

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023

Recreation Calendar



11:30am- Canada Day Celebrations (1st/2nd/3rd Floors)



Canada Day



No Activities Today

9:30am Drum Fit (2nd)/ Chair Aerobics (1st & 3rd Floors)
1:30pm Entertainment by Crystal (2nd Floor)

Independence Day (US)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Bingo/ Mahjong (3rd Floor)

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
1:30pm Table Bowling/Bowling (2nd & 3rd Floors)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
1:30 Table Games (2nd Floor)/Mahjong (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Arts & Crafts Butterflies (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
1:30pm ECCC Church Service (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
1:30pm Tai Chi (2nd Floor)/ Bocce Ball (3rd Floor)

9:30am Chair Aerobics Exercise (2nd & 3rd Floors)
1:00pm- Edmonton International Street Performers Festival Outing (1st & 2nd Floors)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Bingo/ Mahjong (3rd Floor)
6:15pm Spiritual Services (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
1:30pm Arts & Crafts Butterflies (2nd Floor)



9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
1:00pm- Edmonton International Street Performers Festival Outing (3rd Floor)



9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
1:30pm Table Games (2nd Floor)/Tai Chi (3rd Floor)

9:30am Drum Fit (2nd)/ Chair Aerobics (1st & 3rd Floors)
1:30pm Target Games (2nd & 3rd Floors)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Bingo/ Mahjong (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Chinese Opera Performance (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
1:30 Table Games (2nd Floor)/Mahjong (3rd Floor)

10:00am Catholic Church Hymn Sing (1st/2nd/3rd Floors)
1:30pm Table Games (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
1:30pm SEAC Church Service (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
1:30pm Tai Chi (2nd Floor)/Rock Painting (3rd Floor)

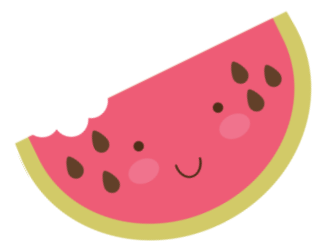
9:30am Drum Fit (2nd)/ Chair Aerobics (1st & 3rd Floors)
1:30pm Rock Painting (2nd Floor)/Baking (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Bingo/ Mahjong (3rd Floor)

9:30am Chair Aerobics Exercise (2nd Floor)
11:00am Taste of Edmonton Outing (1st/2nd/3rd Floors)
2:00pm Baking (2nd Floor)



9:30am Chair Aerobics (1st & 3rd Floor)
1:30pm July Birthday Party (2nd Floor)



9:30am Chair Aerobics Exercise (1st & 2nd Floors)
1:30pm Tai Chi (3rd Floor)