

# July 2024

## Southbridge Lakehead

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Canada Day 1</b> 10:00 Canada Day 11:00 1-on-1 (2) 1:30 Canada Day from Ottawa 3:00 Canada Day Music Rodney Brown, Larry, & Friends (Front Lawn)	<b>10:00 Senior Fitness 2</b> 11:00 1-on-1 (3) 2:30 Baking Strawberry Rhubarb Cobbler 6:30 UFO Day (CR)	<b>10:00 Manicures 3</b> 11:00 1-on-1 (4) 1:00 Fresh Air Walks 2:00 Canada Day Bingo (6) 3:00 Canada Day Bingo (5) 6:30 Canada Day Bingo (2)	<b>10:00 Men's Exercises Group/weights 4</b> 11:00 1-on-1 (5) 2:00 Canada Day Bingo (4) 3:00 Canada Day Bingo (3) 6:30 Making a Puzzle of Canada (AR)	<b>9:30 Garden Care 5</b> 10:00 Patio Re:Opening with Champagne Mimosas 11:00 1-on-1 (6) 2:15 Daylin's Hawaiian Elvis Show (Front Lawn) 6:30 Pineapples & Travel to Hawaii	<b>9:30 Garden Care 6</b> 10:15 Patio Clean Up 11:00 1-on-1 (2) 1:15 Jennifer & Maggie (dog) Visit 2:30 Comedy Afternoon with Rey (CR)	
	<b>9:30 Garden Care 7</b> 10:00 Outing to St. Pat's Church 11:00 1-on-1 (3) 1:00 Making Iced Tea (AR) 2:30 Bocce Ball (Front Lawn)	<b>9:30 Garden Care 8</b> 10:00 Chair Yoga (Patio) 11:00 1-on-1 (4) 2:30 Making Nanaimo Bars (AR) 6:30 Container Gardening (Patio)	<b>9:30 Garden Care 9</b> 10:00 Senior Fitness 10:00 Teddy Bear Picnic Prep (AR) 11:00 1:1 Visits (5) 11:30 Teddy Bear Picnic 3:00 Gardening/Clean Up Patio 6:30 Canadian Athletes (CR)	<b>9:30 Garden Care 10</b> 10:00 BBQ Prep (AR) 11:00 1-on-1 (6) 12:00 BBQ (Patio) 2:30 Patio Games 6:30 Watermelon Wednesday	<b>9:30 Garden Care 11</b> 10:00 Beachball Toss (4) 11:00 1-on-1 (2) 2:30 Zea & Chirps/All About Parrots (AR) 6:30 Colouring Pictures of Canada	<b>9:30 Garden Care 12</b> 10:00 Fresh Air Walks 11:00 Lunch @ Wendy's/Shop Superstore 2:00 1:1 Visits (3) 2:30 Games Group 6:30 Reminiscing about Camping & Smores	<b>9:00 A Canadian Breakfast E#! Patio 13</b> 9:30 Garden Care 11:00 1-on-1 (4) 1:00 Fresh Air Walks (outside) 2:30 International Day of Rock & Roll (CR)
	<b>9:30 Garden Care 14</b> 11:00 1-on-1 (5) 12:45 Outing Thunder Cats Baseball 2:30 Bedside Bible Readings	<b>9:30 Garden Care 15</b> 10:00 Beach Ball Toss (All Floors) 11:00 1-on-1 (6) 2:30 Strawberry Cleaning (AR) 6:30 Strawberry Freezer Jam (AR)	<b>9:30 Garden Care 16</b> 10:00 Making Red & White Kebobs (AR) 11:00 1-on-1 (2) 2:30 Welcome Tea 6:30 Games	<b>9:30 Garden Care 17</b> 10:00 Manicures 11:00 1-on-1 (3) 2:30 Making Sangria (AR) 6:30 Sangria & Cheese (Patio)	<b>9:30 Garden Care 18</b> 10:00 Beachball Toss (3) 11:00 1-on-1 (4) 1:30 Indigenous Barrette Making/Brodie 6:30 Travel Across Canada by Train (CR)	<b>9:30 Garden Care 19</b> 10:00 Yoga on the Patio 11:00 1-on-1 (5) 2:30 Jam with Sherry & Jim (DR) 6:30 Metal Music (CR)	<b>9:30 Making Muffins (AR) 20</b> 9:30 Garden Care 10:00 Muffins & Coffee on the Patio 11:00 1-on-1 (6) 1:15 Jennifer & Maggie (dog) Visit 2:30 Bingo (DR)
	<b>9:30 Garden Care 21</b> 10:30 Virtual Church Service 11:00 1-on-1 (2) 2:30 Traveling Maple Walnut Ice Cream Cones (All Floors)	<b>9:30 Garden Care 22</b> 10:00 Chair Yoga (Patio) 11:00 1-on-1 (3) 11:30 Outing to Dairy Queen for Lunch 6:30 Summer Crafts	<b>9:30 Garden Care 23</b> 10:00 Senior Fitness 11:00 1-on-1 (4) 2:30 Birthday Party Celebration 6:30 Tim Horton's Maple Iced Coffee, Tea, & Donuts (AR)	<b>9:30 Garden Care 24</b> 10:00 BBQ Prep (AR) 11:00 1-on-1 (5) 12:00 BBQ (Patio) 2:30 Patio Games 5:15 Live on the Waterfront/Marina	<b>9:30 Garden Care 25</b> 10:00 Beachball Toss (5) 11:00 1-on-1 (6) 2:00 Fishing Club/Fishing on the Kam 6:30 Music & Life of Celine Dion (CR)	<b>9:30 Garden Care 26</b> 10:00 Far Out Fruit & Dip Friday Prep (AR) 11:00 1-on-1 (2) 2:30 Far Out Fruit & Dip 6:30 Opening Ceremonies of the Summer Olympics (CR)	<b>9:30 Garden Care 27</b> 10:00 Fresh Air Walks (outside) 11:00 1-on-1 (3) 2:30 Summer Camp Movie (CR)
	<b>9:30 Garden Care 28</b> 10:30 Virtual Church Service 11:00 1-on-1 (4) 2:30 Bedside Bible Readings	<b>9:30 Garden Care 29</b> 10:00 Exercise Group (All Floors) 11:00 1-on-1 (5) 2:30 International Tiger Day & Tiger Paw Ice Cream 6:30 Traveling Book/Magazine/DVD's	<b>9:30 Garden Care 30</b> 10:00 Senior Fitness 11:00 1-on-1 (6) 2:30 International Day of Friendship/Making Friendship Bracelets 6:30 A Friendship Collage (AR)	<b>9:30 Garden Care 31</b> 10:00 Manicures 11:00 1-on-1 (2) 2:30 Olympic Update (AR) 6:30 Mutt Day (AR)			 <p>Teddy Bear Picnic Day</p>