

# 🍁 JULY 2024 🍁

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p>10:00 AM: Canada Day Resident Parade (Dining Room) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: TED Talk (Media Rm)</p> 	<p>9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:30 AM: Wii Bowling (Media Rm) 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>9:30 AM: Sit and Fit (Fitness Room) 10:30 AM: Piano Music with Don Mackenzie (Dining Room) 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Movie (Media Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Scenic Drive - Stanley Park - Bus Outing 1:30 PM: Doctor visit (Media Rm) 2:30 PM: <b>**NEW**</b> Bocce (Courtyard) 7:00 PM: Pet Therapy (Fireside Lounge)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 11:00 AM: Gardening Club (Courtyard) 2:30 PM: Happy Hour and music with Sheryl Greenfield (Dining Room)</p>	<p>9:00 AM: Cavell Yard Sale 10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)</p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News &amp; Views (Private D. Rm) 2:15 PM: Resident Council Meeting (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: TED Talk (Media Rm)</p>	<p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 11:00 AM: Lunch Boathouse - Kits Beach 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>9:30 AM: Sit and Fit (Fitness Room) 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Movie (Media Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 1:15 PM: London Drugs Bus outing 2:30 PM: <b>**NEW**</b> Bocce (Courtyard)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 10:30 AM: VPL Books (Media Room) 2:30 PM: Happy Hour and ice cream sundaes (Dining Room)</p>	<p>10:00 AM: Wii Golf (Media Rm) 10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Virtual Scenic Drive - 21 Best Places to Visit in Southeast Asia (Media Room) 7:00 PM: Movie (Media Rm)</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: Historic Stewart Farm - White Rock - Bus outing 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: TED Talk (Media Rm)</p>	<p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Puretone Hearing Clinic (Media Rm) 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Piano Music with Don Mackenzie (Dining Room) 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Movie (Media Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Ambleside Catered Picnic 1:30 PM: Doctor visit (Media Rm) 2:30 PM: <b>**NEW**</b> Bocce (Courtyard)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour and music with Mike Kinal (Dining Room)</p>	<p>10:00 AM: Wii Golf (Media Rm) 10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)</p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News &amp; Views (Private D. Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: TED Talk (Media Rm)</p>	<p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 10:30 AM: Sea to Sky Gondola - Bagged Lunch - Bus Outing 11:00 AM: Alta Vida Fashion (Fireside Lounge) 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Movie (Media Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 1:15 PM: Kingsgate Bus outing 2:30 PM: Horse Racing (Courtyard)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour, Country and Western themed Birthday Celebration and music with Peter Paulus (Dining Room)</p> 	<p>10:00 AM: Wii Golf (Media Rm) 10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:30 PM: Virtual Scenic Drive - Japan That Will Blow Your Mind (Media Room) 7:00 PM: Movie (Media Rm)</p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	 <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;"> <b>FRIDAY JULY 26 - SUNDAY AUGUST 11</b> </div>		
<p>10:30 AM: Resident Run Fitness Fun (Fitness Room) 2:00 PM: Movie (Movie Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 2:30 PM: National Chicken Wings Day Social (Dining Room) 7:00 PM: TED Talk (Media Rm)</p>	<p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 11:00 AM: Garry Point - Bagged Lunch - Bus Outing 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm) 7:30 PM: Christian Fellowship (Chapel)</p>	<p>9:30 AM: Sit and Fit (Fitness Rm) 10:30 AM: Piano Music with Don Mackenzie (Dining Room) 2:30 PM: Mystery Cards (Dining Rm) 7:00 PM: Movie (Media Rm)</p>			