







<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Program Legend L= Resident Lounge (1 st Floor) R= Room to Room O= Deck/Outside 2= 2 nd Floor Lounge 3= 3 rd Floor Lounge	Canada Day 1	2	3	4	5	6
	10:15 Canada Day Social "Poutine" 2 Wear Red and White 	9:30 Manicures and Relaxation Spa L 1:30 Strength and Conditioning Class 3 2:00 Trivia on the Deck O 6:30 Bingo 2	10:30 St. James Anglican Communion Service 2 1:00 Pet Visiting with Doug R 2:00 Cooking & Baking Zucchini & Pizza Bites 3	10:15 Strength and Conditioning Class 2 10/10:30 Food Committee/Resident Council Meeting L 2:00 Bocce Ball O 6:30 Beat the Heat 3	10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2 	10:00 Mini Kitchen 3 10:15 Morning News and Conversation 2 2:00 Name That Tune O
7	8	9	10	11	12	13
10:00 Spiritual Craft 3 2:00 Eagle World Wide Ministries "Gospel Sing" 2	10:15 Strength and Conditioning Class 2 2:00 Super Quiz 3 6:30 Drink a Coca-Cola Day 2	9:30 Manicures and Relaxation Spa L 1:30 Strength and Conditioning Class 3 2:00 Craft "Beaver" 2 6:30 Bingo 2	10:00 Mini Kitchen 2 2:00 Coffee and Trivia "Tim Horton's Maple Donuts" O 	10:15 Strength and Conditioning Class 2 10:30 Outing to Hutches on the Beach 6:30 EB Whites Birth Anniversary 3	10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2	9:45 Morning News and Conversation 3 10:30 Mini Kitchen 2 2:00 Ice Cream Social O
14	15	16	17	18	19	20
10:15 Hymn Sing 2 	10:15 Strength and Conditioning Class 2 11:00 Chime Choir L 2:00 Music Makers with Kristen 2 	9:30 Manicures and Relaxation Spa L 1:30 Strength and Conditioning Class 3 2:00 Jeopardy O 6:30 Bingo 2	10:00 Darts Ball Game 2 2:00 Cooking and Baking 3	10:15 Strength and Conditioning Class 2 2:00 Discussion Group "Feeling Spacey on the Moon" O	10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2 	10:00 Mini Kitchen 3 10:15 Morning News and Conversation 2 2:00 Ring Toss and Tunes O
21	22	23	24	25	26	27
10:00 Hymn Sing 3 	10:15 Strength and Conditioning Class 2 2:00 Scattergories O	9:30 Manicures L 12:00 Take Out Lunch 1:30 Strength and Conditioning Class 3 2:00 Movie & Snacks 2 7:00 Ancaster Youth Group 3	10:15 Mini Kitchen 2 2:00 Happy Hour "Summer Drinks and Chips" O 	10:15 Strength and Conditioning Class 2 10:30 Outing to Walmart	10:00 Strength and Conditioning Class 3 11:00 Out & About O 2:00 Bingo 2	9:45 Morning News and Conversation 3 10:30 Mini Kitchen 2 2:00 Ken Lighthouse Concert 2 
28	29	30	31	 July 2019 Blackadar Continuing Care Centre 		
10:15 Bible Study 2	10:15 Strength and Conditioning Class 2 11:00 Chime Choir L 2:00 Music Makers with Kristen 3 	9:30 Manicures and Relaxation Spa L 1:30 Strength and Conditioning Class 3 2:00 Back Country Boys Performance O 6:30 Bingo 2	10:00 Cooking & Baking 3 2:00 Smoothies & Trivia: Strawberry Banana and July Facts O			