

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2022

Reflections Memory Care



11:00 Video Concert 1:00 ABBY Board 2:00 Resident Walking 3:00 Sing-Along with Sr. Christine 	10:15 Calendar Update 11:00 Morning Stretch 12:30 Puzzles 1:00 Let's Bake! 2:00 Coffee & Conversation 2:30 Colouring Group 3:00 Brain Teasers <small>Independence Day (US)</small>	11:00 Calendar Update 11:15 Music and Memories 12:30 ABBY Board 1:00 Colouring  2:00 Afternoon Exercises 2:30 Coffee & Conversation 3:00 Glamour Hour	10:15 Calendar Update 11:00 Gracie the Dog Visits 12:45 Music & Memories 1:15 Afternoon Movie 2:00 Coffee & Conversation 2:30 Garden Visits 3:30 Sing-Along with Sr. Christine <small>*****</small>	10:00 Calendar Update 10:15 Drum Circle w/ Gord 10:45 One to One Visits 12:30 Tend the Garden! 1:00 4th Floor Bakery 2:15 Afternoon Exercises 3:00 Happy Hour! 	11:00 Calendar Update 11:15 Morning Stretch 12:30 Puzzles 1:00 Neighbourhood Strolls 2:00 Coffee & Conversation 2:30 Sing-Along with Allen 	11:00 YouTube Videos 1:30 Tabletop Activities 2:00 Resident Walking 3:00 ABBY Board
11:00 Video Concert 1:00 ABBY Board 2:00 Resident Walking 3:00 Sing-Along with Sr. Christine 	10:15 Calendar Update 11:00 Morning Stretch 12:30 Your Favourite Songs 1:00 Let's Bake! 2:00 Coffee & Conversation 2:30 Puzzles 3:00 Word Search Group	11:00 Calendar Update 11:15 Music and Memories 12:30 ABBY Board 1:00 Arts & Crafts 2:00 Afternoon Exercises 2:30 Coffee & Conversation 3:00 Glamour Hour	10:15 Calendar Update 11:00 Gracie the Dog Visits 1:00 4th Floor Bakery 2:00 Coffee & Conversation 2:30 Bowling 3:30 Sing-Along with Sr. Christine 	10:00 Calendar Update 10:15 Drum Circle w/ Gord 2:15 Afternoon Exercises 3:00 Happy Hour!  Jain Away	11:00 Calendar Update 11:15 Morning Stretch 12:30 Puzzles 1:00 Neighbourhood Strolls 2:00 Coffee & Conversation 2:30 Sing-Along with Allen 	11:00 YouTube Videos 1:30 Tabletop Activities 2:00 Resident Walking 3:00 ABBY Board 
11:00 Video Concert 1:00 ABBY Board 2:00 Resident Walking	10:15 Calendar Update 11:00 YouTube Videos 2:30 Colouring Group Jain Away	11:00 Calendar Update 11:15 Music and Memories 12:30 ABBY Board 1:00 Let's Bake! 2:00 Afternoon Exercises 2:30 Coffee & Conversation 3:00 Glamour Hour	10:15 Calendar Update 11:00 Gracie the Dog Visits 12:45 Music & Memories 1:15 Afternoon Movie 2:00 Coffee & Conversation 2:30 Garden Visits 3:30 Sing-Along with Sr. Christine	10:00 Calendar Update 10:15 Drum Circle w/ Gord 10:45 One to One Visits 12:30 Tend the Garden! 1:00 4th Floor Bakery 2:15 Afternoon Exercises 3:00 Happy Hour! 	11:00 Calendar Update 11:15 Morning Stretch 12:30 Puzzles 1:00 Neighbourhood Strolls 2:00 Coffee & Conversation 2:30 Sing-Along with Allen	11:00 YouTube Videos 1:30 Tabletop Activities 2:00 Resident Walking 2:30 Smile Theatre Presents: Smile Serenades (DR) 3:00 ABBY Board
11:00 Video Concert 1:00 ABBY Board 2:00 Resident Walking 	10:15 Calendar Update 11:00 Morning Stretch 12:30 Your Favourite Songs 1:00 Let's Bake! 2:00 Coffee & Conversation 2:30 Story Telling 3:00 Fun with Numbers	11:00 Calendar Update 11:15 Music and Memories 12:30 ABBY Board 1:00 Jewelry Making 2:00 Afternoon Exercises 2:30 Coffee & Conversation 3:00 Glamour Hour 	10:15 Calendar Update 11:00 Gracie the Dog Visits 12:45 Ball Toss! 1:15 Afternoon Movie 2:00 Coffee & Conversation 2:30 Birthday Party (DR) 3:30 Sing-Along with Sr. Christine 	10:00 Calendar Update 10:15 Drum Circle w/ Gord 10:45 One to One Visits 12:30 Tend the Garden! 1:00 4th Floor Bakery 2:15 Afternoon Exercises 3:00 Happy Hour! 	11:00 Calendar Update 11:15 Morning Stretch 12:30 Puzzles 1:00 Neighbourhood Strolls 2:00 Coffee & Conversation 2:30 Sing-Along with Allen 	11:00 YouTube Videos 1:30 Tabletop Activities 2:00 Resident Walking 3:00 ABBY Board 
11:00 Video Concert 1:00 ABBY Board 2:00 Resident Walking						

8:30am Breakfast

10:30am Televised Mass

11:30am Lunch

4:45pm Dinner

12:30pm Quiet Time