July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:30 Ride the Bus on the Parade Route Canada Day	2 10:00 Standing Balance 1:30 Movie Presentation	3 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 1:30 Singalong	4 10:00 Tai-Chi 2:00 Popsicles on the DAL Patio Independence Day (US)	5 10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour	6 10:00 Flexibility 11:00 Summer Games Training 1:30 Art Time 3:00 Mexican Bingo
7 10:00 AM Social 11:00 Maracas Movement 2:00 Chocolate Day Party 4:00 Hand Strengthening	8 10:00 Seniors Strength – Bands 11:00 Harp in the DAL 1:30 Cribbage	9 10:00 Standing Balance 1:30 Movie Presentation	10 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 9:30 BBQ Lunch in Cadomin	11 10:00 Tai-Chi 11:00 Scripture & Song 2:00 Pete Cherniawski Concert	12 10:00 Seniors Strength Rotation 11:00 TeleRehab 1:30 BINGO 3:15 Happy Hour	13 10:00 Flexibility 11:00 Summer Games Training 1:30 Art Time 3:00 Mexican Bingo
14 10:00 AM Social 11:00 Maracas Movement 2:00 Frappe Coffee 4:00 Hand Strengthening	15 10:00 Seniors Strength - Bands 1:30 Cribbage 3:00 Terry Jorden Music	16 10:00 Standing Balance 1:30 Movie Presentation *Millie's Birthday*	17 10:00 Seniors Strength - Weights 11:00 Catholic Church Service Lunch Outing	18 10:00 Tai-Chi 11:00 United Church Service 2:00 Bee Tea Party	19 10:00 Seniors Strength Rotation 11:00 TeleRehab 1:30 BINGO 3:15 Happy Hour	20 10:00 Flexibility 11:00 Summer Games Training 1:30 Art Time 3:00 Mexican Bingo
21 10:00 AM Social 11:00 Maracas Movement 2:00 Strawberry Sunday 4:00 Hand Strengthening *Goog's Birthday*	22 10:00 Seniors Strength – Bands 11:00 Dance with Nicole 1:30 Cribbage	23 10:00 Standing Balance JPL Wagon Ride Time to be announced	24 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Outdoor Games	25 10:00 Tai-Chi 11:00 Pentecostal Church Service Boat Cruise in Edmonton	26 10:00 Seniors Strength Rotation 11:00 TeleRehab 1:30 BINGO 3:15 Happy Hour	27 10:00 Flexibility 11:00 Summer Games Training 1:30 Art Time 3:00 Mexican Bingo
28 10:00 AM Social 11:00 Maracas Movement 2:00 Cookie Decorating 3:30 Hand Strengthening	29 10:00 Seniors Strength – Bands 10:45 Music with Marie 11:00 Dance with Nicole 1:30 Cribbage	30 10:00 Standing Balance 1:30 Movie Presentation	31 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Banana Splits on the DAL Patio			

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