

# July 2018

Dexford

Please Note Programs are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>10:00</b> Hymn Sing <b>11:15</b> Roman Catholic Service -Chapel- <b>2:00</b> Canada Day Celebration -Main Dining Room-	<b>2</b> <b>10:00</b> Group Exercises Main Dining Room <b>2:45</b> Famous Faces	<b>3</b> <b>10:30</b> Anglican Service -Chapel- <b>2:00</b> Word Games	<b>4</b> <b>10:00</b> Exercises <b>2:00</b> Garden Walks	<b>5</b> <b>10:00</b> Morning Stretches <b>2:00</b> Trivia	<b>6</b> <b>10:30</b> Group Exercise -Main Dining Room- <b>2:30</b> Strawberry Social -Dining Room-	<b>7</b> <b>10:30</b> Parachute Fitness -Main Dining Room- <b>2:00</b> Saturday Afternoon Pub -Main Dining Room-
<b>8</b> <b>10:00</b> Worship Service Led By Dr. Hernandez <b>11:15</b> Roman Catholic Service -Chapel- <b>2:00</b> Sunday Afternoon Bingo	<b>9</b> <b>10:00</b> Move to the Music <b>2:00</b> Famous Expressions	<b>10</b> <b>10:30</b> Anglican Service -Chapel- <b>2:00</b> Entertainment With Brian	<b>11</b> <b>10:00</b> Morning Stretches <b>2:00</b> In the Garden <b>6:00</b> Bingo	<b>12</b> <b>10:00</b> Exercises <b>2:00</b> Word Games	<b>13</b> <b>11:00</b> Shopping Outing -Sign-Up	<b>14</b> <b>10:30</b> Parachute Fitness -Main Dining Room- <b>2:00</b> Saturday Afternoon Pub Featuring Michelle -Main Dining Room-
<b>15</b> <b>10:00</b> Hymn Sing <b>11:15</b> Roman Catholic Service -Chapel- <b>3:00</b> Church Group -Main Dining Room-	<b>16</b> <b>10:00</b> Exercises <b>2:00</b> Bingo	<b>17</b> <b>10:30</b> Anglican Service -Chapel- <b>2:30</b> Residents Council -5th Floor Dining Room-	<b>18</b> <b>10:30</b> Roman Catholic Mass -Chapel- <b>2:00</b> Garden Strolls	<b>19</b> <b>10:00</b> Exercises <b>2:00</b> Concentration	<b>20</b> <b>12:00</b> BBQ-2-5-6 Featuring TBA -Patio-	<b>21</b> <b>10:30</b> Parachute Fitness -Main Dining Room- <b>2:00</b> Saturday Afternoon Pub -Main Dining Room-
<b>22</b> <b>10:00</b> Worship Service Led By Dr. Hernandez <b>11:15</b> Roman Catholic Service -Chapel- <b>2:00</b> Sunday Afternoon Bingo	<b>23</b> <b>10:00</b> Chair Yoga <b>2:00</b> Animal Planet	<b>24</b> <b>10:30</b> Anglican Service -Chapel- <b>2:00</b> Outdoor Walks	<b>25</b> <b>10:00</b> Exercises <b>2:00</b> Famous Faces <b>6:00</b> Bingo	<b>26</b> <b>10:00</b> Ball Toss <b>2:00</b> Puzzles and Games	<b>27</b> <b>12:00</b> BBQ-2-5-6 Featuring Brian -Patio-	<b>28</b> <b>10:30</b> Parachute Fitness -Main Dining Room- <b>2:00</b> July Birthday Celebration -Main Dining Room-
<b>29</b> <b>10:00</b> Hymn Sing <b>11:15</b> Roman Catholic Service -Chapel- <b>2:00</b> Sunday Afternoon Bingo -Main Dining Room-	<b>30</b> <b>10:00</b> Group Exercises <b>2:00</b> Clair & Terry -Dining Room-	<b>31</b> <b>10:30</b> Anglican Service -Chapel- <b>2:00</b> Entertainment With Brian				

## 2nd Floor

**Recreation & Pastoral Care  
Calendar**

**Main Floor Programs**

**Floor Programs**