



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Coffee with Friends 1:30 Music with Kai  Happy Canada Day!	2 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Folk 'n Rock Tunes with Avril & Ron	3 10:00 Coffee with Friends 2:00 BINGO!	4 10:00 Coffee with Friends 1:30 Activity with Heidi  Independence Day (US)	5 10:00 Coffee with Friends 11:00 Fitness with Viv	6 10:00 Coffee with Friends 2:00 BINGO!
7 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	8 10:00 Coffee with Friends 1:30 Music with Kai	9 10:00 Coffee with Friends 11:00 Fitness with Viv	10 10:00 Coffee with Friends 2:00 BINGO!	11 10:00 Coffee with Friends 11:00 Key Tones Perform 1:30 Activity with Heidi	12 10:00 Coffee with Friends 11:00 Fitness with Viv	13 10:00 Coffee with Friends 2:00 BINGO!
14 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	15 10:00 Coffee with Friends 1:30 Music with Kai	16 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Folk 'n Rock Tunes with Avril & Ron	17 10:00 Coffee with Friends 2:00 BINGO! 2:30 Ice Cream Time	18 10:00 Coffee with Friends 1:30 Activity with Heidi	19 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Arm Chair Travel with Susannah" Canada"	20 10:00 Coffee with Friends 2:00 BINGO!
21 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	22 10:00 Coffee with Friends 1:30 Music with Kai	23 10:00 Coffee with Friends 11:00 Fitness with Viv	24 10:00 Coffee with Friends 2:00 BINGO!	25 10:00 Coffee with Friends 1:00 Monthly Birthday Cake 1:30 Activity with Heidi	26 10:00 Coffee with Friends 11:00 Fitness with Viv	27 10:00 Coffee with Friends 2:00 BINGO!
28 10:00 Coffee with Friends 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	29 10:00 Coffee with Friends 11:00 Residents Council Meeting 1:30 Music with Kai	30 10:00 Coffee with Friends 11:00 Fitness with Viv 1:30 Folk 'n Rock Tunes with Avril & Ron	31 10:00 Coffee with Friends 2:00 BINGO! 2:30 Ice Cream Time	 <p style="text-align: center;"><b>July 2024</b> Tea &amp; Coffee will be set up in the Front Lobby at 2:30 Everyday</p>		

# BRAEHAVEN RECREATION CALENDAR 2024

\*ALL PROGRAMS SUBJECT TO CHANGE