

July 2018

Dexford

Please Note Programs are subject to change

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

3rd Floor

Recreation & Pastoral Care
Calendar