

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2006

Calendar of Events

							<p><i>Canada Day</i> 1</p> <p>Happy Birthday Craig 2:00 Canada Day Ice Cream Cake on the deck Televised Canada Day Celebrations</p>
<p>2:00 Tri -Oiminos</p>	<p>2 Exercises cancelled</p> <p>2:30 Shuffleboard</p> <p>7:00 Nickel Bingo</p>	<p>3 <i>Independence Day</i> Hyrdo Tub Day – sign up 9:30 Walking Group</p> <p>2:00 Cook with the Chef</p> <p>7:00 Cards</p>	<p>4 Doctor Day – sign up 9:30 Exercises with Michele</p> <p>2:30 Art with Lori</p> <p>7:00 Treat Bingo</p>	<p>5 Happy Birthday Nicole Foot Care – sign up Mall Day – sign up 9:00 Foot Care 9:30 Walking 2:00 The Mall at Lawson Heights 2:30 Pool/Billiards</p>	<p>6 Happy Birthday Helen 9:30 DVD Exercises 2:00 Shuffelboard Tournament 7:00 Tile Rummy Ballroom booked</p>	<p>7 2:00 Ice Cream Saturday/Whist</p> <p>7:00 Rummoli Ballroom booked</p>	
<p>2:00 Tri-Ominos</p> <p>Ballroom booked</p>	<p>9 Pharmacist Day- sign up 9:30 Exercises with Michele 10:00 Pharmacist Clinic</p> <p>2:30 Shuffleboard</p> <p>7:00 Nickel Bingo</p>	<p>10 Hydro Tub Day – sign up 9:30 Walking Group</p> <p>2:30 Art with Lori</p> <p>7:00 Cards</p>	<p>11 Reflexology – sign up 9:30 Exercises with Michele 1:00 Reflexology 2:00 Coffee @ Dutch Growers-sign up 7:00 Treat Bingo</p>	<p>12 Happy Birthday Ray Mall Day – sign up 9:30 Laughter Fitness</p> <p>2:00 Market Mall</p> <p>2:30 Pool/Billiards</p>	<p>13 9:30 DVD Exercises 2:30 July Birthdays & Entertainment by Harry Smith 7:00 Tile Rummy</p>	<p>14 2:00 Ice Cream Saturday/Whist</p> <p>7:00 Rummoli</p>	
<p>Happy Birthday Grace</p> <p>2:00 Tri-Ominos</p>	<p>16 Beltone Hearing – sign up 9:30 Exercises with Michele 1:00 Beltone Hearing Clinic 2:30 Shuffleboard</p> <p>7:00 Nickel Bingo</p>	<p>17 Happy Birthday Debbie B Hydro Tub Day – sign up 9:30 Walking Group</p> <p>2:30 Cribbage</p> <p>7:00 Cards</p>	<p>18 Doctor Day – sign up 9:30 Exercises with Michele</p> <p>2:00 Forestry Farm-sign up Train tour around the Zoo</p> <p>7:00 Treat Bingo</p>	<p>19 Mall Day – sign up 9:30 Laughter Fitness</p> <p>2:00 Midtown Plaza</p> <p>2:30 Pool/Billiards</p>	<p>20 Denturist Day – sign up 9:30 DVD Exercises 10:00 Denture Clinic 3:00 Happy Hour on the deck 7:00 Tile Rummy</p>	<p>21 2:00 Ice Cream Saturday/Whist</p> <p>7:00 Rummoli</p>	
<p>2:00 Tri-Ominos</p>	<p>23 Happy Birthday Stacey 10:00 Art with Lori</p> <p>2:00 Chair Yoga</p> <p>7:00 Nickel Bingo</p>	<p>24 Happy Birthday Raelynn Hydro Tub Day – sign up 9:30 Walking Group 2:30 Resident Council Meeting 7:00 Cards</p>	<p>25 Reflexology – sign up 10:00 Shuffleboard</p> <p>1:00 Reflexology 2:00 Chair Yoga</p> <p>7:00 Treat Bingo</p>	<p>26 Mall Day – sign up 9:30 Laughter Fitness</p> <p>2:00 The Mall at Lawson Heights</p> <p>2:30 Pool/Billiards</p>	<p>27 9:30 DVD Exercises 2:30 Welcoming Tea & Extention Chords Quartet 7:00 Tile Rummy</p>	<p>28 2:00 Ice Cream Saturday/Whist</p> <p>7:00 Rummoli</p>	
<p>2:00 Tri-Ominos</p>	<p>30 Happy Birthday Audrey 10:00 Shuffleboard</p> <p>2:00 Chair Yoga</p> <p>7:00 Nickel Bingo</p>	<p>Jen our massage therapist is here Monday, Wednesday and Friday. She also does hot stone massages, manicures and pedicures. On the communication bulletin board we have a WHO AM I picture. New person every month New clues every day. Enter the Who am I box with your answer as often as you like. The draw will be made at the resident council meeting. Have fun with it! Games area open 24 7 for your use! Hydro Tub is getting booked for Tuesdays, if you prefer a morning rather than after lunch We will have Laura come in on Thursday mornings as well if we are booked till 1 p.m. on Tuesdays. Please let Deb know.</p>					