

# July 2018

Dexford

Please Note Programs are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:00 Hymn Sing 11:15 Roman Catholic Service -Chapel- 2:00 Canada Day Celebration -Main Dining Room-	<b>2</b> 10:00 Group Exercises Main Dining Room 3:00 Canada Quiz 6:30 Sing along	<b>3</b> 10:30 Anglican Service -Chapel- 2:00 Word Games	<b>4</b> 10:45 Exercises 2:00 Garden Walks 6:00 Bowling	<b>5</b> 10:45 Morning Stretches 3:00 Name that tune	<b>6</b> 10:30 Group Exercise -Main Dining Room- 2:30 Strawberry Social -Dining Room-	<b>7</b> 10:30 Parachute Fitness -Main Dining Room- 2:00 Saturday Afternoon Pub -Main Dining Room-
<b>8</b> 10:00 Worship Service Led By Dr. Hernandez 11:15 Roman Catholic Service -Chapel- 2:00 Sunday Afternoon Bingo	<b>9</b> 10:45 Exercise 3:00 Reading Corner	<b>10</b> 10:30 Anglican Service -Chapel- 2:00 Ice Cream Social	<b>11</b> 10:30 Morning Stretches' 3:00 Cards & Games	<b>12</b> 10:30 Exercise 3:00 Trivia	<b>13</b> 11:00 Shopping Outing -Sign Up-	<b>14</b> 10:30 Parachute Fitness -Main Dining Room- 2:00 Saturday Afternoon Pub Featuring Michelle -Main Dining Room-
<b>15</b> 10:00 Hymn Sing 11:15 Roman Catholic Service -Chapel- 3:00 Church Group -Main Dining Room-	<b>16</b> 3:00 Discussion Group “ Theme Summer”	<b>17</b> 10:30 Anglican Service -Chapel- 2:30 Residents Council -5th Floor Dining Room-	<b>18</b> 10:30 Roman Catholic Mass -Chapel- 3:00 Stroll in the garden 6:00 Name that Tune	<b>19</b> 10:30 Stroll in the garden 3:00 Iced Tea Social	<b>20</b> 12:00 BBQ-2-5-6 Featuring TBA -Patio-	<b>21</b> 10:30 Parachute Fitness -Main Dining Room- 2:00 Saturday Afternoon Pub -Main Dining Room-
<b>22</b> 10:00 Worship Service Led By Dr. Hernandez 11:15 Roman Catholic Service -Chapel- 2:00 Sunday Afternoon Bingo	<b>23</b> 10:45 Exercise 3:00 Sing Along	<b>24</b> 10:30 Anglican Service -Chapel- 2:30pm Entertainment with Brian	<b>25</b> 10:30 Morning Stretches 3:00 Coffee & Discussion	<b>26</b> 10:30 Exercise 3:00 Name that tune	<b>27</b> 12:00 BBQ-2-5-6 Featuring Brian -Patio-	<b>28</b> 10:30 Parachute Fitness -Main Dining Room- 2:00 July Birthday Celebration -Main Dining Room-
<b>29</b> 10:00 Hymn Sing 11:15 Roman Catholic Service -Chapel- 2:00 Sunday Afternoon Bingo -Main Dining Room-	<b>30</b> 2:00 Clair & Terry -Dining Room-	<b>31</b> 10:30 Anglican Service -Chapel- 3:00 Lemonade Social				

## 7th Floor

**Recreation & Pastoral Care  
Calendar**

**Main Floor Programs**      **Floor Programs**