


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>West Court – Care Home</b> <b>July 2021</b>						
				<b>Happy Canada Day!</b> <b>1</b> 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 2:30 "Red & White" Ice Cream Social 3:45 Canada - Virtual Tour 1 <sup>st</sup> FL	<b>2</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Crosswords 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 Comedy Night "Bob Hope" 1 <sup>st</sup> FL	<b>3</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Arts & Crafts 1 <sup>st</sup> FL 2:15 <b>Afternoon at the Ballet</b> Alice's Adventures in Wonderland - Ballet in Two Acts Apple TV 1 <sup>st</sup> FL 3:00 Carrom Board - New Game 6:00 Canadian Trivia 1 <sup>st</sup> FL
<b>4</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:45 Anglican Church Virtual Service 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Bingo DPOA 2:30 Sand Festival Sculpture -Parkville 3:00 Crib Club 3:00 Walk About in the Garden 6:00 Bean Bag Trivia- 1 <sup>st</sup> FL	<b>5</b> 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Balloon Badminton 1 <sup>st</sup> FL 2:30 <b>Joaquin Rodrigo- Guitar Concerto</b> <b>Concierto de Aranjuez -online</b> 2:15 Art Therapy with Julia DPOA 3:00 Heart for Music & 1-1 Visits 6:00 Wheel of Fortune- 1 <sup>st</sup> FL	<b>6</b> 10:00 Strength Training 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 11:30 Physical Stimulation 1:45 Garden Clean Up 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:15 Heart for Music & 1-1 Visits 6:00 Crossword Puzzle 1 <sup>st</sup> FL	<b>7</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1 <sup>st</sup> FL 1:45 Baking- Raspberry Cream Cupcakes DPOA 2:30 Active Games 1 <sup>st</sup> FL 6:00 Bingo 1 <sup>st</sup> FL	<b>8</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Good News & Views- 1 <sup>st</sup> FL 12:30 <b>Pyjama Day Lunch</b> 2:15 Ring Toss 1 <sup>st</sup> FL 2:30 <b>Concert in Care TBA 1<sup>st</sup> FL</b> 3:00 Walk About in the Garden 6:00 Word Games 1 <sup>st</sup> FL	<b>9</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Dominoes- 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 <b>Lemonade Social</b> <b>In the Garden 1<sup>st</sup> FL</b>	<b>10</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 <b>Interesting Facts:</b> <b>"All About Ice Dancing" 1<sup>st</sup> FL</b> 2:30 Floor Curling 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 Test Your Knowledge- Geography 1 <sup>st</sup> FL
<b>11</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:45 Tsawwassen Alliance Church Virtual Service 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Pokeno DPOA 2:30 Ice Cream Social 1 <sup>st</sup> FL 3:00 Crib Club 1 <sup>st</sup> FL 3:00 Storytelling in the Garden 6:00 <b>Armchair Travel-Brazil 1<sup>st</sup> FL</b>	<b>12</b> 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Heart for Music & 1-1 Visits 2:15 Art Therapy with Julia DPOA 2:30 Board Games – Residents' Choice 3:00 Tea & Reminiscing 1 <sup>st</sup> FL 6:00 Outdoor Trivia- 1 <sup>st</sup> FL	<b>13</b> 10:00 Strength Training 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 11:30 Physical Stimulation 1:45 Manicures 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:15 Heart for Music & 1-1 Visits 6:00 Wheel of Fortune 1 <sup>st</sup> FL	<b>14</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1 <sup>st</sup> FL 1:45 History of the Rodeo- Presentation 1 <sup>st</sup> FL 2:30 Heart for Music & 1-1 Visits 3:00 Story Reading in the Garden 6:00 Bingo 1 <sup>st</sup> FL	<b>15</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Good News & Views- 1 <sup>st</sup> FL 1:45 Hand Massages & Music 1 <sup>st</sup> FL 2:30 <b>Music Appreciation-</b> <b>"Hank Williams"</b> 3:00 Paper Flower Garland Craft 1 <sup>st</sup> FL 3:45 DVD concert 6:00 Fun Discussion Group 1 <sup>st</sup> FL	<b>16</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Insects of Interest--1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 Name 5 & 20 Questions-Outdoors	<b>17</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 2:00 <b>Outdoor Performance-</b> <b>Heart for Music Entertainers 1<sup>st</sup> FL</b> 3:15 Walk in the Garden 6:00 Trivia Night- Slogans 1 <sup>st</sup> FL
