

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2023

10:00 Nature Program  
 11:00 1:1 & Sensory  
 2:15 Live Music The K-Tones

**CANADA DAY**  
 Canada Day

<p>2</p> <p>10:00 Short Film          11:00 Hangouts &amp; Walk-about          1:30 Lift Your Spirits          3:00 Walks and Talks</p>	<p>3</p> <p>10:30 Sensory &amp; 1:1 Visits          11:00 Big Screen Arts &amp; Culture          2:30 Creating Music with Linda          3:30 Walks and Talks</p>	<p>4</p> <p>10:30 Fitness with Rosemary          1:30 Heidi Away          1:30 Cranium Crunches          3:00 Walks &amp; Talks</p> <p>Independence Day (US)</p>	<p>5</p> <p>10:00 Music with Donna          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Read, Walk, Reminisce</p>	<p>6</p> <p>10:30 Fitness with Rosemary          11:00 1:1 Get to Know You          1:30 Music &amp; Memories          3:00 Big Screen Movie</p>	<p>7</p> <p>10:00 Science &amp; Nature          11:00 1:1 Get to Know You          1:30 Music with Linda          2:45 1:1 &amp; Sensory</p>	<p>8</p> <p>10:00 Big Screen Concert          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Walks and Talks</p>	
<p>9</p> <p>10:00 Short Film          11:00 Hangouts &amp; Walk-about          1:30 Lift Your Spirits          3:00 Walks and Talks</p>	<p>10</p> <p>10:30 Sensory &amp; 1:1 Visits          11:00 Big Screen Arts &amp; Culture          12:30 Summer BBQ          2:30 Linda Away          3:30 Walks and Talks</p>	<p>11</p> <p>10:30 Fitness with Rosemary          1:30 Art with Heidi (IVL)/          1:30 Cranium Crunches          2:30 Music with Avril &amp; Ron          3:00 Walks &amp; Talks</p>	<p>12</p> <p>10:00 Music with Donna          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Read, Walk, Reminisce</p>	<p>13</p> <p>10:30 Fitness with Rosemary          11:00 1:1 Get to Know You          1:30 Music &amp; Memories          3:00 Big Screen Movie</p>	<p>14</p> <p>10:00 Science &amp; Nature          11:00 1:1 Get to Know You          1:30 Music with Linda          2:45 1:1 &amp; Sensory</p>	<p>15</p> <p>10:00 Big Screen Concert          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Walks and Talks</p>	
<p>16</p> <p>10:00 Short Film          11:00 Hangouts &amp; Walk-about          1:30 Lift Your Spirits          3:00 Walks and Talks</p>	<p>17</p> <p>10:30 Sensory &amp; 1:1 Visits          11:00 Big Screen Arts &amp; Culture          2:30 Creating Music with Linda          3:30 Walks and Talks</p>	<p>18</p> <p>10:30 Fitness with Rosemary          1:30 Art with Heidi (IVL)/          1:30 Cranium Crunches          3:00 Walks &amp; Talks</p>	<p>19</p> <p>10:00 Music with Donna          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          2:00 Ice Cream Time          3:00 Read, Walk, Reminisce</p>	<p>20</p> <p>10:30 Fitness with Rosemary          11:00 1:1 Get to Know You          1:30 Music &amp; Memories          3:00 Big Screen Movie</p>	<p>21</p> <p>10:00 Science &amp; Nature          11:00 1:1 Get to Know You          1:30 Music with Linda          2:45 1:1 &amp; Sensory</p>	<p>22</p> <p>10:00 Big Screen Concert          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Walks and Talks</p>	
<p>23</p> <p>10:00 Short Film          11:00 Hangouts &amp; Walk-about          1:30 Lift Your Spirits          3:00 Walks and Talks</p>	<p>24</p> <p>10:30 Sensory &amp; 1:1 Visits          11:00 Big Screen Arts &amp; Culture          2:30 Creating Music with Linda          3:30 Walks and Talks</p>	<p>25</p> <p>10:30 Fitness with Rosemary          1:30 Art with Heidi (IVL)/          1:30 Cranium Crunches          2:30 Music with Avril &amp; Ron          3:00 Walks &amp; Talks</p>	<p>26</p> <p>10:00 Music with Donna          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Read, Walk, Reminisce</p>	<p>27</p> <p>10:30 Fitness with Rosemary          11:00 1:1 Get to Know You          1:30 Music &amp; Memories          3:00 Big Screen Movie</p>	<p>28</p> <p>10:00 Science &amp; Nature          1:30 Music with Linda          2:30 Residents Council Meeting          2:45 Monthly Birthday Cake</p>	<p>29</p> <p>10:00 Big Screen Concert          11:00 1:1 &amp; Sensory          1:30 Boredom Busters          3:00 Walks and Talks</p>	
<p>30</p> <p>10:00 Short Film          11:00 Hangouts &amp; Walk-about          1:30 Lift Your Spirits          3:00 Walks and Talks</p>	<p>31</p> <p>10:30 Sensory &amp; 1:1 Visits          11:00 Big Screen Arts &amp; Culture          2:30 Creating Music with Linda          3:30 Walks and Talks</p>						