



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Location of program:</i> 1= 1st Floor Unit 2= 2nd Floor Unit 3= 3rd Floor Unit L= Main Floor Lobby</p>	 Canada Day		<p>9:30 Chair Aerobics (2) 3 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 2:45 Target Games (3) 4:00 Friendly Visits</p>	<p>9:30 Chair Aerobics (3) 4 10:45 Baking Program: Maple Cookies (2) 11:45 Therapeutic Meal Assistance 1:30 Arts and Crafts (1) 4:00 Friendly Visits</p> <p>Independence Day (US)</p>	<p>9:30 Chair Aerobics (2) 5 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 1:45 Gardening (2) 4:00 Friendly Visits</p>	<p>9:30 Chair Aerobics (3) 6 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Table Games (2) 2:45 Music Program (3) 4:00 Friendly Visits</p>
<p>9:30 Chair Aerobics (2) 7 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 2:00 EBC Church Service (L) 4:00 Friendly Visits</p>	<p>9:30 Drum Fit (3) 8 9:30 Chair Aerobics (2) 10:45 Drum Fit (1) 11:45 Therapeutic Meal Assistance 1:30 Tai Chi (2) 4:00 Friendly Visits</p>	<p>9:30 Chair Aerobics (3) 9 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Card Games (2) 2:45 Friendly Visits</p>	<p>1:30 Mahjong (3) 10 2:00 Active Games (2) 3:30 Friendly Visits 6:15 Spiritual Services (L)</p>	<p>9:30 Chair Aerobics (2 & 3) 11 11:45 Therapeutic Meal Assistance 1:30 Brain Games 2:45 Table Games (1) 4:00 Friendly Visits</p>	<p>9:30 Ball Games (2 & 3) 12 10:45 Ball Games (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 1:00 Street Performer's Festival (L) 4:00 Friendly Visits</p>	<p>9:30 Morning Stretches (2) 13 11:45 Therapeutic Assistance 2:45 Arts and Crafts (1) 4:00 Friendly Visits</p>
<p>14 9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Tai Chi (3) 4:00 Friendly Visits</p>	<p>15 9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Arts and Crafts (2) 2:45 Friendly Visits</p>	<p>16 9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 2:45 Bingo and Card Games (1) 4:00 Friendly Visits</p>	<p>17 9:30 Chair Aerobics (2 & 1) 10:30 Ping Pong with Tony (3) 11:45 Therapeutic Meal Assistance 1:30 Gardening (3) 2:45 Travel Ing (1) 4:00 Friendly Visits</p>	<p>18 9:30 Drum Fit (2) 9:30 Chair Aerobics (3) 10:45 Drum Fit (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 1:30 Ball Games (2) 2:45 Table Games (1) 4:00 Friendly Visits</p>	<p>19 10:00 Catholic Church Hymn Sing (L) 11:45 Therapeutic Meal Assistance 1:30 Arts and Crafts (2) 2:45 Brain Games (3) 4:00 Friendly Visits</p>	<p>20 11:45 Therapeutic Meal Assistance 1:30 Arts and Crafts (2) 2:45 Brain Games (3) 4:00 Friendly Visits</p>
<p>9:30 Chair Aerobics (3) 21 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 2:00 SEAC Church Service (L) 4:00 Friendly Visits</p>	<p>22 9:30 Drum Fit (3) 9:30 Chair Aerobics (2) 10:45 Drum Fit (1) 11:45 Therapeutic Meal Assistance 1:30 Tai Chi (2) 4:00 Friendly Visits</p>	<p>23 9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Music Program (2) 2:45 Friendly Visits</p>	<p>24 9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 2:45 Target Games (2) 4:00 Friendly Visits</p>	<p>10:00 Entertainment by ICan Seniors Association (L) 25 11:45 Therapeutic Meal Assistance 1:30 Card Games (2) 2:45 Brain Games (1) 4:00 Friendly Visits</p>	<p>9:30 Ball Games (2 & 3) 26 10:45 Ball Games (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 2:00 Birthday Party (3) 4:00 Friendly Visits</p>	<p>9:30 Morning Stretches (1) 27 11:45 Therapeutic Assistance 2:45 Arts and Crafts (3) 4:00 Friendly Visits</p>
<p>28 9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Tai Chi (3) 4:00 Friendly Visits</p>	<p>29 9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Arts and Crafts (2) 2:45 Friendly Visits</p>	<p>30 9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 11:45 Therapeutic Meal Assistance 1:30 Mahjong (3) 1:30 Calendar Drop-Off</p>	<p>31</p>	<h1>July 2024</h1> <p>“Hot July brings cooling showers, apricots and gillyflowers.” - Sara Coleridge</p>		