















July 2024

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Canada Day Stat 1 	2 10:30 Fun&Fitness 2:00 Bingo 3:00 Café Social 6:30 Reading Group	3 10:30 Fun & Fitness 2:00 Cards & Games 3:00 Café Social	4 10:30 Scrapbooking 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle	5 10:30 Word Games 2:00 Outdoor Games 3:00 Café Social	6 10:30 Fun & Fitness (Yoga) 2:00 Bingo 3:00 Café Social	
7 10:30 Word Games 2:00 Blue Jays Watch party 3:00 Cafe Social 	8 10:30 Advance Exercise 2:00 Sing-a-Long with Karen 6:30 2 Gals and a Guitar	9 10:30 Fun&Fitness 2:00 Bingo 3:00 Café Social 6:30 Reading Group	Camp Day 10 10:30 Campfire 2:00 Camp Games 3:00 Tuck Shop Snack 	11 10:30 Courtyard Social 2:00 Bingo 3:00 Café Social 6:15 Advance Painting	12 10:30 Walking Group Outdoors 2:00 Music with Jack & Bob 3:00 Café Social 	13 10:30 Fun & Fitness 2:00 Bingo 3:00 Café Social	
14 10:00 TV Church Service 2:00 Crafty Corner Fun 3:00 Cafe Social 	15 10:30 Advance Exercise 2:00 Sing-a-Long with Karen	16 10:30 Fun&Fitness 2:00 Bingo 3:00 Café Social 6:30 Reading Group	17 10:30 Colouring 2:00 Petting Zoo 3:00 Café Social 6:30 Travelogue 	Beach Day 18 10:30 Balloon Volleyball 2:00 Bingo 2:00 Seashell Fun 3:00 Café Social 6:15 Friendship Circle 	19 10:30 Outdoor Painting Fun 2:00 Iced Coffee Tasting 3:00 Café Social 	20 10:30 Word Games 2:00 Bingo 3:00 Café Social	
21 10:00 TV Church Service 11:00 Hymn Sing 2:00 Trivia Fun 3:00 Cafe Social	22 10:00 Scrapbooking 2:00 Word Games 2:00 DROM	23 10:30 Fun&Fitness 2:00 Bingo 3:00 Café Social	24 10:30 Trivia Fun 2:00 Resident Summer Music Concert 3:00 Café Social 6:45 Pipes & Drum Band 	25 10:30 Courtyard Social 2:00 Bingo 3:00 Café Social 6:00 Movie Night	2024 Olympics Start 26 10:30 Olympics Social 1:30 Paris 2024 Opening Ceremony 3:00 Paris Cafe Treats 	27 10:30 Fun & Fitness 2:00 Bingo 3:00 Café Social	
28 10:30 Word Games 2:00 Crafty Corner Fun 3:00 Cafe Social 	29 10:30 Advance Exercise 2:00 Sing-a-Long with Karen	Blue Jays Day 30 10:30 Baseball Game 2:00 Bingo 3:00 Café Social 	31 10:30 Fun & Fitness 2:00 July Birthday Party with Caroline & Joe 3:00 Café Social 6:30 Campfire 	To contact Activities: 519-271-4090 ext. 2227 activity@sprucelodge.on.ca * Programs may change*			