

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Assisted Living – (AL) Chapel – (C) Theatre – (T) Craft Room (CR) Demo Kitchen (DK) Dining Area (DA) Fitness Room (F) Games Room (GR) Multipurpose Room (M) Outing (O) Backyard (BY) Pool (P)	1 11:15 Daily Mass (C) 12:00 Canada Day Barbecue Lunch and Entertainment by The Hand Me Downs (BY) <small>Canada Day</small>	2 10:15 Chair Yoga with Murali (M) 11:15 Daily Mass (C) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening (AL-F2) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)	3 10:00 Medical Tai Chi with Check (M) 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 3:00 Short Stories (AI-F2) 3:30 Cocktail Hour 7:00 Night at the Opera: La bohème Part 1(T)	4 10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:00 Word Scramble (AI-F3) 2:30 Gentle Balance (AL-F1) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M) <small>Independence Day (US)</small>	5 9:30 Aquafit (P) 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:30 Birthday Party with Jack Garson (DA) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)	6 10:00 Wu Dang Tai Chi (M) 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 7:00 Movie Night (T)		
7 11:00 Daily Mass (C) 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	8 10:30 Balance Class (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:30 Ted Talks: Virtual Reality (T) 3:00 Bingo (AL-F1) 3:30 Aquafit (P)	9 10:15 Chair Yoga with Murali (M) 11:15 Daily Mass (C) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening (AL-F2) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)	10 10:00 Medical Tai Chi with Check (M) 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 2:30 Salt + Light presents Pope Francis Film (T) 3:30 Cocktail Hour (B) 7:00 National Geographic (T)	11 10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:00 Word Scramble (AI-F3) 2:30 Gentle Balance (AL-F1) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	12 Caribana Pride Day Wear Bright Colours!!! 9:30 Aquafit (P) 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Teaching Kitchen (DK) 3:00 Sing Along (AI-F2) 7:00 Action Movie Night (T)	13 10:00 Wu Dang Tai Chi (M) 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (F) 7:00 Movie Night		
14 11:00 Daily Mass (C) 11:00 FIFA Women's World Cup Final (B) 1:00 Scrabble (GR) 3:00 Afternoon Movie Matinée (T)	15 10:30 Balance Class (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:00 Pain Management Presented by Rexall (T) 3:00 Bingo (AL-F1) 3:30 Aquafit (P)	16 10:15 Chair Yoga with Murali (M) 11:15 Daily Mass (C) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:30 Mindful Gardening (AL-F2) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)	17 10:00 Medical Tai Chi with Check (M) 11:15 Daily Mass (C) 2:00 Town Hall Meeting (DA) 3:30 Ice Cream Float Bar (B) 7:00 Cocktail Lounge with Mike and Darlene (DA)	18 10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:30 Ice Cream Float Bar (B) 2:30 Gentle Balance (AL-F1) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	19 9:30 Aquafit (P) 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 1:30 Trip to Rosetta McClain Garden (O) 2:00 Afternoon Bridge (GR) 2:30 Strauss Family from Vienna by Joseph Sharon (T)	20 10:00 Wu Dang Tai Chi (M) 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 7:00 Movie Night (T)		
21 11:00 Daily Mass (C) 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	22 Blue Monday: Wear Something Blue! 10:30 Balance Class (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:30 Jeopardy (T) 3:00 Bingo (AL-F1) 3:30 Aquafit (P)	23 10:15 Chair Yoga with Murali (M) 11:15 Daily Mass (C) 2:00 Summer Hoedown Open House (DA) 3:30 Physio Fitness (F) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)	24 10:00 Medical Tai Chi with Check (M) 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 3:00 Short Stories (AI-F2) 3:30 Cocktail Hour (B) 7:00 CBC Docs (T)	25 10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Word Scramble ((AI-F3) 2:30 Gentle Balance (AL-F1) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	26 9:30 Aquafit (P) 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Celebrity Spotlight: Gloria Vanderbilt (T) 2:00 Afternoon Bridge (GR) 3:00 Sing Along (AI-F2) 3:00 Ice Cream Social (B) 7:00 Action Movie Night (T)	27 10:00 Wu Dang Tai Chi (M) 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (F) 7:00 Movie Night (T)		
28 11:00 Daily Mass (C) 12:00 Picnic Lunch (BY) 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	29 10:30 Balance Class (M) 11:15 Daily Mass (C) 1:30 Shopping Trip to Eglinton Square (O) 2:30 Backyard Games (BY) 3:30 Chocolate Milk Bar (B) 3:00 Bingo (AL-F1) 3:30 Aquafit (P)	30 10:15 Chair Yoga with Murali (M) 11:15 Daily Mass (C) 2:00 Brain Aerobics (GR) 2:30 Amazonia by Fr. Ron MacDowell (M) 2:30 Gentle Balance (AL-F1) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)	31 10:00 Medical Tai Chi with Check (M) 11:15 Daily Mass (C) 3:00 Short Stories (AI-F2) 3:30 Farewell Beach Party For Sarah Doucet (B) 7:00 Night at the Opera La bohème Part 2 (T)				<h1>July 2019</h1> <p>Presentation Manor Assisted Living Calendar</p>	