




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:00 MSE 1 10:30 Athletic Club 2:00 Canada Day Celebration 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 2 10:30 Smoothie Hour 10:30 Meditation 2:00 J.O.Y. Group (3) 2:00 Bingo 2:00 Cooking Group	10:30 Spa Day 3 2:00 Happy Hour 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	NO ACTIVITY	9:00 MSE 5 1:00 Sing-a-long with Jim (3) 2:00 Sing-a-long with Jim (5) 2:00 Tribute Hour
		9:00 MSE 6 10:30 Sunshine Social 2:00 Bowling (4,5) 5:30 Friendly Faces (3) 5:30 After Hour Activity (2)	9:00 MSE 7 10:30 Chair Yoga 10:30 Outside Café Group 2:00 Garden Club 2:00 Rythm and Music 3:00 Book Club 5:30 Friendly Faces (3)	9:00 MSE 8 9:00 Pet Therapy 10:30 Athletic Club 1:00 MSE 2:00 Photography Club 2:00 Cocktail Hour 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)		9:00 MSE 9 10:30 Brainteasers 10:30 Meditation 2:00 J.O.Y. Group (3) 2:00 Bingo 2:00 Cooking Group 5:30 Outing: Paint Night & Cocktails
9:00 MSE 13 10:30 Sunshine Social 11:00 Outing: Lavendar Gardens 2:00 Bowling (2,3) 5:30 Friendly Faces (3) 5:30 After Hour Activity (2)	8:00 Rec. Staff Meeting 14 10:30 Chair Yoga 2:00 Garden Club 2:00 Fancy Nails 5:30 Friendly Faces (3)	9:00 MSE 15 9:00 Pet Therapy 10:30 Athletic Club 1:00 MSE 1:30 Art Program 2:00 Photography Club 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	8:00 Outing: Breakfast at Manoir 16 9:00 MSE 10:30 Smoothie Hour 10:30 Meditation 2:00 J.O.Y. Group (3) 2:00 Bingo 2:00 Cooking Group	1:30 Ice Cream Extravaganza 17 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	9:00 MSE 18 1:00 Sing-a-long with Jim (2) 2:00 Sing-a-long with Jim (4) 2:00 Music & Movement 5:30 Evening Toast	9:00 MSE 19 2:00 Tribute Hour 
9:00 MSE 20 10:00 Outing: Nature Center 10:30 Sunshine Social 2:00 Bowling (4,5) 3:00 Book Club 5:30 Friendly Faces (3) 5:30 After Hour Activity (2)	9:00 MSE 21 10:30 Chair Yoga 10:30 Outside Café Group 2:00 Garden Club 2:00 Discovery Hour 5:30 Friendly Faces (3)	9:00 MSE 22 9:00 Pet Therapy 10:30 Athletic Club 1:00 MSE 2:00 Photography Club 2:00 Cocktail Hour 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 23 10:30 Smoothie Hour 10:30 Meditation 11:00 Outing: Butterfly Farm 2:00 J.O.Y. Group (3) 2:00 Bingo 2:00 Cooking Group	10:30 Spa Day 24 2:00 Happy Hour 5:30 Outing: Bayview Beer Festival 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	9:00 MSE 25 2:00 Music & Movement	10:30 Current Events 26 2:00 Active Games 5:30 Friendly Faces (3)
9:00 MSE 27 10:30 Sunshine Social 2:00 Bowling (2,3) 5:30 Friendly Faces (3) 5:30 After Hour Activity (2)	9:00 MSE 28 10:30 Chair Yoga 10:30 Outside Café Group 2:00 Game Show 5:30 Friendly Faces (3)	9:00 MSE 29 10:30 Athletic Club 1:30 Art Program 2:00 Photography Club 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 30 10:30 Brainteasers 10:30 Meditation 2:00 J.O.Y. Group (3) 2:00 Bingo 2:00 Cooking Group	10:30 Spa Day 31 2:00 Happy Hour 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)		

*The Friendly Faces is reserved for the residents of the 3rd floor only.

**Please be advised that due to unexpected circumstances, activities may, on occasion, be changed, post-poned or cancelled.

If you intend to participate, please verify with the Recreation Department. Thank you! *ITP - Individual Therapeutic Program (1 x 1). Thank you!