

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY 2010 FIRST FLOOR WELLNESS PROGRAMMES



CANADA DAY



					1 CANADA DAY 	2 10:00 Gentle Fit, Creative Writing, 1 South	3 
4 Church Service 1:30 Multipurpose Room	5 10:00 Bus Drive 2:00 Afternoon with Sandy 2:30 Choir Practice 3NW	6 Communion Service 11:15 Multipurpose Room 2:00 Prairie Tea	7 10:00 Music Memories with Judy 1East 2:30 Garden Opening for Residents and Families First Floor	8 10:00 Fitness, Scattegories, 1 East 2:00 Village Walks Bus Drive	9 10:00 Gentle Fit, Creative Writing, 1 South 2:00 Afternoon with Amanda 1 East		
11 Church Service 1:30 Multipurpose Room	12 10:00 Bus Drive 2:00 Hearth & Home with Sandy	13 10:00 Fitness with Amanda, South 2:00 Hymn Sing 2NW	14 Bus Drive	15 10:00 Fitness, Scattegories, 1 East Lunch Music on the Patio with Gerry Bayntun	16 10:00 Gentle Fit, Creative Writing, 1 South 2:00 Afternoon with Amanda 1 East		
18 Church Service 1:30 Multipurpose Room	19 10:00 Bus Drive 2:00 Hearth & Home with Sandy 2:30 Choir Practice 3NW	20 10:00 Fitness with Amanda, South 2:00 Hymn Sing 3NW	21 10:00 Music Memories with Judy 1East 2:30 Birthday Tea, Multipurpose Room	22 10:00 Fitness, Scattegories, 1 East 2:30 Music with Barry Powel, 2NW	23 10:00 Gentle Fit, Creative Writing, 1 South 2:00 Afternoon with Amanda 1 East		4
25 Church Service 1:30 Multipurpose Room	26 10:00 Bus Drive 2:00 Hearth & Home with Sandy 2:30 Choir Practice 3NW	27 10:00 Fitness with Amanda, South 2:00 Hymn Sing 2NW	28 10:00 Music Memories with Judy 1East Bus Drive	29 10:00 Fitness, Scattegories, 1 East Bus Drive	30 10:00 Gentle Fit, Creative Writing, 1 South 2:00 Afternoon with Amanda 1 East		31

We will do our best to notify you of any changes to the calendar.