

4TH OF JULY

INDEPENDENCE DAY

JULY 2022 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- Dimensions of Wellness
- Physical
 - Emotional
 - Spiritual
 - Environmental
 - Vocational
 - Social
 - Intellectual

- Meeting Places
- DIN** Dining Room
 - ACT** Activity Room
 - UL** Upstairs Lounge
 - VT** Van Trip
 - DOW** Downstairs Foyer
 - OUT** Outside
 - FD** Front Desk
 - Everyone** The Hallways
 - GR** Game Room

Masks must be worn at all time when you are out of your apartment. You may take them off when eating or sitting outside.

| Jul 31 | 01 | 02 |
|---|--|--|
| 09:30 Coffee & News DOW 12:00 Music with Friends UPF | 09:30 Canada Day - True or False DIN 01:00 Van Ride VT 03:00 Remembering History UPF | 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL |
| 03 09:30 Coffee & News DOW 12:00 Music with Friends UPF | 04 Independence Day 09:30 Patriotic Trivia ACT 01:30 Patriotic Cocktails UL 03:00 Who Am I? UPF | 05 09:30 Shuttle Day VT 10:00 Breathing Stations Everyon 01:30 Bingo DIN |
| 10 09:30 Coffee & News DOW 12:00 Music with Friends UPF | 11 09:30 Craft Class DIN 01:30 Game Hour ACT 03:00 Literary League meeting UPF | 12 09:30 Shuttle Day VT 10:00 Health Pro ACT 01:30 Bingo DIN 03:00 Games GR |
| 17 09:30 Coffee & News DOW 12:00 Music with Friends UPF | 18 09:30 Craft Class DIN 01:30 Catch Card Game ACT 03:00 Literary League meeting UPF | 19 09:30 Shuttle Day VT 10:00 Breathing Stations Everyon 01:30 Bingo DIN 03:00 Games GR |
| 24 09:30 Coffee & News DOW 12:00 Music with Friends UPF | 25 09:30 Craft Class DIN 01:30 Game Hour ACT 03:00 Literary League meeting UPF | 26 09:30 Shuttle Day VT 10:00 Ski Ball UPF 01:30 Bingo DIN 03:00 Games GR |
| 06 09:30 Out in Nature ACT 01:00 Communion DIN 02:00 Who Am I? DIN 06:00 Country Theater Trip VT | 07 09:30 Bingo DIN 01:30 You be the Umpire UL 03:00 World Chocolate Day DOW | 08 09:30 Fiery Finish Line UL 01:30 Baking with Britney DIN 03:00 Remembering History UPF |
| 13 09:30 Out in Nature ACT 01:00 Communion DIN 02:00 Ice Cream Outing VT | 14 09:30 Bingo DIN 01:30 State Game DIN 03:00 Bastille Day UL | 15 09:30 I Remember That DIN 01:00 Van Ride VT 03:00 Remembering History UPF |
| 20 09:30 Out in Nature ACT 12:30 Food Meeting DIN 01:00 Communion DIN 02:00 What Am I? UL | 21 09:30 Bingo DIN 01:30 Great Canadian Flag UL 03:00 National Juke Food Day DOW | 22 09:30 Can you Picture This UL 01:00 July Birthday Party DIN 03:00 Remembering History UPF |
| 27 09:30 Out in Nature ACT 12:30 Resident Meeting UL 01:00 Communion DIN 02:00 Ice Cream VT | 28 09:30 Bingo DIN 01:30 Trivia UL 03:00 National Refreshment Day DOW | 29 09:30 Outside Art OUT 01:00 Van Ride VT 03:00 Remembering History UPF |
| 30 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL | 09 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL | 16 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL |

