



# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sunday Bingo will be held on the South Side of CC</i>				<i>Thursday News and Views will be held on South Side of CC. Coffee will be served with a treat.</i>	1. 10:30am Mind & Body Exercise (CC) <b>1:30 Canada Games w/ Suzanne (AL)</b>	2. 10:30 am Garden Walk / Reminiscing (CC) 1:30 Tea & Trivia (AL)
3. 10:30 Bingo (CC) 1:30 Sundae Social South Side of CC	4. 10:30am Mind & Body Exercise (CC) <i>1:30pm Music w/ Tom Gough (AL)</i>	5. 10:30 am CRAFTING (CC) <i>1:30 pm Sing along w/ Natalie (CC)</i>	6. 10:30 am Music w/ Joan Songhurst (CC) Resident Council Meetings 1:00pm CC SIDE 2:00pm AL SIDE	7. 10:30pm News and Views (CC)  1:30pm Bowling (AL)	8. 10:30am Mind & Body Exercise (CC) 1:30 Walks & Patio Chat (CC)	9. 10:30 am Comedy & Nails (CC)  1:30 Tea & Trivia (AL)
10. 10:30 Bingo 1:30 Poetry Readings (CC) Residents Favorite Poetry	11. 10:30am Mind & Body Exercise (CC) <i>1:30 pm CRAFTING (CC)</i>	12. Balloon & Bats Game (CC)  <i>1:30 pm Music w/ Steve &amp; Sherry (AL)</i>	13. 10:00am Music w/ Satu (CC)  1:30pm Golfing (AL)	14. 10:30pm News and Views. (CC)  <i>1:30pm Music w/ Victor Wells (AL)</i>	15. 10:30am Mind & Body Exercise (CC) 1:30 Walks & Patio Chat (CC)	16. 10:30 Musical Bingo (CC)  1:30 Tea & Trivia (AL)
17. 10:30 Bingo 1:30 pm Garden Walks & Watering	18. 10:30am Mind & Body Exercise <i>1:30 pm Music w/ Jean Bedard (AL)</i>	19. 10:30 am Crafting (CC)  <i>1:30 pm Music w/ Claddagh Clan (AL)</i>	20. 10:30 am Word Games (CC) <b>Bus Outing</b> 	21. 10:30pm News and Views. (CC)  1:30 Horse Racing (AL)	22. 10:30am Mind & Body Exercise (CC) 1:30 Walks & Patio Chat (CC)	23. 10:30 am Garden Walk / Reminiscing (CC) 1:30 Tea & Trivia
24. 10:30 Bingo 1:30 Sundae Social North Side of CC	10:30am Mind & Body Exercise (CC) <i>1:30pm Sing along w/ Natalie (CC)</i>	26. 10:30 am Crafting (CC)  <i>1:30pm Music w/ Steve Bolger (AL)</i>	27. 10:30 Skeet Ball (CC)  <i>1:30 pm Happy Hour w/ Guy Marchi (AL)</i>	28. 10:30 am Happy Campers visit. (CC)  <i>1:30pm Bell Ringing w/ Gwen (AL)</i>	29. 10:30am Mind & Body Exercise (CC) 1:30 Walks & Patio Chat (CC)	30. 10:30 am Comedy & Nails (CC) 1:30 Tea & Trivia (AL)
31. 10:30 Bingo 1:30 Sundae Social South Side of (CC)	<p><i>July 1st CANADA DAY</i> <i>July 4th INDEPENDENCE DAY</i></p> <p><i>Reminder that every Friday at 1:00pm in the AL Lounge there is scrabble, New players welcome .</i> <i>Reminder that Friday Night is movie night in the AL Lounge, Starts at 6:00pm .</i></p>					

