

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>HAPPY CANADA DAY!</b> 1</p> <p><b>Morning:</b> Current Events Morning Stretches</p> <p><b>Afternoon:</b> BBQ on the patio Canada Day celebration with Mark Kersey</p> <p style="text-align: right;">Canada Day</p>	<p>2</p> <p><b>Morning:</b> Table Topics Penny &amp; Ollie</p> <p><b>Afternoon:</b> Cranium Crunches Shuffleboard Music Hour- Rebecca</p>	<p>3</p> <p><b>Morning:</b> Chromotherapy Cranium Crunches</p> <p><b>Afternoon:</b> Fitness with Dennis Gardener's Club: Bird Feeders Balloon Tennis -Caroline</p>	<p>4</p> <p><b>Morning:</b> Current Events Let's Get Fit</p> <p><b>Afternoon:</b> Poetry Reading Artist's Corner Sing Along</p>	<p>5</p> <p><b>Morning:</b> Chromotherapy Volleyball</p> <p><b>Afternoon:</b> Fitness with Dennis Jewelry Making Let's Dance!</p>	<p>6</p> <p><b>Morning:</b> Morning Greetings Music with Elsa Morning Stretches</p> <p><b>Afternoon:</b> Mind Aerobics Ladder Ball Comedy Hour</p>	<p>7</p> <p><b>Morning:</b> Current Events Penny &amp; Ollie – Pet therapy</p> <p><b>Afternoon:</b> Artist's Corner Golf Ol' Blue Eyes Social</p>
<p>8</p> <p><b>Morning:</b> Breakfast Club Morning Fitness</p> <p><b>Afternoon:</b> Ladder Ball Bingo Let's Dance!</p>	<p>9</p> <p><b>Morning:</b> Table Games Fitness</p> <p><b>Afternoon:</b> Mind Aerobics Bowling Music Hour- Rebecca</p>	<p>10</p> <p><b>Morning:</b> Sing Along Mind Aerobics</p> <p><b>Afternoon:</b> Fitness with Dennis Weaving Balloon Tennis -Caroline</p>	<p>11</p> <p><b>Morning:</b> Walking Club Morning Stretches</p> <p><b>Afternoon:</b> Chromotherapy Comedy Hour Patio Time</p>	<p>12</p> <p><b>Morning:</b> Card Making Cranium Crunches: Nobel Prize Winners</p> <p><b>Afternoon:</b> Fitness with Dennis Artist's Corner Happy Hour</p>	<p>13</p> <p><b>Morning:</b> Morning Greetings Music with Elsa Stretch &amp; Flex</p> <p><b>Afternoon:</b> Floral Designs Bowling Dance Hour</p>	<p>14</p> <p><b>Morning:</b> Good Mornings Penny &amp; Ollie - Pet therapy</p> <p><b>Afternoon:</b> Mind Aerobics Weaving Shuffleboard</p>
<p>15</p> <p><b>Morning:</b> Chromotherapy Morning Fitness</p> <p><b>Afternoon:</b> Mind Aerobics Putting Green Patio Time</p>	<p>16</p> <p><b>Morning:</b> Table Games Stretch &amp; Flex</p> <p><b>Afternoon:</b> Cranium Crunches Gardener's Club: Garden Gems Music Hour- Rebecca</p>	<p>17</p> <p><b>Morning:</b> Knitting Club Mind Aerobics</p> <p><b>Afternoon:</b> Fitness with Dennis Shuffleboard Balloon Tennis -Caroline</p>	<p>18</p> <p><b>Morning:</b> Sing Along Morning Fitness</p> <p><b>Afternoon:</b> Walking Club Outdoor Bowling Dance Hour</p>	<p>19</p> <p><b>Morning:</b> Table Games Penny &amp; Ollie</p> <p><b>Afternoon:</b> Fitness with Dennis Artist's Corner Comedy Hour</p>	<p>20</p> <p><b>Morning:</b> Morning Greetings Music with Elsa Morning Stretches</p> <p><b>Afternoon:</b> Craft Corner Ladder Ball Happy Hour on the Patio</p>	<p>21</p> <p><b>Morning:</b> Chromotherapy Penny &amp; Ollie - Pet therapy</p> <p><b>Afternoon:</b> Cranium Crunches Bingo Comedy Hour</p>
<p>22</p> <p><b>Morning:</b> Breakfast Club Morning Fitness</p> <p><b>Afternoon:</b> Artist's Corner Bowling Happy Hour</p>	<p>23</p> <p><b>Morning:</b> Collage work Morning Stretches</p> <p><b>Afternoon:</b> Walking Club Cranium Crunches Comedy Hour</p>	<p>24</p> <p><b>Morning:</b> Beautiful Nails Mindfulness Meditation</p> <p><b>Afternoon:</b> Fitness with Dennis Shuffleboard Balloon Tennis -Caroline</p> <p style="text-align: right;"><i>International Self-Care Day</i></p>	<p>25</p> <p><b>Morning:</b> Chromotherapy Morning Stretches</p> <p><b>Afternoon:</b> <b>Excursion</b> Happy Hour</p>	<p>26</p> <p><b>Morning:</b> Sing Along Mind Aerobics</p> <p><b>Afternoon:</b> Fitness with Dennis Jewelry Making Happy Hour</p>	<p>27</p> <p><b>Morning:</b> Morning Greetings Music with Elsa Stretch &amp; Flex</p> <p><b>Afternoon:</b> Movie Mystery Club Bowling Dance Movement</p>	<p>28</p> <p><b>Morning:</b> Good Mornings Penny &amp; Ollie - Pet therapy</p> <p><b>Afternoon:</b> Mind Aerobics Gardener's Club: Botanical Art Happy Hour</p>
<p>29</p> <p><b>Morning:</b> Table Games Morning Fitness</p> <p><b>Afternoon:</b> Animal Documentary: Tigers Putting Green Jungle Bingo</p> <p style="text-align: right;"><i>International Tiger Day</i></p>	<p>30</p> <p><b>Morning:</b> Table Games Cranium Crunches</p> <p><b>Afternoon:</b> Friendship Bracelets Bean Bag Toss Happy Hour on the Patio</p> <p style="text-align: right;"><i>International Day of Friendship</i></p>	<p>31</p> <p><b>Morning:</b> Chromotherapy Patio Time</p> <p><b>Afternoon:</b> Fitness with Dennis Creative Clay Balloon Tennis -Caroline</p>	<div style="display: flex; align-items: center; justify-content: space-between;"> <div data-bbox="1161 1240 1516 1360">  </div> <div data-bbox="1634 1295 2118 1442" style="text-align: center;"> <h1>July 2018</h1> <p>Joyful Living. Every. Day.</p> </div> </div> <p style="text-align: center; font-weight: bold; margin-top: 10px;">Please Note: All outside activities are weather pending. "Zen Time" occurs daily.</p>			