









July 2019: Faith Manor 2



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 St John's Ambulance Pet Therapy every Sat. @ 1pm & Wed. @ 6pm	 1 10am Ball Toss 11am Brain Games 1:45pm Baking/Trivia 3:45pm Snoezelen & Montessori 6pm Bingo Night	2 10am Beauty Hour 11am Montessori 12:30pm BBQ-REG 1:45pm Sing Out 3:45pm Snoezelen 6pm Movie Night	3 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/One to One Visits 3:45pm Snoezelen /Sit-down Dance 6pm Movie Night	4 10:30am Hymn Sing 11am Bible Study 1:45pm <i>Canadian Invention</i> 2pm <i>Paint with Mac FM1</i> 3:45pm Snoezelen 6:30pm Ball Toss/Music Therapy	5 10am Walk & Wheel Club, Pathways Marie 11am Sing Out w Marie 1:45pm <i>Fresh Fruit Friday</i> 3pm Musical on DVD 3:45pm Snoezelen/Montessori 6pm Bingo	6 10am Word Game 1:45pm Afternoon Strolls 3:30pm Ball Toss on The patio 6pm Hymn Sing
7 10am & 7pm Church Service 1:45pm Bible Trivia 3:30pm National Italian day Trivia 6pm Sunday Strolls	8 10am Ball Toss 11am Brain Games 1:45pm Baking/Trivia 3:45pm Snoezelen & Montessori 6pm Bingo Night	9 10am Beauty Hour 11am Montessori 12:30pm BBQ-MINPUR 1:45pm Sing Out 3:45pm Snoezelen 6:15 All about France Trivia	10 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/One to One Visits / Patio Time 3:45pm Snoezelen /Sit-down Dance 6pm Movie Night	11 10:30am Hymn Sing 11am Bible Study 2pm <i>Drum Circle FM1 Sunroom</i> 1:45pm Artwork 2:30pm Patio Time 3:45pm Snoezelen 6:30pm Ball Toss/Music Therapy	12 10am Walk & Wheel Club, Pathways Marie 11am Sing Out w Marie 1:45pm <i>Fresh Fruit Friday</i> 3pm Musical on DVD 3:45pm Snoezelen/Montessori 6pm Bingo	13 10am Creative Movement 1:45pm Puzzles 3:30pm Outdoor Fun 6pm Hymn Sing
14 10am & 7pm Church Service 11am 1:1 Visits 1:45pm Bible Game 3:30pm Sunday Strolls/ Pathways 6pm Balloon Badminton	15 10am Ball Toss 11am Brain Gym 1:45pm Baking/Trivia 2pm <i>Residents Council</i> 3:45pm Snoezelen/Montessori 6pm Bingo Night	16 10am Beauty Hour 11am Montessori 12:30pm BBQ-REG 1:45pm Sing Out 3:45pm Snoezelen 6pm Bible Trivia	17 10am Flower Art 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/One to One Visits 3:45pm Snoezelen/Montessori 6pm Table Games	18 10am Hymn Sing 11am Bible Study 1:45pm ArtWork 2pm <i>Drum Circle FM1 Sunroom</i> 3:45pm Snoezelen/Montessori 6:30pm Ball Toss	19 10am Walk & Wheel Club, Pathways 11am Sing Out 1:45pm <i>Fresh Fruit Friday</i> 2:30pm Word Game 3:45pm Snoezelen/Coloring 6pm Bingo	20 10am Word Game 1:45pm Afternoon Strolls 3:30pm Ball Toss on The patio 6pm Hymn Sing
21 10am & 7pm Church Service 1:45pm Bible Game 3:30pm All about DAD 6pm Balloon Game	22 10am Ball Toss 11am Mental Aerobics 1:45 Baking/Trivia 3:45pm Snoezelen/Montessori 6pm Bingo Night	23 10am Beauty Hour 11am Montessori 12:30pm BBQ-MINPUR 1:45pm Sing Out 3:45 Trivia Night	24 10:30am Psalm Singing 1:45pm Walking Group, 1:1 Visits/Patio Time 3:45pm Snoezelen/Montessori 6pm Antiques & Classic Car Show	25 10:30am Hymn Sing 11am Bible Study 1:45pm Outdoor fun 2pm <i>Drum Circle FM1 Sunroom</i> 3:45pm Snoezelen 6:30pm Ball Toss/Music Therapy	26 10am Walk & Wheel Club, 1:1 Visits 11am Sing Out w Marie 1:45pm <i>Fresh Fruit Friday</i> 3pm Musical on DVD 3:45pm Snoezelen 6pm Bingo Night	27 10am Creative Movement 1:45pm Puzzles 3:30pm Outdoor Fun 6pm Hymn Sing
28 10am & 7pm Church Service 11am 1:1 Vistis 1:45pm Bible Game 3:30pm Sunday Strolls/Pathways 6pm Balloon Badmin-	29 10am Ball Toss 1:45pm Jigsaw Puzzles, Montessori 3:45pm Snoezelen/Montessori 6pm Bingo Night	30 10am Beauty Hour 12:30pm BBQ-REG 1:45pm Birthday Social 3:30pm Snoezelen 6pm Bible Game	31 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/One to One Visits 3:45pm Snoezelen /Sit-down Dance	Most programs will be on the FM2 Patio, weather permitting  		Physio Dept. Tuesday & Thursday's Low Impact Conditioning Class 11am-12pm  

Welcome To Brain Training

A Unique Pencil and Paper Approach to Cognitive Training that is Both Educational and Entertaining.

Background to Morry – Brain Training Facilitator
Retired Toronto District School Board high school teacher. Ministry of Education Licensed Special Education Teacher and Cognitive Training Qualified. Morry is very passionate about ensuring learners succeed in their efforts by presenting them with challenging exercises in an enjoyable and professional manner.

When: Wednesday July 10th, 2019

Where: Faith Manor 1 Activity Room

Time: 1:45pm



Music Therapy

July 4th & 11th at 2:30pm
July 18th & 25th at 6:30pm

**July's
Health Tip!**



Be Summer Ready: 7 Healthy Diet Tips For Summer

Grab seasonal fruits and vegetables.

Keep yourself hydrated. ...

Downsize your meal. ...

Eat more cooling foods. ...

Choose fresh juices over cold drinks.

Binge on lighter snacks. .

Hygiene is the key to a **healthy** body.

<https://www.ndtv.com/food/be-summer-ready-7-healthy-diet-tips-for-summer-1820855>

Antique & Classic Car Club Show

Wednesday July 24th, 2019
6pm to 8pm



In front of Covenant Towers

**FREE EVENT & EVERYONE
INVITED**

Questions or Inquires: Marlene @
ext. 5243

REMINDER



**LOVE YOURSELF, BECAUSE
YOU ARE UNIQUE AND
WONDERFUL IN YOUR
OWN WAY.**

/DailyHealthGen