

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SATURDAY



**Location Legend**  
 (B), (G), (R) – Blue Pod, Green Pod, Red Pod  
 (1-1) - One-on-one programs  
 (F.G) – Family Garden (C.A) - Café Area  
 (H-H) - Heritage Hall (A.R) – Alberta Room  
 (R.R) - Recreation Room (C) - Chapel



**Family/Resident BBQ**  
 1st Floor- Tuesday July 17<sup>th</sup> at 5:00pm  
 Family Garden  
 See Posters for more details!

1  
 10:30 Hymn Sing (A.R)  
**1:30 Seniors Week Ice Cream Social and Gardening (F.G)**  
 3:15 Friendly Visits (1-1)  
 6:15 Happy Hour (C.A)




2  
 9:45 Brain Teasers (G)  
 1:30 Afternoon Baking (R.R)  
 3:15 Friendly Visits (1-1)

3  
 2:00 Ukr./ Eng Cath Liturgy (C)



4  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)




5  
 9:45 Colour & Paint (R.R)  
 11:00 Coffee Brewing (R.R)  
 1:30 Balloon Volleyball (G)  
 2:45 Anglican Service (A.R)  
 3:15 Java Music Club (R.R)  
 6:15 Table Games (C.A)

6  
 9:45 Ipad Games (R.R)  
 11:00 Coffee Brewing (R.R)  
**1:00 Muttart Conservatory**  
 3:15 Friendly Visits (1-1)  
 6:15 Yahtzee (C.A)




7  
 9:45 Crossword Puzzles (R.R)  
**1:30 Birthday Party with "Runaway Train" (H.H)**  
**3:30 Program Planning/Resident Committee Meeting (R.R)**  
 6:15 Free Hour (A.R)



8  
 10:30 Hymn Sing (A.R)  
 1:30 Bingo (G)  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Happy Hour (C.A)



9  
 12:00 Loving Spoonful (1-1)  
 1:30 Movie Matinee (A.R)  
 4:00 Sensory Room (1-1)  
 5:45 Yahtzee (C.A)



**Senior's Week**

10  
 2:00 Ukr./ Eng Cath Liturgy (C)




11  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

12  
 9:45 Summer Craft (R.R)  
 11:00 Coffee Brewing (1-1)  
 1:30 Pet Therapy (1-1)  
**2:00pm Anna's 100<sup>th</sup> Birthday Party (G)**  
 2:45 Roman Catholic Mass (C)  
 6:15 Table Games (C.A)



13  
 9:45 Brain Teasers (R.R)  
**11:30 Walk to Capital Pizza and Shopping at Giant Tiger**  
 3:15 Friendly Visits (1-1)  
 6:15 Card Bingo (R.R)




14  
 9:45 Colour & Paint (R.R)  
 11:00 Coffee Brewing (R.R)  
**1:30 Live Entertainment with Wes and Wendy (A.R)**  
 3:15 Cat Visits (1-1)  
 6:15 Free Hour (A.R)

15  
 10:30 Hymn Sing (A.R)  
**1:30 Father's Day Ice Cream Social (F.G)**  
 3:15 Friendly Visits (1-1)  
 6:15 Happy Hour (C.A)




16  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Music with Georgina (A.R)  
 3:15 Friendly Visits (1-1)



17 **Father's Day**  
 2:00 Ukr./ Eng Cath Liturgy (C)



18  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 3:15 Friendly Visits (1-1)




19  
 9:15 Friendly Visits (1-1)  
 10:30 Ukr. Orthodox Liturgy (C)  
 1:30 Balloon Volleyball (G)  
 2:45 Ecumenical Service (A.R)  
 3:15 Java Music Club (R.R)  
 6:15 Sensory Room (1-1)




20  
 9:45 Colour & Paint (R.R)  
 11:00 Coffee Brewing (R.R)  
**1:00 Walk to Londonderry Mall**  
 3:15 Friendly Visits (1-1)  
 6:15 Yahtzee (C.A)




21  
 9:45 Crossword Puzzles (R.R)  
 11:00 Coffee Brewing (R.R)  
**1:30 Ice Cream Social (F.G)**  
 6:15 Free Hour (A.R)



22  
 10:30 Hymn Sing (A.R)  
 1:30 Bingo (G)  
 3:15 Bike Rides (1-1)  
 6:15 Happy Hour (C.A)



23  
 9:45 Brain Teasers (G)  
 1:30 Afternoon Baking (R.R)  
 3:15 Friendly Visits (1-1)



