





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1 Program Closed</b></p> <p><b>Happy Canada Day</b></p>  	<p>2 Who Am I? Famous Canadians Movements to Music</p>	<p>3 Words Starting with J Quiz- Chair Dancing Rummy O and Dominos</p>	<p>4 Reminiscing with the Senses Ice Cream &amp; a Little Laughter</p> 	<p>5 Exercise with Cynthia</p> <p><b>Coffee Talk</b></p> 	<p>21 Decorating for Summer Ladder Ball</p>
<p>7 World Chocolate Day Baking Chocolate Cake</p> 	<p>8 News and Views Gentle Exercise Shuffleboard</p>	<p>9 Craft with Dots Ladder Ball</p> 	<p>10 Spelling Bee Chair Dancing Cards and Puzzles</p>	<p>11 Myths about Canada Fun with Fitness Jeopardy Time</p>	<p>12 Opposite Word Game Exercise with Cynthia Adult Coloring</p>	<p>13 Movie Time Flower Arrangement</p> 
<p>14 Sharing Jokes Card Games</p>	<p>15 Current Events Gentle Exercise Sing-along</p>	<p>16 Matching Cards Movements to Music Shuffleboard</p>	<p>17 Random Trivia Move and Groove Ladder Ball</p> 	<p>18 Things to do in Summer Picnic Time Table Games</p>	<p>19 Vocabulary Synonyms Exercise with Cynthia <b>Piano with Jane C</b></p> 	<p>20 Arts and Crafts Mini Gardening</p>
<p>21 Baking Sunday Men Social</p>	<p>22 Canadian Trivia Gentle Exercise Jigsaw Puzzles</p> 	<p>23 Short Story Reading Movements to Music Bean Bag Toss</p>	<p>24 Chocolate Quiz Making Straw Sparkles</p> 	<p>25 Finish the Melodies Indoor Chair Volleyball Fun Crosswords</p>	<p>26 Brain Quiz: Guess the words Exercise with Cynthia</p>	<p>27 Reading Corner Group Discussion Table Games</p>
<p>28 Interesting Facts Sunday Craft</p>	<p>29 Celebrity Quiz Gentle Exercise Fruit Bingo</p>	<p>30 International Friendship Day Making Friendship Bracelets</p> 	<p>31 Its Poetry Time! Discussing poems on Friendship Rummy O and Dominos</p>		<p><b>Daily Routines</b> <b>Mornings:</b> Meet and Greet Coffee Social Trivia/Word Games Gentle Exercises</p>	<p><b>Afternoons:</b> Lunch Active Games Table Games 1:1 Activity</p>