

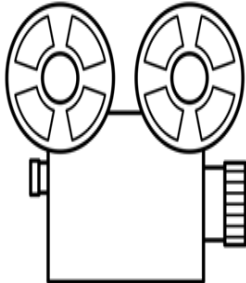

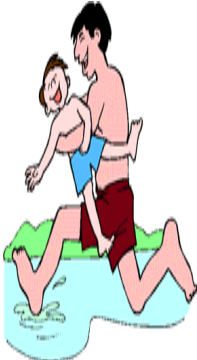


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<h1 style="text-align: center;">July 2010</h1> <p style="text-align: center;">All programs in the C/D wing unless otherwise stated. Check the white board by the Managers office for any changes to our activities.</p>			 <p style="text-align: center;"><b>St. Michael's Grove Manor Recreation Calendar</b></p>	<p>1)</p>  <p style="text-align: center;"><b>No Recreation Programs</b></p>	<p>2)</p> <p>11:00 – Walk Outside</p> <p>1:30 – Card Bingo</p> <p>8:30 – CPS Singers</p>	<p>3)</p> <p>2:00-Open Board or Card Games</p>
<p>4)</p> 	<p>5)</p> <p>10:00 – Walk the Halls</p> <p>10:30 – Exercise – Flexing and Stretching</p> <p>11:00 - Headlines</p> <p>1:30 – Wii Bowling</p> <p>3:00 – Computer Lessons</p> <p>7:00 - Music with Russ and Friends – Front Foyer</p>	<p>6) Hair Salon Open AM</p> <p>9:30 – Noon Healthy Aging Clinic – Private Dining Room</p> <p>10:30 – Exercise - Balls and Balance</p> <p>1:30 – Chase the Ace</p> <p>7:00 - Pharmacy Presentation</p>	<p>7)</p> <p>9:00– Hearing Aid Clinic – Rec Rm</p> <p>10:30 – Exercise bands and weights</p> <p>1:30 – Crossword Puzzles &amp; Spelling Bee</p> <p>3:00 - Horse Racing</p> <p>6:30 - Cribbage</p>	<p>8)</p> <p>10:00-Catholic Church Service</p> <p>11:15 – Movin and Grovin with Cheryl</p> <p>1:30 – Gazebo Fun Courtyard B</p> <p>7:00 – Music Night featuring Running Board</p>	<p>9)</p> <p>10:30 – Social Worker Presentation Grief and Loss Issues</p> <p>1:30 – Card Bingo</p> 	<p>10)</p> <p>2:00 – Board or Card Games</p> <p>7:00 - Regular BINGO with Doug!</p>	
<p>11)</p> 	<p>12)</p> <p>10:00 – Walk the Halls</p> <p>10:30 – Exercise – flexing and stretching</p> <p>11:00 – Headlines</p> <p>1:30 – Wii Bowling</p> <p>3:00 – Computer Lessons</p> <p>6:00 pick up Parkland Fun Night - Free</p>	<p>13)</p> <p>Hair Salon Open AM</p> <p>9:30 – Noon Healthy Aging Clinic</p> <p>10:30 – Exercise– Ball and Balance</p> <p>1:30 – Cooking Together –Rec. RM</p> <p>6:30 – Horseshoes – B Courtyard</p>	<p>14)</p> <p>9:30 – Pick up “New Time”</p> <p>Lunch at Elk Island</p> <p>Park and Tour of Ukrainian Village</p>	<p>15)</p> <p>10:00-Catholic Church Service</p> <p>11:15 – Movin and Grovin with Cheryl</p> <p>1:30 – Fun with History presented by the Multicultural Centre</p> <p>3:00 – Horse Races</p>	<p>16)</p> <p>11:00 – Crafts – Making Cards</p> <p>1:30 – Card Bingo</p> <p>6:30 – Movie Night</p>	<p>17)</p> <p>2:00-Open Board or Card Games</p> <p>7:00 – Music with Norma and friends</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18) 	19) 10:00 – Walk the Halls 10:30 – Exercise – flexing and stretching 11:00 - Headlines 1:30 – Wii Bowling 3:00 – Computer Lessons 7:00 - Music with Russ and Friends - Front Foyer	20) Hair Salon Open AM 9:30- Noon Healthy Aging Clinic - Private Dining Room 10:00 – Walk the Halls 10:30 – Exercise– Ball and Balance 1:30 – Chase the Ace 6:30 – Horseshoes – B Courtyard	21) 10:30 – Exercise – bands and weights 1:30 – A Refreshing Experience! 3:00 - Horse Racing 6:30 – Cribbage 	22) 10:00-Catholic Church Service 10:00 – Walk the Halls 11:15 - Movin and Grovin with Cheryl 3:30 – Fun Trivia	23) 10:00 - Walk Outside 1:30 – Card Bingo 6:30 – Movie Night 	24) 2:00- Music Day featuring The Cousins Outside Courtyard B – bring your own chair. Moved to C/D inside if bad weather
25) 	26) 10:00 – Walk the Halls 10:30 – Exercise flexing and stretching 11:00 – Headlines and Hydration 1:30 – Wii Bowling – Front Foyer 3:00 – Computer Lessons 7:00 - Music with Russ and Friends - Front Foyer	27) Hair Salon Open AM 9:30- Noon Healthy Aging Clinic - Private Dining Room 10:30 – Exercise – Ball and Balance 1:30 – Sharing clean jokes, riddles, short stories 2:00 – Birthday Party! 6:30 – Horseshoes – B Courtyard	28) 10:30 – Exercise – bands and weights 1:30 – Poetry Reading 3:00 - Horse Racing 6:30 – Cribbage	29) <b>Celebrate Summer Day!</b> 10:00- Walk the Halls 10:00-Catholic Church Service 11:15 –Exercise with Cheryl Summer Fun!! 1:30 – Music by Wayne O. followed by summer fun games and activities	30) 11:00 – Crafts 1:30 – Card Bingo 	31) 2:00-Open Board or Card Games 7:00 – Regular BINGO with Doug!