

(Please note that changes may occur. Check your weekly program)

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00-Exercise DVD 2:00 Bingo-Auditorium 2:30 Tea 3rd 3:00 Tea
2 11:00-Yoga with Manon-auditorium 2:30 Tea 3rd 3:00-Tea	3 10:00-Bread making 3 rd 2:00 Our Knitting Club 2:30 3 rd fl. Tea 3:00- Tea 7:00 Classic Film	4 :00-11:00 Hypertension clinic 10:00 Exercise 3rd 11:00-Exercise w Linda 2:00-Physical activity 3 rd 2:30-Tea -3rd 3:00- Tea 3:30- Trivial Pursuit 7:00-Classic Comedy	5 10:00-Bowling 11:00-Strategies for the Hearing Impaired-CHIPS 2:00-Watercolors w Marcia 2-4:00-Arts & Crafts 2:00-Film Club-"Where to Invade Next" 3:00 Tea & Music w Richard 4:30 Cocktai hour	6 10:00 Exercise 3rd 11:00 Exercise 2-4:00-Art & Music 3 rd 2 4:00- Wine &chees Optomitrist-Auditorium 2:30-Tea 3 rd	7 10:00-Yoga & singing 11:00-Wii Bowling 2:00-Ted Talks-Cinema 3:30-WestmountOne Choir 4:30-Cocktail Hour-library 7:00-Film	8 11:00--Exercise DV 2:30 Tea 3rd 3:00 Tea
9 11:00 – Yoga w Manon 2:30 Tea 3rd 3:00 Tea & Music w Olga Linda on vacation	10 10:00-Art 3 rd 1:30 – Dr. Jo Schwartz- CSL 3:00-Tea 3:30pm Bingo 3:30- 7:00-Classic Film	11 10:00 Exercise 3rd 11:00-Exercise w Christine 2:00-TED Talks & Discuss 2:30-Tea-3rd 3:00- Tea	12 11:00- Presentation-Nancy Wight 12:30- BBQ Lunch 2:00-Watercolours w Marcia 24:00-Arts n Crafts w Monica- 3 rd 2:30 –Tea 4:30-Cocktail Hour -library 7:00-Movie	13 10:00 Exercise 3rd 11:00 Exercise Video 2:00-book club 2:30 -Tea 3:00-Tea 3:00- Music and Dance w Elizabeth Fenkel	14 10:00- singing 11:00-'Wii' bowling 2:00- Tai Chi-Auditorium 2:30 Tea 3 rd 3:00 -Tea 4:30-Cocktail Hour-library 7:00 Film	15 11:00--Exercise DVD 2:30 Tea 3rd 3:00 -Tea
16 11:00 – Yoga w Manon 2:30 Tea 3rd 3:00 Tea Linda on vacation	17 10:00 2:00 Knitting Club 2:30-Tea-3rd 3:00-Tea 3:30- Bingo 7:00-Classic Film	18 10:00 Exercise 3rd 11:00-Exercise w Christine 2:30-Tea-3rd 3:00- Tea 7:00-Broadway Musical	19 10:30- 11:00- 2:30- VERNISSAGE-ART ROOM 2-400-Arts &Crafts w Floor 2:30 –Tea 4:30-Cocktail Hour -library 7:00-Movie	20 10:00 Exercise 3rd 11:00 Exercise w 2:00-"Tony Bennet"-w Harry Shapiro 2:30-Tea 3:00-Tea & Music w Terry Jo	21 11:00-'Wii' bowling 2:00-Exercise 2:30 Tea 3 rd 3:00 -Tea 4:30-Cocktail Hour-library 7:00 Film	22 11:00--Exercise DVD 2:30 Tea 3rd 3:00 Tea
23 11:00 – Yoga w Manon 2:30 Tea 3rd 3:00 -Tea & Music w Edwin 30 11:00 – Yoga w Manon 2:30 Tea 3rd 3:00 -Tea & Music w Edwin	24 10:00-Games on 3rd 3:00- Tea 7:15-Classic Movie 31 10:30-2:30-Boutique Rosa 3:00- Tea 7:15-Classic Movie	27 10:00 Exercise 3rd 11:00-Exercise w Linda 2:00- 2:30-Tea-3rd 3:00- Tea	26 10:00-Bean Bag Toss-3 rd floor 11:00- 2:00-Watercolours w Marcia 2-400-Arts &Crafts w Floor 2:30 –Tea 3:30- Current Events w Hershey 4:30-Cocktail Hour -library 7:00-Movie	27 10:00 Exercise 3rd 11:00 Exercise w 2:00- 2:30-Tea 3:00-Birthday Party w Claude Alain	28 10:00-Ball Games 11:00-'Wii' bowling 2:30 Tea 3 rd 3:00 -Tea 3:30-WestmountOne Choir 4:30-Cocktail Hour-library 7:00 Film	29 11:00- Exercise-Auditorium 2:30 Tea 3rd 3:00 Tea