to Ontario, Canada (P) 7:00 S'mores Social (CP)	No Sacha Wolfson Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Liberty Bell Windchime Craft (E) 10:30 Chair Yoga with Rebecca Whitrow (YouTube Video) (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:00 Outing with Yeva: Saskatoon Berry Festival at St. Mary's Anglican Church* (V) 6:30 Netflix Documentary: Chris and Martina: The 	No DrumFIT Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:30 Sunday Fun-Day Outing with Amit: Scenic Drive Through South East Regina & The Everyday Kitchen Coffee Stop* (V) 2:00 Table Tennis (PHL) 6:30 Movie Night (Witty): Enola Holmes 3 (P) 

<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Entire Building (EB) Bistro (B) Heritage House (HER) Education Room - 2nd Fl. (E) Wascana Way - 3rd FL. (W) Fireplace Lounge (F) Courtyard Patio (CP) Harbour House (HAR) Breakfast Nook (BN) Waiting Area (WAI) In Suite (IS) Library (LB) Pool Hall Lounge (PHL)	<u>News</u> Extreme Heat: A multi-day heat event is expected for the next few days, with Sunday being particularly hot and muggy. Temperatures will reach mid to high 30s and the humidex reaching the mid 40s. Drink water often and before you feel thirsty to repalce fluids, close your blinds during the day, use your air conditioning, limit direct exposure to the sun, wear lightweight/loose-fitting clothing and a wide brimmed hat, and plan any outdoor activities during the coolest parts of the day. National Hot Dog Day: Join Chef Amy on the main courtyard patio to roast a hot dog over an open fire during the lunchtime hours on Wednesday, July 15th. BBQ'd hot dogs are also being served in the Dining Room.	 Crabby Road 7-20-21 BREAKING NEWS! This heat wave is brutal! Not only is it hot enough to fry an egg on the sidewalk, but you can use your mailbox as a toaster oven. ©Hallmark Licensing, Inc. Maxine.com	<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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