




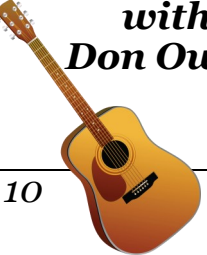






Exercise with Natalie is M, W, F
9:30AM

JULY 2022 HARMONY

Sun	Mon	Tue	Wed	Thu	Fri 	Sat
		<p>JULY IS NATIONAL.. ~ICE CREAM MONTH ~WATERMELON MONTH ~PARKS & RECREATION MONTH ~PICNIC MONTH</p>			<p>1 CANADA DAY </p> <p>11:00 Canada Day Craft 2:00 Canada Day Party & Entertainment with Corby Kemp in the Courtyard</p>	<p>2</p> <p>2:00 Movie Matinee</p>
<p>3</p> <p>2:00 Entertainment with Don Owen</p> 	<p>4</p> <p>9:30 Morning Fun & Fitness Class 1:00 Bean Bag Toss 3:00 Pet Visits with Molly</p>	<p>5</p> <p>9:30 Morning Walks 1:00 Afternoon Trivia 2:00 Entertainment with Kathy Wiles 3:15 Reminiscing/Reading on the Patio</p>	<p>6</p> <p>9:30 Morning Fun & Fitness Class 1:00 Helping Hands 2:00 Entertainment with Robert D'Cruz</p>	<p>7</p> <p>10:00 Coffee/Tea & Timbits 2:00 Entertainment with Deidrey 3:30 Chats on the Patio</p>	<p>8</p> <p>9:30 Morning Fun & Fitness Class 1:00 Bingo B I N G O 2:30 Trivia on the patio</p>	<p>9</p> <p>2:00 Entertainment with Darren Bailey</p>
<p>10</p> <p>2:00 Entertainment with Don Owen</p> 	<p>11</p> <p>9:30 Morning Fun & Fitness Class 10:00 Green Thumb Club 2:00 Popsicles on the patio 3:30 Choir Practice</p>	<p>12</p> <p>9:30 Morning Walks 10:30 Tea/Coffee on the Patio 1:00 Afternoon Trivia 2:00 Entertainment with Don Owen 3:15 Reminiscing/Reading</p>	<p>13</p> <p>9:30 Morning Fun & Fitness Class 10:00 Manicures 2:00 Caribbean Party in the Courtyard with Ken Lewis (Steel Drums)</p>	<p>14</p> <p>9:30 Coffee/Tea & Timbits 10:00 Green Thumb Club 1:00 Helping Hands 2:00 Entertainment with Jay V 3:15 Bean Bag Toss</p>	<p>15</p> <p>Camping Day 1:00 Washers game on the patio 4:30 Dinner on the Patio 6:30 Campfire, S'mores & entertainment with Darren Bailey in the courtyard</p>	<p>16</p> <p>10:00 Coffee & Trivia on the patio 1:00 Afternoon Stroll 2:00 Entertainment with Ed Smith 6:30 Movie Night</p>
<p>17</p> <p>2:00 Entertainment with Don Owen</p>	<p>18</p> <p>9:30 Morning Fun & Fitness Class 10:00 Green Thumb Club 2:00 Entertainment with Joe Piano 3:30 Choir Practice</p>	<p>19</p> <p>9:30 Morning Walks 10:30 Tea/Coffee on the Patio 1:00 Afternoon Trivia 1:30 Movie Matinee 3:15 Reminiscing/Reading on the Patio</p>	<p>20</p> <p>9:30 Morning Fun & Fitness Class 10:00 Manicures 1:00 Helping Hands 2:00 Entertainment with Eric Lambier</p>	<p>21</p> <p>9:30 Coffee/Tea & Timbits 10:00 Green Thumb Club 3:00 - Watermelon Social in the gardens 3:30 Name that Tune</p>	<p>22</p> <p>9:30 Morning Fun & Fitness Class 10:00 Making Pizzas 2:00 Entertainment with Kathy Wiles 3:15 Washers on the patio</p>	<p>23</p> <p>10:00 Family Feud 1:00 Afternoon Stroll 2:00 - Entertainment with Darlene</p>
<p>24</p> <p>2:00 Entertainment with Don Owen</p>	<p>25</p> <p>9:30 Morning Fun & Fitness Class 10:00 Green Thumb Club 2:00 Entertainment with Emilio 3:30 Choir Practice</p>	<p>26</p> <p>10:30 Morning Walks 10:30 Tea/Coffee on the Patio 2:00 - Entertainment & Birthday Celebration with Don Owen 3:30 Canadian Trivia on patio</p>	<p>27</p> <p>9:30 Morning Fun & Fitness Class 10:00 Manicures 1:00 Helping Hands 3:00 Ice Cream Floats in the Garden 6:30 Entertainment with Kathy Wiles</p>	<p>28</p> <p>9:30 Coffee/Tea & Timbits 10:00 Catholic Mass - Theater Room 12:00 Picnic lunch at the beach 1:30 Entertainment with Ian B. 3:30 Lemonade on the Patio</p>	<p>29</p> <p>9:30 Morning Fun & Fitness Class 2:00 Entertainment with Paddy Cauley 3:15 Washers on the patio</p>	<p>30</p> <p>2:00 Movie Matinee</p> 
<p>31</p> <p>2:00 Entertainment with Don Owen</p>	<p> JULY BIRTHDAYS: July 23rd Doreen Karwaski July 23rd– Florence O'Connell </p>					