24  
 2:00 Ukr./ Eng Cath Liturgy (C)



25  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

26  
 9:45 Canada Day Craft (R.R)  
 11:00 Coffee Brewing (R.R)  
 1:30 Pet Therapy (1-1)  
 1:30 Balloon Volleyball (G)  
 2:45 Roman Catholic Mass (C)  
 3:15 Music Bingo (R.R)  
 6:15 Table Games (C.A)



27  
 9:45 Brain Teasers (R.R)  
 11:00 Coffee Brewing (R.R)  
**1:00 Edmonton Valley Zoo**  
 3:15 Friendly Visits (1-1)  
 6:15 Card Bingo (R.R)




28  
 9:45 Colour & Paint (R.R)  
 11:00 Coffee Brewing (R.R)  
 1:30 Music with Georgina (A.R)  
 3:15 Fresh Air Stroll (1-1)  
 6:15 Free Hour (A.R)



29  
 10:30 Hymn Sing (A.R)  
**1:30 Canada Day Party with Musical Guest Patrick White (H.H)**  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Happy Hour (C.A)



30  
 12:00 Loving Spoonful (1-1)  
 1:30 Movie Matinee (A.R)  
 4:00 Sensory Room (1-1)  
 5:45 Yahtzee (C.A)



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Location Legend**  
 (B), (G), (R) – Blue Pod, Green Pod, Red Pod  
 (1-1) - One-on-one programs  
 (F.G) – Family Garden (C.A) - Café Area  
 (H-H) - Heritage Hall (A.R) – Alberta Room  
 (R.R) - Recreation Room (C) – Chapel



**Family/Resident BBQ**  
 2<sup>nd</sup> Floor- Wednesday July 18<sup>th</sup> at 5:00pm  
 Family Garden  
 See Posters for more details!



1  
 10:30 Hymn Sing (A.R)  
**1:30 Seniors Week Ice Cream Social and Gardening (F.G)**  
 3:15 Friendly Visits (1-1)  
 6:15 Happy Hour (C.A)



2  
 9:45 Brain Teasers (G)  
 1:30 Afternoon Baking (R.R)  
 3:15 Friendly Visits (1-1)

3  
 2:00 Ukr./ Eng Cath Liturgy (C)

4  
 9:45 Fun and Fit (G)  
 10:00 Activity Cart (1-1)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 1:30 Sport Session (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

5  
 9:15 Loving Spoonful (1-1)  
 10:00 Activity Cart (1-1)  
 12:00 Loving Spoonful (1-1)  
 1:30 Pet Therapy (1-1)  
 1:30 Balloon Volleyball (A.R)  
 2:45 Anglican Service (A.R)  
 3:15 Coffee Brewing (C.A)  
 6:15 Table Games (C.A)

6  
 9:15 Loving Spoonful (1-1)  
 10:00 Colour & Paint (A.R)  
 12:00 Loving Spoonful (1-1)  
**1:00 Muttart Conservatory**  
 3:15 Friendly Visits (1-1)  
 6:15 Yahtzee (C.A)

7  
 9:15 Loving Spoonful (1-1)  
 10:00 Cat Visit (1-1)  
 12:00 Loving Spoonful (1-1)  
**1:30 Birthday Party with "Runaway Train" (H.H)**  
**3:30 Program Planning/Resident Committee Meeting (R.R)**  
 6:15 Free Hour (A.R)

8  
 9:15 Loving Spoonful (1-1)  
 10:30 Hymn Sing (A.R)  
 12:00 Loving Spoonful (1-1)  
 1:30 Bingo (G)  
 1:30 Music with Georgina (G)  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Happy Hour (C.A)

9  
 12:00 Loving Spoonful (1-1)  
 1:30 Movie Matinee (A.R)  
 4:00 Sensory Room (1-1)  
 5:45 Yahtzee (C.A)

Senior's Week

10  
 2:00 Ukr./ Eng Cath Liturgy (C)

11  
 9:45 Fun and Fit (G)  
 10:00 Activity Cart (1-1)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 1:30 Sport Session (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

12  
 9:15 Loving Spoonful (1-1)  
 10:00 Log Houses (1-1)  
 12:00 Loving Spoonful (1-1)  
**2:00pm Anna's 100<sup>th</sup> Birthday Party (G)**  
 2:45 Roman Catholic Mass (C)  
 3:15 Friendly Visits (1-1)  
 6:15 Table Games (C.A)

