

# July 2024

· SUNDAY ·	· MONDAY ·	· TUESDAY ·	· WEDNESDAY ·	· THURSDAY ·	· FRIDAY ·	· SATURDAY ·	
<b>Subject To Change</b>	<b>Canada Day!!</b> <span style="float: right;"><b>1</b></span> 9-11 Pancake Breakfast 11 Parade 1 Visit from Gienger Farms (animals)	10 Hand Strength <span style="float: right;"><b>2</b></span> 11 Silver Sneakers 2 Caribou Patrol Presentation 3:45 Tele Rehab Check In	<b>9 Grande Prairie for Lunch and Shopping</b> <span style="float: right;"><b>3</b></span> 10 Senior Strength (Bands) 11 Hand Massage 2:30 Putting and Ice Cream Social	10 Flexibility <span style="float: right;"><b>4</b></span> 11 Pet Visit with Coco 1 Coffee and Shop (WPL Bucks) 2 Happy Hour with Cribbage 3:45 Tele Rehab Check In	10 Senior Strength (Joint Rotation) <span style="float: right;"><b>5</b></span> 11 Uptown Errands 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	<span style="float: right;"><b>6</b></span> 1:30 Silver Sneakers 2:30 Word Association Game	
	Happy Birthday Jack! <span style="float: right;"><b>7</b></span> 1:30 Silver Sneakers 2:30 Drumfit	10 Standing Balance <span style="float: right;"><b>8</b></span> 11 Let's Go For a Drive 1 Bingo with 50/50 3 Coffee in the Courtyard 3:45 Tele Rehab Check In	10 Hand Strength <span style="float: right;"><b>9</b></span> 11 Resident Meeting 2 Women of the Wilmore with Renee Fehr 3:45 Tele Rehab Check In	<span style="float: right;"><b>10</b></span> 2 Movie Matinee 7PM Campfire with Family, Friends, music and Smores	10 Flexibility <span style="float: right;"><b>11</b></span> 11 What's in The Box? 1 Silver Sneakers 2:30 Happy Hour with Whist 3:45 Tele Rehab Check In	<span style="float: right;"><b>12</b></span> 10 Senior Strength (Joint Rotation) 11 Crochet Club 2 Music by Jay Santos 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	<span style="float: right;"><b>13</b></span> 1:30 Corn Hole 2:30 Words in a Word
<span style="float: right;"><b>14</b></span> 1:30 Silver Sneakers 2:30 Chair Yoga	10 Standing Balance <span style="float: right;"><b>15</b></span> 11 Ladder Ball 1 Bingo with 50/50 3 Coffee in the Courtyard 3:45 Tele Rehab Check In	10 Hand Strength <span style="float: right;"><b>16</b></span> 11 Silver Sneakers 1 Uptown Errands 2:30 Hand Massage 3:45 Tele Rehab Check In	10 Senior Strength (Bands) <span style="float: right;"><b>17</b></span> 11 Connect 4 1 Silver Sneakers 2:30 Putting and Ice Cream Social 3:45 Tele Rehab Check In	10 Flexibility <span style="float: right;"><b>18</b></span> 11 Trip to the Library 1 Silver Sneakers 2 Happy Hour with Yahtzee 3:45 Tele Rehab Check In	<span style="float: right;"><b>19</b></span> 10 Senior Strength (Joint Rotation) 1:15 Mindful Movement with Kelly 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	<span style="float: right;"><b>20</b></span> 1:30 Ax Throwing 2:30 White Board Word Quiz	
<span style="float: right;"><b>21</b></span> 1 Silver Sneakers 2 Pet visit with Blue	10 Standing Balance <span style="float: right;"><b>22</b></span> 11 Corn Hole 1 Bingo with 50/50 3 Coffee in the Courtyard 3:45 Tele Rehab Check In	10 Hand Strength <span style="float: right;"><b>23</b></span> 11 Silver Sneakers 1 Uptown Errands 2:30 Hand Massage 3:45 Tele Rehab Check In	<b>8 Edmonton Trip</b> <span style="float: right;"><b>24</b></span> <b>***Sign up by July 5</b> 10 Senior Strength (Weights) 11 Billiards 1 Silver Sneakers 2:30 Putting and Ice Cream Social	<b>Edmonton Trip</b> <span style="float: right;"><b>25</b></span> 10 Flexibility 11 Marble Suncatchers 1 Silver Sneakers 2 Happy Hour with Giant Jenga	<span style="float: right;"><b>26</b></span> 10 Senior Strength (Joint Rotation) 11 Crochet Club 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	<span style="float: right;"><b>27</b></span> 1:30 Ladder Ball 2:30 Board Game- Residents choice	
<span style="float: right;"><b>28</b></span> 1:30 Silver Sneakers 2:30 Connect 4	10 Standing Balance <span style="float: right;"><b>29</b></span> 11 Ax Throwing 1 Bingo with 50/50 3 Coffee in the Courtyard 3:45 Tele Rehab Check In	10 Hand Strength <span style="float: right;"><b>30</b></span> 11 Golf Course Tour and Lunch 1:30 Name That Tune/ Sing Along 2:30 Hand Massage 3:45 Tele Rehab Check In	10 Senior Strength (Bands) <span style="float: right;"><b>31</b></span> 11 Scrapbooking 1 Silver Sneakers 2:30 Putting and Ice Cream Social 3:45 Tele Rehab Check In	There is a sign up sheet on the ACTIVITY office window for NAIL CARE. This is for Hands and/or feet.			

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