

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Welcome to July! Canada Day Word Scramble Stretch & Flex Maple Leaf Toss Canadian Idol: Alex Trebek Fitness Rhythms of Summer <b>HAPPY CANADA DAY!</b> 1
Sunday News 2 Riddle Me This! Spin the Wheel Fitness Patio Games- Snakes & Ladders Balcony Stretches Happy Hour	Monday News 3 Scattategories Balloon Volleyball Bean Bag Toss Welcome to July Fitness Comedy Hour	In The News 4 Things That Go Together Rhythm and Move Art Club: Red, White & Blue Independence of USA Tuesday Fitness July 4 <sup>th</sup> Bingo: Parks of America	Greetings 5 Shout It Out Love to Move Hockey in July <b>Road Trip Wednesday: Mount Rushmore</b> Stretch & Flex Musical Balls	Morning News 6 Word Games Walking Club Music with Sonja Sit & Stretch <i>Half</i> New Year's Day! Shuffleboard	Headline News 7 Cranium Crunches Yoga with Sally UNO! It's All About: Chocolate Fun & Fitness Happy Hour	News & Views 8 Scrabble Exercise Club Patio Table Games Gentle Stretches Karaoke
Table Topic 9 The Alphabet Quiz Fitness Class Ping Pong Toss Ageless Spirit Fun & Fit	Morning News 10 Hot Seat Game Stretch & Flex Bean Bag Toss Travelogue: Mexico Exercises <b>On The Patio</b>	Morning Greetings 11 5 Second Rule Tuesday Fitness Mini Golf Sculpting Exercise Club Sing Along	Highlights 12 Cranium Crunches Fitness Class Balloon Volleyball <b>Road Trip Wednesday: Coney Island</b> Sit & Stretch Happy Hour	Breakfast Club 13 Word Ladder Fun & Fit Music with Sonja History of: McDonald's Love to Move Ring Toss	Morning News 14 Wise Words Yoga with Sally Gardening Club: Herbs: Peppermint Fun & Fitness Concert	Breakfast Club 15 The Red quiz Stretch & Flex You Be the Judge Balcony Fitness Class Patio Social
In The News 16 Spiritual Wisdom Stretch & Flex On The Patio Mini Golf Let's Move Spin The Wheel	Monday Mornings 17 Scattategories Sit & Stretch Bean Bag Toss In the Kitchen: Blueberries Fitness Sing Along	Greetings 18 Word Games Rise & Shine Stretch Bowling Travelogue: Nepal Exercise Club Have A Laugh or Two	Morning Greetings 19 Shout it Out! Fitness with Promodha Ladder Toss Gentle Stretches Table Games: Dominoes	Table Topics 20 Cranium Crunches Fun & Fitness Music with Sonja Exploring Space: Black Holes Fitness on the Balcony Happy Hour	Greetings 21 Trivia Time Yoga with Sally Balloon Tennis You be the Judge Afternoon Fitness	In the News 22 Pictionary Exercise Club Mini Golf <b>Birthday Celebration</b> Concert: Dean Martin
Good Morning! 23 Word Scramble Saturday Fitness Hidden Objects Game Patio Time Stretch & Flex Shuffleboard	Monday News 24 Shout it out! Sit & Stretch Beach Party!! Card Games Comedy Hour	Greetings 25 Cranium Crunches Love To Move Ball Toss <b>Birthday Celebration</b> Patio Time	Highlights 26 5 Second Rule Fun & Fitness You Be the Judge <b>Road Trip Wednesday: Wrigley Field</b> Exercise Club	News & Views 27 Riddles! Walking Club Music with Sonja Artist of the Week Card Games	Table Topics 28 Wise Words Yoga with Sally Artist's Corner Food for Thought: Smoothies Barbershop Concert Patio Time	Morning Greetings 29 Hot Seat Game Love to Move At the Spa Reading Circle On The Patio
Sunday News 30 Word Games Rise and Shine Stretch Ping Pong Toss Sit & Stretch Happy Hour	Greetings 31 Trivia Monday Fitness Bingo Fun & Fit Classical Concert			<a href="http://www.cedarhursthomes.ca">www.cedarhursthomes.ca</a>	*Timing and length of activities are driven by residents' interest and engagement. *Individual visits also occur based on resident preferences. *Walking Club – If weather does not permit, indoor fitness will take place	