<b>18</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:45 Catholic Church Virtual Service 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Bingo DPOA 2:30 <b>Mysterious Places</b> <b>"Bizarre Blue Hole in Belize"</b> 3:00 Crib Club 3:00 Walk About in the Garden 6:00 Random Trivia- 1 <sup>st</sup> FL	<b>19</b> 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Bean Bag Toss 1 <sup>st</sup> FL 2:15 Art Therapy with Julia DPOA 2:30 Bean Bag Toss 3:00 Heart for Music & 1-1 Visits 6:00 Word within a Word- 1 <sup>st</sup> FL	<b>20</b> 10:00 Strength Training 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 11:30 Physical Stimulation 1:45 Garden Clean Up 1 <sup>st</sup> FL 2:30 <b>Happy Hour &amp;</b> <b>David Bowie Concert -online</b> <b>"Serious Moonlight" 1<sup>st</sup> FL</b> 3:15 Heart for Music & 1-1 Visits 6:00 Quiz Night 1 <sup>st</sup> FL	<b>21</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Morning Chat & Discussion 1 <sup>st</sup> FL 1:45 Baking- Peach Crumb Bars DPOA 2:30 Floor Curling 1 <sup>st</sup> FL 6:00 Bingo 1 <sup>st</sup> FL	<b>22</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Good News & Views- 1 <sup>st</sup> FL 2:00 <b>Resident Council Meeting 1<sup>st</sup> FL</b> 2:30 Stories from the Heart-Outdoors 2:45 <b>Concert in Care TBA 1<sup>st</sup> FL</b> 3:00 Heart for Music & 1-1 Visits 1 <sup>st</sup> FL 6:00 Quiz Night 1 <sup>st</sup> FL	<b>23</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Scrabble & Crib- 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 50 Most Beautiful Places in the World 1 <sup>st</sup> FL	<b>24</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 1:45 Arts & Crafts 1 <sup>st</sup> FL 2:30 Tea & Reminisce "The 70's" 6:00 Wheel of Fortune 1 <sup>st</sup> FL
<b>25</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:45 Baptist Church Virtual Service 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Pokeno DPOA 2:30 Ice Cream Social 1 <sup>st</sup> FL 3:00 Crib Club 3:00 Storytelling in the Garden 6:00 <b>Music Appreciation "Abba"</b>	<b>26</b> 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Morning Chat & Trivia 1 <sup>st</sup> FL 1:45 Heart for Music & 1-1 Visits 2:30 Art Appreciation Vincent Van Gogh 1 <sup>st</sup> FL 3:00 Tea & Reminiscing 1 <sup>st</sup> FL 6:00 Trivial Pursuit-Outdoors- 1 <sup>st</sup> FL	<b>27</b> 10:00 Strength Training 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 11:30 Physical Stimulation 1:45 Manicures 1 <sup>st</sup> FL 2:30 Happy Hour 1 <sup>st</sup> FL 3:15 Heart for Music & 1-1 Visits 6:00 World's Most Famous Animals In History 1 <sup>st</sup> FL	<b>28</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 11:00 Morning Chat & Discussion 1 <sup>st</sup> FL 1:45 Sensory Stimulation 1 <sup>st</sup> FL 2:30 Bean Bag Toss 1 <sup>st</sup> FL 3:00 Walk About in the Garden 6:00 Bingo 1 <sup>st</sup> FL	<b>29</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Good News & Views- 1 <sup>st</sup> FL 1:45 Music Memories & Busy Hands 1 <sup>st</sup> FL 2:15 <b>"The Elephant Queen"</b> <b>Documentary</b> 3:00 Balloon Badminton 1 <sup>st</sup> FL 6:00 Fun Discussion Group 1 <sup>st</sup> FL	<b>30</b> 10:00 Strength Training 1 <sup>st</sup> FL 10:00 Physical Stimulation 1 <sup>st</sup> FL 10:15 Art Therapy with Julia DPOA 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 12:30 Special Event Luncheon - Greek Menu 2:00 <b>Butterfly Release-</b> <b>New Beginnings 1<sup>st</sup> FL</b> 2:30 Happy Hour 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 Wheel of Fortune-1 <sup>st</sup> FL	<b>31</b> 10:00 Strength Training 2 <sup>nd</sup> FL 10:00 Reconditioning Exercises 1 <sup>st</sup> FL 11:00 Coffee, Tea & Else 1 <sup>st</sup> FL 2:00 <b>Movie of the Month:</b> <b>"The Upside" 1<sup>st</sup> FL</b> & Ice Cream Social 1 <sup>st</sup> FL 2:30 Floor Curling 1 <sup>st</sup> FL 3:00 Heart for Music & 1-1 Visits 6:00 Trivia Night- Antonyms & Synonyms 1 <sup>st</sup> FL