13  
 9:15 Loving Spoonful (1-1)  
 10:00 Picture Puzzles (1-1)  
**11:30 Walk to Capital Pizza and Shopping at Giant Tiger**  
 3:15 Doll Therapy (1-1)  
 6:15 Card Bingo (R.R)

14  
 9:15 Loving Spoonful (1-1)  
 10:00 Sensory Room (1-1)  
 12:00 Loving Spoonful (1-1)  
**1:30 Live Entertainment with Wes and Wendy (A.R)**  
 3:15 Activity Cart (1-1)  
 6:15 Free Hour (A.R)

15  
 9:15 Loving Spoonful (1-1)  
 10:30 Hymn Sing (A.R)  
 12:00 Loving Spoonful (1-1)  
**1:30 Father's Day Ice Cream Social (F.G)**  
 3:15 Friendly Visits (1-1)  
 6:15 Happy Hour (C.A)

16  
 9:45 Fun and Fit (G)  
 11:00 Trivia (G)  
 1:30 Music with Georgina (A.R)  
 3:15 Friendly Visits (1-1)

17 **Father's Day**  
 2:00 Ukr./ Eng Cath Liturgy (C)

18  
 9:45 Fun and Fit (G)  
 10:00 Activity Cart (1-1)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 1:30 Sport Session (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

19  
 9:15 Loving Spoonful (1-1)  
 10:00 Activity Cart (1-1)  
 10:30 Ukr. Orthodox Liturgy (C)  
 12:00 Loving Spoonful (1-1)  
 1:30 Pet Therapy (1-1)  
 1:30 Bowling (A.R)  
 2:45 Ecumenical Service (A.R)  
 3:15 Coffee Brewing (C.A)  
 6:15 Sensory Room (1-1)

20  
 9:15 Loving Spoonful (1-1)  
 10:00 Picture Puzzles (1-1)  
 12:00 Loving Spoonful (1-1)  
**1:00 Walk to Londonderry Mall**  
 3:15 Friendly Visits (1-1)  
 6:15 Yahtzee (C.A)

21  
 9:15 Loving Spoonful (1-1)  
 10:00 Sensory Room (1-1)  
 12:00 Loving Spoonful (1-1)  
**1:30 Ice Cream Social (F.G)**  
 6:15 Free Hour (A.R)

22  
 9:15 Loving Spoonful (1-1)  
 10:30 Hymn Sing (A.R)  
 12:00 Loving Spoonful (1-1)  
 1:30 Bingo (G)  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Happy Hour (C.A)

23  
 9:45 Brain Teasers (G)  
 1:30 Afternoon Baking (R.R)  
 3:15 Friendly Visits (1-1)

24  
 2:00 Ukr./ Eng Cath Liturgy (C)

25  
 9:45 Fun and Fit (G)  
 10:00 Activity Cart (1-1)  
 11:00 Trivia (G)  
 1:30 Bingo (G)  
 1:30 Sport Session (G)  
 3:15 Friendly Visits (1-1)  
 6:15 Sensory Room (1-1)

26  
 9:15 Loving Spoonful (1-1)  
 10:00 Colour & Paint (A.R)  
 12:00 Loving Spoonful (1-1)  
 1:30 Balloon Volleyball (A.R)  
 2:45 Roman Catholic Mass (C)  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Table Games (C.A)

27  
 9:15 Loving Spoonful (1-1)  
 10:00 Cat Visits (1-1)  
 12:00 Loving Spoonful (1-1)  
**1:00 Edmonton Valley Zoo**  
 6:15 Card Bingo (R.R)

28  
 9:15 Loving Spoonful (1-1)  
 10:00 Sensory Room (1-1)  
 12:00 Loving Spoonful (1-1)  
 1:30 Music with Georgina  
 3:15 Picture Puzzles (1-1)  
 6:15 Free Hour (A.R)

29  
 9:15 Loving Spoonful (1-1)  
 10:30 Hymn Sing (A.R)  
 12:00 Loving Spoonful (1-1)  
**1:30 Canada Day Party with Musical Guest Patrick White (H.H)**  
 3:15 Fresh Air Strolls (1-1)  
 6:15 Happy Hour (C.A)

30  
 12:00 Loving Spoonful (1-1)  
 1:30 Movie Matinee (A.R)  
 4:00 Sensory Room (1-1)  
 5:45 Yahtzee (C.A)

--	--	--	--	--	--	--

**Recreation Programs are subject to last minute changes. Please contact Miranda, Recreation Manager at (780) 473-5621 ext. 3409**