



JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Original Name: Before it was called Canada Day, the July 1st holiday was known as Dominion Day. It wasn't officially renamed Canada Day until October 1982.						
What's in a Name: The name "Canada" comes from the Indigenous Huron-Iroquois word Kanata, which translates simply to "village" or "settlement".						
The Founders: Confederation was officially established on July 1, 1867, unifying four original provinces: Ontario, Quebec, Nova Scotia, and New Brunswick.						
			1	2	3	4
			10:00 AM: Resident Run Canada Day Toast & Parade (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	10:15 AM: Burnaby Mountain Park (Bus) 2:30 PM: Mystery Cards (Dining Rm)	10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Bocce (Courtyard) 2:30 PM: Bonus Concert (Media Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:30 PM: Virtual Scenic Drive - (Media Room) 10:30 AM Scrabble (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
5	6	7	8	9	10	11
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	10:30 AM: Kraft Korner (Sth Act Rm) 2:15 PM: Resident Council Meeting (Media Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:15 AM: Walmart (Bus) 10:30 AM: Scrabble (Media Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Music w/ Don MacKenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	9:30 AM: Medical/Banking (Minivan) 1:15 PM: Scenic Drive (Bus) 2:30 PM: Mystery Cards (Dining Rm)	10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: VPL Books (Media Room) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Bonus Movie (Media Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
12	13	14	15	16	17	18
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: News & Views (Media Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: Richmond Nature Park (Bus) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 10:30 AM: Pet Therapy (Fireside Lounge) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM Blood Pressure & Weight (Media Room) 7:00 PM: Movie (Media Rm) 7:45 PM: Cards - Uno w/ St. Pat's Volunteers (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 10:00 AM: Catered Lunch - Ambleside Park (Bus) 2:30 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Music w/ Lester Soo (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Virtual Scenic Drive - (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
19	20	21	22	23	24	25
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: Britannia Shipyards (Bus) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 2:00 PM: Fall Prevention Workshop (Fitness Room) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Music w/ Don MacKenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 11:00 AM: Lunch - Horseshoe Bay (Bus) 2:30 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Ice Cream Social (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
26	27	28	29	30		
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:00 AM: Puretone Hearing Clinic (Media Room) 10:30 AM: News & Views (Media Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 11:30 AM: Bagged Lunch - Garry Point (Bus) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking (Minivan) 10:30 AM: Kingsgate Mall (Bus) 2:30 PM: Painting Class (Sth Act Room) 2:30 PM: Mystery Cards (Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour, Birthday Celebration and music w/ Riley Inge (Dining Room)	