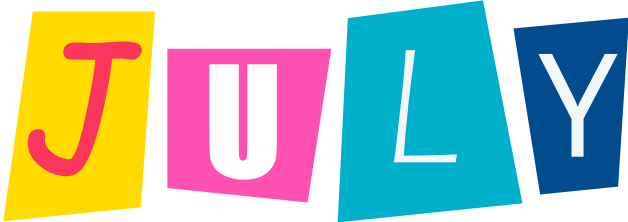


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Recreation Newsletter is available at Reception! LTC Calendar		Canada Day 1 10:00 - Canadian Trivia 1:30 - Card Bingo 	2 10:00 - BINGO 11:15 HH Prog (17/27/37) 1:30 - Ice Cream Social (TS) 3:30 - HH Prog(16/28/38) 6:30 - Name That Tune	3 10:00 - Pigeons & Crows 11:15 - HH Prog (12/22/32) 1:30 - Maddox Dance Studio Recital (TS) 3:30 - HH Prog (11/21/31) 6:30 - Chair Exercise	4 10:00 Tile Rummy & Crib(R) 11:15 -HH Prog (14/24/34) 1:30 - Tai Chi Chih 3:30 - HH Prog (13/23/33) 6:30 - Pub Night	5 10:30 - Move it or Lose it 2:00 - Matinée Movie Ft: “Wonka” (2023) 
6  3:30 Hymn Sing (TS)	7 10:15 - Sit & Fit 11:15 - HH Prog(16/28/38) 1:30 - Drop in Games 3:30 - HH Prog (17/27/37) 6:30 - Cranium Crunches	8 10:00 - Bridge (R) 10:00 - Basketball 11:15 -HH Prog (11/21/31) 1:30 - Card Bingo 3:30 - HH Prog (12/22/32) 6:30 - Sing Along	9 10:00 - BINGO 11:15 HH Prog (13/23/33) 1:30 - Bowling 3:30 - HH Prog(14/24/34) 6:30 - Hangman	10 10:00 - Table Ball 11:15 -HH Prog (17/27/37) 1:30 - SPA  3:30 - HH Prog (16/28/38) 6:30 - Chair Yoga	11 10:00 - Catholic Mass 10:00 Tile Rummy & Crib(R) 1:30 - Music by Steve Arsenault (TS)  6:30 - Pub Night	12 10:30 - Word Hunt 2:00 - Matinée Movie Ft: “It Takes Two” (1995) 
13  3:30 Hymn Sing (TS)	14 10:15 - Sit & Fit 11:15 -HH Prog(12/22/32) 1:30 - Drop in Games 3:30 - HH Prog (11/21/31) 6:30 - Cranium Crunches	15 10:00 - Rebus 10:00 - Bridge (R) 11:15 -HH Prog (14/24/34) 1:30 - Card Bingo  3:30 -HH Prog (13/23/33) 6:30 - Bean Bag Toss	16 10:00 - BINGO 1:30 - Drumming Circle  6:30 - Chair Aerobics	17 8:00-10:00 - Pancake Breakfast (TS) 1:30 - Summer Carnival (TS)  6:30 - Word Scramble	18 10:00 Music by Kelly Kalden (TS)  11:15 -HH Prog (16/28/38) 1:30 - Tai Chi Chih 3:30 - HH Prog (17/27/37) 6:30 - Pub Night	19 10:30 - Family Feud 2:00 - Matinée Movie Ft: “Charlotte’s Webb” 
20  3:30 Hymn Sing (TS)	21 10:15 - Sit & Fit 11:15 -HH Prog (11/21/31) 1:30 - Drop In Games 3:30 - HH Prog (12/22/32) 6:30 - Cranium Crunches	22 10:00 - Men’s Group 10:00 - Bridge (R) 11:15-HH Prog (13/23/33) 1:30 - Card Bingo 3:30 - HH Prog (14/24/34) 6:30 - Noodle Hockey	23 10:00 - BINGO 11:15 - HH Prog (17/27/37) 1:30 - Ladies Group 3:30 -HH Prog (16/28/38) 6:30 - Quigong	24 10:00 - Pictionary 1:30 - SPA  6:30 - Tetherball	25 10:00 - Communion 10:00 Tile Rummy & Crib(R) 11:15 -HH Prog (12/22/32) 1:30 - Tai Chi Chih 3:30 - HH Prog (11/21/31) 6:30 - Pub Night	26 10:30 - Bocce Ball 2:00 - Music by Community Jazz Band 
27  3:30 Hymn Sing (TS)	28 10:15 - Sit & Fit 11:15-HH Prog (14/24/34) 1:30 - Drop in Games 3:30 -HH Prog (13/23/33) 6:30 - Cranium Crunches	29 10:00 - Madlibs 10:00 - Bridge (R) 11:15-HH Prog (16/28/38) 1:30 - Card Bingo  3:30 - HH Prog (17/27/37) 6:30 - Dart Ball	30 10:00 - BINGO 1:30 - Music by Lito ‘Treblemaker’ Castillo  3:30 - Non-Denominational Church 6:30 Balloon Badminton	31 10:00 Horse Races (R) 10:30 - Quarterly Resident Council Meeting 1:30 - July Birthday Celebration  6:30 - 4 Pics 1 Word	Programs will be held in the Auditorium unless stated otherwise. Room Legend: R - Rehab O- Outdoors D2 - 2500-2600 D3 - 3500/3600 HH - Household TS - Town Square	