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Happy B.C. Day for August 1st from your Activity Team .</b></p>	<p>1.10:30am Mind &amp; Body Exercise</p> <p>1:30pm Crafting</p>	<p>2. 10:30 Skeet Ball (CC)</p> <p>1:30 Music w/ Steve &amp; Sherri</p>	<p>3. 10:30 Bocci Ball (CC)</p> <p><b>Resident Council</b></p> <p>1:00 CC SIDE</p> <p>2:00pm AL SIDE</p>	<p>4.10:30 am News &amp; Views (CC)</p> <p>1:30pm Music w/ Bob &amp; Fred (AL)</p>	<p>5. 10:30am Mind &amp; Body Exercise</p> <p>1:30pm Garden walks &amp; reminiscing (CC)</p>	<p>6.10:30 am Arts and Crafts / we will be making Olympic Posters .</p> <p>1:30 Tea &amp; Trivia</p>
<p>7. 10:30 am Bingo (CC)</p> <p>1:30pm CLA Church (CC)</p>	<p>8. 10:30am Mind &amp; Body Exercise</p> <p>1:30 walks / Office</p>	<p>9. 10:30 am Nail Care (CC)</p> <p>1:30 PM Crafting</p>	<p>10. 10 :30 Music w/ Joan Songhurst (CC)</p> <p>1:30pm Cooking w/ Natalie &amp; Suzanne (CC)</p>	<p>11. BBQ Set Up</p> <p>11:30 BBQ (AL)</p> <p>1:30pm Music w/ Victor Wells (CC)</p>	<p>12 10:30am Mind &amp; Body Exercise</p> <p>1:30 pm Arm Chair Travel (CC)</p>	<p>13.10:30 Name that tune &amp; Sing along W/ Suzanne</p> <p>1:30 Tea &amp; Trivia (AL)</p>
<p>14. 10:30 am Bingo</p> <p>1:30pm Sundae Social (CC)</p>	<p>15.10:30am Mind &amp; Body Ex</p> <p>1:30 Music w/ Jean Bedard (AL)</p>	<p>16. 10:30 Crafts</p> <p>1:30pm music w/ Claddagh Clan (AL)</p>	<p>17. Bus Outing</p> <p>Jasmines Place .</p> 	<p>18. 10:30 am News &amp; Views (CC)</p> <p>1:30pm Horse Racing (AL)</p>	<p>19 10:30am Mind &amp; Body Exercise</p> <p>1:30pm Garden Walks &amp; Reminiscing</p>	<p>20. 10:30 am Music Bingo (CC)</p> <p>1:30 Tea &amp; Trivia (AL)</p>
<p>21 10:30 am Bingo</p> <p>1:30pm Sundae Social (CC)</p>	<p>22. 10:30am Mind &amp; Body Exercise</p> <p>1:30 Garden Walks</p>	<p>23 10:30 Crafts</p> <p>1:30pm Sing along w/ Natalie</p>	<p>24. 10:00am Music w/ Satu (CC)</p> <p>1:30pm Golfing</p>	<p>25. 10:30 am Happy Campers (CC)</p> <p>1:30 Bells w/ Gwen (AL)</p>	<p>26 10:30am Mind &amp; Body Exercise</p> <p>1:30pm Story Reading (CC)</p>	<p>27. 10:30 Comedy &amp; Nails (CC)</p> <p>1:30 Tea &amp; Trivia (AL)</p>
<p>28. 10:30 am Bingo</p> <p>1:30 Sundae Social (CC)</p>	<p>29. 10:30am Mind &amp; Body Exercise</p> <p>1:30 Music w/ Tom Gough (AL)</p>	<p>30. 10:30 Nail Care (CC)</p> <p>31. 1:30pm Crafting (CC)</p>	<p>31. 10:30am Skeet Ball (CC)</p> <p>1:30pm Happy Hour w/ Guy Marchi</p>	<p><i>All residents and family are welcome to attend.</i></p> <p><i>Every Friday at 1:00PM we have Scrabble in the AL Lounge. New players welcome.</i></p> <p><i>Friday nights are movie nights in the Al Lounge.</i></p> <p><i>Starts at 6:00Pm</i></p>		