



July 2010

(Please note that changes may occur. Check your weekly program)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 Bridge -Library 2:30 Tea 3rd 3:00 Tea & Music with Nancy Theriault 7:45 Movie <i>Happy Canada Day</i>	2 10:15 Activity 3rd 11:00 Exercise 2:00 Tai Chi 2:30 Tea 3rd 3:00 Tea 3:30 Trivia 3rd 7:45 Movie	3 2:30 Tea 3rd 3:00 Tea
4 2:30 Tea 3rd 3:00 Tea & Music with Vladimir Krassov 	5 10:00 Walking Club 11:00 Sandbags 3rd 11:00 Knitting Club-Library 2:00 Yoga with Jane 2:30 Tea 3rd 3:00 Tea 3:30pm Bingo 3rd	6 10:00 Exercise 3rd 11:00 Exercise 2:00 Shopping at the Bay 2:30 Tea 3rd 3:30 Late Tea 4:00 Activity 3rd	7 10:00-Games-3rd 11:00 -Discussion group 11:00 Marnau Gifts 2-3:30 Watercolors 3:00 Activity 3rd 4:30 Cocktail Hour	8 HUDSON LUNCH & PLAY 2:30 Tea 3 rd 3:00 Tea 7:45 French Movie 	9 PROFESSIONAL PHOTOSHOOT 2:00 Tai Chi 2:30 Tea 3rd 3:00 Tea 3:30 Trivia 3rd 7:45 Movie	10 2:30 Tea 3rd 3:00 Tea
11 11:00-Btq. Cecile Kay 2:30 Tea 3rd 3:00 Tea 	12 10:00 Walking Club 11:00 Sandbags 3rd 11:00 Knitting Club -Library 2:00 Yoga with Jane 2:30 Tea 3rd 3:00 Tea 3:30 Bingo 3rd 4:00 Jewellery Making Workshop with Nadia	13 9:00-11:00 Health Day 10:00 Exercise 3rd 11:00 Exercise 2:30 Tea 3rd 3:00 Tea & Music with Mitchel Field 4:00 Activity 3rd	14 10:00-Games-3rd 11:00-Card Making 2-3:30 Watercolors 2:30 Tea 3rd 3:00 Tea 3:00 Activity 3rd 4:30 Cocktail Hour	15 10:00 Exercise 3rd 11:00 Exercise 2:00 Activity 3rd 2:30 Tea 3rd 3:00 Tea & Summer Reminiscence Group with Sabrina 7:45 French Movie	16 10:15 Activity 3rd 11:00 Gardening Club with Sabrina 2:00 Tai Chi 2:30 Birthday Party 3rd with Paul Cassidy 3:00 Tea 3:30 Trivia 3rd 7:45 Movie	17 2:30 Tea 3rd 3:00 Tea
18 2:30 Tea 3rd 3:00 -Tea	19 9:30 – 1:00 Studio BBG 10:00 Walking Club 11:00 Sandbags 3rd 11:00 Knitting Club-Library 2:00 Yoga with Jane 3:00 Tea 3:30pm Bingo 3rd	20 10:00 Exercise 3rd 11:00 Exercise 2:00 Current Events w Anthony Housefather 2:30 Tea 3rd 3:30 LATE TEA 4:00 Activity 3rd 7:45 Movie Classic	21 10:00-Games-3rd 11:00 Trivial Pursuit 2-3:30 Watercolors 2:30 Tea 3rd 3:00 Tea 3:00 Activity 3rd 4:30 Cocktail Hour	22 10:15 Exercise 3rd 11:00 Exercise 2:30 Tea 3rd 3:00 Birthday Party with Yehuda Pinto 7:45 French Movie 	23 10:00 Activity 3rd 11:00 Travel Group with Sabrina 2:00 Tai Chi 2:30 Tea 3rd 3:00 Tea 3:30 Trivia 3rd 7:45 Movie	24 2:30 Tea 3rd 3:00 Tea
25 2:30 Tea 3rd 3:00 Tea & Starburst Entertainment Charity Event	26 10:00 Walking Club 11:00 Sandbags 3rd 11:00 Knitting Club-Library 2:00 Yoga with Jane 2:30 Tea 3rd 3:00 Tea 3:30pm Bingo 3rd	27 10:00 Exercise 3rd 11:00 Exercise 2:00 Outing with Monica 2:30 Tea 3rd 3:30 Late Tea 7:45 Movie Classic	28 10:00-Games -3rd 11:00 –Book club 2-3:30 Watercolors 2:30 Tea 3rd 3:00 Tea 3:00 Activity 3rd 4:30 Cocktail Hour 	29 10:15 Exercise 3rd 11:00 Exercise 2:30 Tea 3rd 3:00pm Tea & Music with Gerry Baum 7:45 French Movie	30 11:00 Bridge 2:30 Tea 3rd 3:00 Tea 7:45 Movie	31