





# SENIORS DAY PROGRAM



# JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b>  <b>NO PROGRAM</b>  <b>HAPPY CANADA DAY!</b>	<b>2</b> 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Home Early - Walmart	<b>3</b> 10:00 Coffee Social Word in Word 11:10 Light Exercise 12:15 Lunch 1:00 LIVE COUNTRY FIDDLE MUSIC!	<b>4</b> 10:00 Coffee Social Ice Breakers 11:00 Light Exercise 12:15 Lunch 1:15 Bean Bag toss
<b>8</b> 10:00 Coffee Social B.P & Weights / Council Meeting 11:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 JACK & CATHERINE MUSIC	<b>9</b> 10:00 Coffee Social Lawn Darts( Weather Permitting) 11:00 Light Exercise 12:15 Lunch 1:15 Wii Bowling	<b>10</b> 10:00 Coffee Social Grow a Garden Dice Game 11:00 Light Exercise 12:15 Lunch 1:15 Ice Cream & Client's Choice	<b>11</b> 10:00 Coffee Social Wheel of Fortune 11:00 Light Exercise 12:15 Lunch 1:15 Bingo
<b>15</b> 10:00 Coffee Social Fill in the Blanks 11:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 Ladder Ball	<b>16</b> 10:00 Coffee Social You be the Judge 11:00 Light Exercise 12:15 Lunch 1:15 Home Early – Giant Tiger	<b>17</b> 10:00 Coffee Social Ring Toss 11:00 Light Exercise 12:15 Lunch 1:15 Craft	<b>18</b> 10:00 Coffee Social Sing Along 11:00 Light Exercise 12:15 Lunch 1:15 Shuffle Board
<b>22</b> 10:00 Coffee Social Trivia 11:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 JACK & CATHERINE MUSIC	<b>23</b> 10:00 Coffee Social Board or Card Games 11:00 Light Exercise 12:15 Lunch 1:15 Bingo	<b>24</b> 10:00 Coffee Social Balloon Badminton 11:00 Light exercise 12:15 Lunch 1:15 Funny Movie with Treat	<b>25</b> 10:00 Coffee Social Health Chat 11:00 Light Exercise 12:15 Lunch 1:00 Falls Prevention Presentation
<b>29</b> 10:00 Coffee Social Wii Bowling 1:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 Ice Cream & Client's Choice	<b>30</b> 10:00 Coffee Social Word Search 11:00 Light Exercise 12:15 Lunch 1:15 Craft	<b>31</b> 10:00 Coffee Social Scavenger Hunt 11:00 Light Exercise 12:15 Lunch 1:00 LIVE COUNTRY FIDDLE MUSIC	<b>TO BOOK OR CANCEL</b>  <b>CALL CAROL @</b>  <b>705-355-1022 EXT.238</b> <b>PLEASE LEAVE MESSAGE</b>