# July 2017

# Cottage B&C

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | **Canada Day** 1<br> <br>2:00 Bingo (LR)<br>3:00 Café |
| 2<br> | 3<br>10:30<br>Fun & Fitness (Alc)<br>11:30 Lady's Music Therapy Group<br>2:00<br>Reading circle in the courtyard | 4<br>9:15 Gentle Touch<br>10:30 Word Games (Alc)<br>2:00 Bingo (LR)<br>2:00 Outdoor walks<br>3:00 Café<br>**6:30Music with Karen Cottage B & C** | 5<br>10:00 Cottage Music<br>3:00 Café<br>**5:00-8:00 Concert/Supper in The Park**<br> | 6<br>10:30<br>Summer Craft Fun (LR)<br>10:30Labyrinth Walks with Lily<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café | 7<br>11:00 Tai Chi/ Alc<br>10:30 Friendly Visits<br>10:00 Tone Chime group<br>11:30 Men's Music<br>3:00 Café<br>3:30<br>Lucky 7 Day Trivia (LR) | 8<br>10:00<br>Poetry Reading<br>10:30<br>Exerc. Class B&C<br>2:00<br>Bingo(LR)<br>3:00 Café |
| 9<br>10:00 T.V. Church<br>10:30<br>Musicians and Their Music<br>2:00 Outdoor Strolls<br>3:00 Café | 10<br>9:15 Bread Making C<br>10:30 Gardening<br>11:30 Lady's Music Therapy Group<br>2:00<br>Bocce Ball Game | 11<br>9:15<br>Strawberry Hulling (LR)<br>10:30<br>Friendly Visits<br>**2:00 Kountry Korners (LR)**<br>3:00 Café | 12<br>9:15 Montessori<br>10:30 Fun & Fitness (Alc)<br>2:00<br>Traveling Ice Cream Sunday Cart<br>3:00 Café<br>3:30 Music Group | 13<br>9:15 Montessori<br>10:30Labyrinth Walks with Lily<br>10:30 Nature Talk (Alc)<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café | 14<br>11:00 Tai Chi/ Alc<br>10:30 Friendly Visits<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00<br>Labyrinth Walks<br>3:00 Watermelon Café | 15<br>10:00<br>Manicures<br>10:30<br>Exerc. Class B&C<br>2:00<br>Bingo(LR)<br>3:00 Café |
| 16<br>10:00 T.V. Church<br>10:30<br>Outdoor Walks<br>2:00<br>Board Games (LR)<br>3:00 Café | 17<br>9:15 Gentle Touch<br>10:30Fun & Fitness<br>**12:30 Hot dog BBQ**<br>**2:00 Sun. Mon. Birthday Party with Randy Gray** | 18<br>**10:00 St.Jacobs Market Outing**<br> <br>3:00 Café | 19<br>9:15 Outdoor walks<br>**10:30 Sing a Long with Karen**<br>2:00 Bingo (LR)<br>2:00 Labyrinth Walks<br>3:00 Iced Coffee Café<br>3:30 Music Group | 20<br>10:30Labyrinth Walks<br>10:30 Baking Fun<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>**2:30 Music with Stephanie (LR)**<br>3:00 Café | 21<br>11:00 Tai Chi/ Alc<br>10:30 Friendly Visits<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00<br>Outdoor Games<br>3:00 Café | 22<br>10:00<br>Tea & Trivia<br>2:00<br>Bingo(LR)<br>3:00<br>Café |
| 23<br>10:00 T.V. Church<br>10:30<br>T.J Dolan Walk<br>2:00<br>Cards and Games<br>3:00 Café | 24<br>9:15 Reminiscing Cart<br>10:30 Courtyard Social<br>11:30 Lady's Music Therapy Group<br>2:00 Outdoor Strolls<br>3:00 Peaches & Cream Café` | 25<br>10:30<br>Reminiscing/Central Courtyard<br>**2:00Music with Conn Smythe(LR)**<br>3:00 Café<br>**6:30 SL Camp Fire** | 26<br>9:15 Reminiscing Cart<br>**11:20 Picnic at Carla Pol's**<br>2:00 Bingo (LR)<br>3:00<br>Ice Cream Cake Café<br>3:30 Music Group | 27<br>9:15 Montessori<br>10:30Labyrinth Walks with Lily<br>10:30 Gardening<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café | 28<br>11:00 Tai Chi/ Alc<br>10:00 Tone Chime group<br>11:30 Men's Music<br>**2:00 Craft Beer Tasting**<br> | 29<br>10:00<br>Scrapbooking<br>10:30<br>Exerc. Class B&C<br>2:00<br>Bingo(LR)<br>3:00 Café |
| 30<br>10:00 T.V. Church<br>10:30<br>Cott. Strolls<br>2:00<br>Cards & Games | 31<br>10:30<br>Courtyard Social<br>11:30 Lady's Music Therapy Group<br>2:00<br>Making Bruschetta (LR)<br>3:00 Iced Coffee Café | **Program Location Guide:**<br>**Spruce Lodge Living Room-LR**<br>**Spruce Lodge Alcove-Alc**<br>**Griffith Auditorium-GA** | | | | |

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