

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2023</h1>						
10:00 Worship (C) 2 1:30 Coffee & Chat(O)	10:00 EnerG Exercis (O) 3 1:00 Exercises (64) 6:00 Evening Stretch(64) 7:00 Relaxation Music(64)	1:00 Exercises (64) 4 6:00 Evening Stretch (64) 7:00 Relaxation Music (64) <small>Independence Day (US)</small>	10:30 Active Games (CTY) 5 1:00 Exercises (64) 1:30 Painting With Lana (GSA) 2:00 Bible Study (C) 6:00 Evening Stretch (64)	8:45 Journaling (CTL) 6 10:30 Kickboxing (CT) 1:30 Rosary /Mass (C) 6:00 Evening Stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music (64) Theme: Wear Red Day	10:00 EnerG Exercises (O) 7 10:30 Outdoor games (CT) 1:00 Exercises (64) 1:30 Movie: Hachi (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Exercises (64) 1 1:30 Ice cream truck 6:30 Bingo (GSA) <small>Canada Day</small>
10:00 Worship (C) 9 1:30 Coffee & Chat(O)	10:00 EnerG Exercises (O) 10 10:30 Strawberry salad(CT) 1:00 Exercises (64) 2:00 Pokeno (CT) 6:00 Evening Stretch(64) 7:00 Relaxation Music(64)	10:30 Pilates (CT) 11 1:00 Exercises (64) 2:00 Birthday Party Nathan Neuman 6:00 Evening stretch(64) 6:30 Bingo (CT) 7:00 Relaxation Music(64)	10:30 Active Games (CTY) 12 1:00 Exercises (64) 1:30- Crafts (CT) 2:00 Bible Study (C) 6:00 Evening Stretch (64)	8:45 Journaling (CTL) 13 10:30 Kickboxing (CT) 1:30 Rosary/Mass (C) 3:00 Cribbage (CT) 6:00 Evening Stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music (64)	10:00 EnerG Exercises O 14 10:30 Outdoor games(CT) 1:00 Exercises (64) 2:00 Picnic in Courtyard Wear Twins Attire Day. 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Exercises (64) 15 1:30 Ice cream truck 6:30 Bingo (GSA)
10:00 Worship (C) 16 1:30 Coffee & Chat(O)	10:00 EnerG Exercises (O) 17 10:30 Cup of Joe's(CT) 1:00 Exercises (64) 2:00 Pokeno (GSA) 6:00 Evening Stretch(64) 7:00 Relaxation Music(64)	10:30 Pilates (CT) 18 1:00 Exercises (64) 2:00 Music with Jerry Fisher 6:00 Evening stretch(64) 6:30 Bingo (CT)	10:30 Active Games 19 (CTY) 1:30 Flower Arranging GSA 2:00 Bible Study (C) 6:00 Evening Stretch	10:30 Kickboxing (CT) 20 1:30 Rosary (C) 2:00 Mass (C) 6:00 Evening Stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music (64) Theme Pink and Purple Day	10:00 EnerG Exercise 21 (O) 1:00 Exercises (64) 6:00 Evening Stretch (64) 7:00 Relaxation Music	11:00 Exercises (64) 22 1:30 Ice cream truck 6:30 Bingo (GSA)
10:00 Worship (C) 23 1:30 Coffee & Chat(O)	10:00 EnerG Exercises (O) 24 1:00 Exercises (64) 2:00 Pokeno (W) 6:00 Evening Stretch(64) 7:00 Relaxation Music(64)	1:00 Exercises (64) 25 2:00 Games: Cribbage, 500, Yahtzee, etc. 6:00 Evening stretch(64) 6:30 Bingo (CT)	10:30 Active Games (CTY) 26 1:00 Exercises (64) 2:00 Remember When(W) 2:00 Bible Study (C) 6:00 Evening Stretch (64)	1:30 Rosary(C) 27 2:00 Mass (C) 6:00 Evening Stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music (64) Theme: Bugs Bunny day	10:00 EnerG Exercises(O) 28 1:00 Exercises (64) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Exercises (64) 29 1:30 Ice cream truck 6:30 Bingo (GSA)
10:00 Worship (C) 30 1:30 Coffee & Chat(O)	10:00 EnerG Exer(O) 31 1:00 Exercises (64) 2:00 Pokeno (O) 6:00 Evening Stretch(64) 7:00 Relaxation Music(64)	 GSA= Highrise, CT=Court, CTY=Court Yard, O=Oaks, W=West, TG=Therapy Gym, C=Church, FH=Fellowship Hall, CTL=Court Library				