

Ground Floor Programs Therapists:
Jacklyn & Cecilia



Please note: All program locations, times, and dates may change and are weather permitting. We will try to provide as much notice as possible regarding any changes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day 1 9:30 Calendar Deliveries (RTR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:00 Friendly Visits/1:1s (1 W) 6:30 Canada Day Celebration with Marcus Schwan (CY)	2 9:30 Walk & Talk Reminiscing (OU) 10:30 Helping Hands - Unit Organizing! (CA) 1:15 Group Exercises (CA) 2:00 Movie Time (CA) 3:00 Fancy Fingers	3 1:1 Volunteer Visits with Patrick! (CA) 1:15 Group Exercise (CA) 2:00 All Unit Bingo (2WDR)	4 9:45 Morning News (CA) 11:00 Doll Therapy (1 W) 2:00 Fancy Fingers (1 W) 4:00 Bird Watching (CY)
10:00 Fascinating Facts (1 W) 5 11:00 July Calendar Meeting (1 W) 4:15 Daily Chronicle Delivery (RTR)	1:30 Bible Study (GR) 6	9:30 Open Gym-Restorative (Gym) 7 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Balance (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: Strawberry Sundae Day (GR)	Happy Birthday Evan M! 8 9:00 Fried Egg Breakfast (DR) 9:45 Music Choir (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 2:30 Helping Hands (1 W)	Happy Birthday Angela H! 9 9:30 Morning News (CA) 11:00 Walk & Talk Reminiscing (OU) 1:15 Group Exercises (CA) 1:30 Rosary Group (GR) 4:00 Colouring Therapy (SR)	10 1:1 Volunteer Visits with Patrick! (CA) 10:00 Mail Delivery (RTR) 11:00 Garden Needs (CY) 1:15 Group Exercise (CA) 2:00 All Units Bingo (2WDR) 3:30 Family Calls & Connections (1 WE)	11 1:30 Balloon Bop (CA) 2:00 Scrabble Day (2ESR) 6:15 Helping Hands (SR) 
1:00 Friendly Visits/1:1s (RTR) 12 2:15 Hymn Sing (CA) 3:00 Reading Club (TV) 6:15 Walk & Talk (CY)	10:00 Golden Gals: Self-Care Soirée (GR) 13 1:30 Bible Study (GR) 2:30 Walk & Talk (CY) 3:45 Cool Down Cart (RTR)	14 9:30 Open Gym-Restorative (Gym) 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Active Games (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: Memorial Cards (SR)	15 9:45 Music Choir (GR) 10:30 Catholic Mass (GR) 11:00 Catholic Communion Offering (1:1) 3:00 Painting: Patterns (SR)	16 11:00 Walk & Talk Reminiscing (OU) 1:15 Group Exercises (CA) 2:30 Residents Council (GR) 6:15 Fancy Fingers	17 1:1 Volunteer Visits with Patrick! (CA) 1:00 1:1 Volunteer Visits with Patrick (RTR) 1:15 Group Exercise (CA) 2:00 All Unit Bingo (2WDR) 	18 Independent Leisure 

Ground Floor Programs Therapists:
Jacklyn & Cecilia



Please note: All program locations, times, and dates may change and are weather permitting. We will try to provide as much notice as possible regarding any changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Decorating For The Season (CA) 19 11:00 Healthy Hands (RTR) 4:15 Daily Chronicle Delivery (RTR)	9:45 Morning News (CA) 20 11:00 Walk and Talk (CY) 1:30 Bible Study (GR)	9:30 Open Gym-Restorative (Gym) 21 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Walking (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: Bell Windchime (SR)	9:45 Music Choir (GR) 22 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 4:00 Walk and Talk (CY)	11:00 Walk & Talk Reminiscing (OU) 23 1:15 Group Exercises (CA) 1:30 Rosary Group (GR) 3:00 Men's Group: WoodWorking (GR)	1:1 Volunteer Visits with Patrick! (CA) 24 10:00 Music Therapy Group (CA) 11:00 Mail Delivery (RTR) 1:15 Group Exercise (CA) 2:00 All Units Bingo (2WDR)	2:00 Friendly Visits/1:1s (1 W) 25 2:15 Music Therapy Group (CA) 2:30 Oops It's Science: The Curiosity Club (CY) 6:15 Helping Hands (SR)
1:30 Sing Along (CA) 26 3:00 Reading Club (TV) 6:15 Walk & Talk (CY)	9:30 Morning News (CA) 27 11:00 Walk and Talk (CY) 1:30 Bible Study (GR) 3:00 Fancy Fingers (1 W)	9:30 Open Gym-Restorative (Gym) 28 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Balance (GR) 3:30 DIY: Friendship bracelets (SR) 6:30 Birthday Celebration with Jay Franco (CY)	9:45 Friendly Visits/1:1s (1 W) 29 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 2:00 MCCC Car Show (PL)	International Day of Friendship 30 11:00 Outing: Park Picnic! (OS) 1:15 Group Exercises (CA) 2:30 Friendship Day Social (GR)	1:1 Volunteer Visits with Patrick! (CA) 31 1:15 Group Exercise (CA) 2:00 All Unit Bingo (2WDR)	
Common Area (CA) Gathering Room (GR) 1 West sunroom (1 W) Courtyard (CY) Sun Room (SR) Room to Room (RTR) Specialized/1:1 (1:1) 2W Dining Room (2WDR) Off Unit (OU) Physiotherapy Room (Gym) (Gym) TV Room (TV) Dining Room (DR) 1 West Tv room (1 WE) 2 East sun room (2ESR) Parking Lot (PL) Off Site (OS)					July 8th : Evan M! July 9th: Angela H! 	