

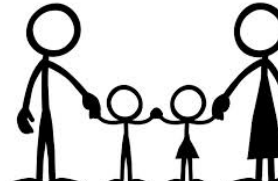


2019 JULY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Canada Day 10am Catholic Service HaH 10am PcT Coffee Social HoH</p> <p>7pm Klaverjassen HaH 7pm Prayer Group PTMR</p>	<p>2 9:45am Coffee Social HaH 1pm Bridge KTMR</p> <p>2pm CT Coffee Social CT Balcony</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p>	<p>3 <i>12:15am Bus Trip: Day in Toronto CT Entrance</i></p> <p>9am Busy Hands TTMR</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10-11am KT Bible Study KTMR</p> <p>1:30pm Cribbage PTMR</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>4 <u>Denturist</u></p> <p><u>1-4pm Hearing Aid Clinic</u></p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p>5 9:45am Bus to Superstore CT Entrance</p> <p>10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH</p> <p>7pm Games Night KTMR</p>	<p>6 9:00am PT Coffee Social PTMR</p> <p>10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>7 10am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>8 10am Catholic Service HaH 10am PcT Coffee Social HoH</p> <p><u>1-3 Chiropractic Clinic</u></p> <p>2pm Bingo HaH</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>9 9:30am Bus to Sobeys 9:45am Coffee Social HaH 1pm Bridge KTMR</p> <p><u>B12 Injections:</u> <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u> <u>CT/KT/PT: 2:45 to 3:45 p.m.</u></p> <p>2pm CT Coffee Social CT Balcony</p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p><i>7:30pm Entertainment: Wings of Passion HeH</i></p>	<p>10 <i>9:30am-3:30pm Vendor: Yeshu’s Creations HeH</i></p> <p>9am Busy Hands TTMR</p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10-11am KT Bible Study KTMR</p> <p>1:30pm Cribbage PTMR</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class –HeH</p> <p>7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>11 <u>Denturist</u></p> <p><u>1-4pm Hearing Aid Clinic</u></p> <p>3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH</p> <p>4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p>12 <i>9:30am-3:30pm Vendor: The Dressing Room HoH</i></p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony</p> <p>4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH</p> <p>7pm Games Night KTMR</p>	<p>13 9:00am PT Coffee Social PTMR</p> <p>10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>

<p>14 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>15 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> <i>2pm Learning Session: Advanced Care Planning Learning Session HaH</i> 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>16 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH <i>7pm Movie Night – BBC Earth One Day HeH</i></p>	<p>17 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR <i>12noon –Summer BBQ HaH</i> 1:30pm Cribbage PTMR <i>2pm GM Special Events Tea HoH</i> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>18 <u>Denturist</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>19 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>20 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>21 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>22 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>23 9:30am Bus to Sobeys 9:45am Coffee Social HaH 1pm Bridge KTMR <u>1-3pm Mobility Maintenance Clinic</u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH</p>	<p>24 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HoH 7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>25 <u>Denturist</u> <i>9:30am-3:30pm Vendor: Andrea Fashions HeH</i> <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>26 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>27 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>28 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>29 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>30 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH</p>	<p>31 <i>9:30am-3:30pm Vendor: Avon HeH</i> 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HoH <i>5:20pm Bus Trip: Movie Theatre CT Entrance</i> 7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>TT = Trinity Tower KT = KT PT = Providence Tower CT = Covenant Tower HT = Hope Tower PeT = Peace Tower HeH = Heritage Hall HaH = Harmony Hall HoH = Horizon Hall BR = Board Room GMCP = Grace Manor Chapel</p> <p><i>Italics</i> = Special Events/Bus Trips <u>Underline</u> = Towers Nursing Office</p>		