




Main Floor July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy Canada Day 9:00 Helping Hands 10:00 Active Games 11:00 Spa 2:00 Movie Afternoon 
2 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 Bingo	3 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 2:00 Java Music 10:00—12 noon Music on 3rd and 7th Floor	4 9:00 Helping Hands 10:00 Fitness 11:00 Singalong 2:00 Documentary: Berry Tales 6:00 Bingo	5 9:00 Helping Hands 10:00 Fitness 10:00 Scenic Drive 11:00 Montessori on Main 2:00 Tuck Shop 2:00 Scenic Drive 2:00 Gardening	6 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Sounds of Summer 6:00 Movie : The Little Rascal 6:00 At the Spa	7 9:00 Helping Hands 10:00 Fitness 11:00 Patio Time 2:00 In the Wind Pub	8 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa
9 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 Bingo	10 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 2:00 Java Music	11 9:00 Helping Hands 10:00 Fitness 11:00 Singalong 12:00 Garden Lunch Club 2:00 Documentary: Oceans 6:00 Bingo	12 9:00 Helping Hands 10:00 Fitness 10:00 Bus Outing: Montgomery Fish and Chips 11:00 Montessori on Main 2:00 Gardening 2:00 Tuck Shop 3:45 VPL Quiet Room	13 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Sounds of Summer 6:00 Movie: Dr. Doolittle 6:00 At the Spa	14 9:00 Helping Hands 10:00 Fitness 11:00 Baking on Main 2:00 In the Wind Pub	15 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 At the Spa
16 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 Bingo	17 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 2:00 Java Music	18 9:00 Helping Hands 10:00 Fitness 11:00 Sing-along 2:00 Documentary : Secrets of Westminster 6:00 Bingo	19 9:00 Helping Hands 10:00 Fitness 10:00 Bus Outing: Dim Sum 2:00 Gardening 2:00 Tuck Shop	20 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Sounds of Summer 6:00 Movie: Monster In Law 6:00 At the Spa	21 9:00 Helping Hands 10:00 Fitness 10:00 Singing in the Halls 11:00 Montessori on Main 2:00 in the Wind Pub	22 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa
23/30 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 Bingo	24/31 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 2:00 Java Music 11:00 Celebration of Life (July 24th)	25 9:00 Helping Hands 10:00 Fitness 10:00 Painting with Julia 11:00 Singalong 12:00 Picnic Lunch 2:00 Food Committee 6:00 Bingo	26 9:00 Helping Hands 10:00 Fitness 10:00 Montessori on Main 10:00 Scenic Drive 2:00 Tuck Shop 2:00 Decorating on Main	27 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Sounds of Summer 6:00 Movie: Grease 6:00 At the Spa	28 9:00 Helping Hands 10:00 Fitness 11:00 Rolls and Strolls 11:00 Montessori on Main 2:00 in the Wind Pub	29 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa