

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. Bingo Monday to Friday Hairdresser Wednesday & Thursday	Happy Birthday 1 Canada Bonne fête  Parade 12:30 Bonanza Bingo 2:00 Bring \$1.00 <small>Canada Day</small>	Outing breakfast 2 7:30  With Rosemary 2:00	Exercise 9:00(Liane) 3  Sandbags 2:00 Music at Grotto 7:00 	Weight & Blood Pressure 4 11:00  Rainbow Dice Game  2:00 <small>Independence Day (US)</small>	Exercise 9:00(Clara) 5  Movie 1:30 / Snacks 	Radio Bingo 6 11:00  Outdoor stroll
7 Movie 1:30 / snacks 	8 Exercise 9:00(Clara)  Bingo 2:00 	9 Outing breakfast 7:30 Euchre Party 1:30  	10 Exercise 9:00(Liane)  Spin the wheel 2:00 Music at Grotto 7:00 	11 Outdoor stroll if weather permits a.m. Music with Bruno  2:00 Cedar Valley Choir 7:00 	12 Exercise 9:00(Clara)  Sandbags  2:00	13 Radio Bingo 11:00  Outdoor stroll
14  Ice cream treats 2:00 	15 Exercise 9:00(Clara)  Bingo 2:00 	16 Outing breakfast 7:30  with Rosemary 2:00	17 Exercise 9:00 (Liane)  Making Sundaes 2:00  Music at Grotto 7:00 	18 Outdoor stroll if weather permits a.m  Social Hour with United Church 2:00	19 Exercise 9:00(Clara)  Music with Lee 	20 Radio Bingo 11:00  Outdoor stroll
21 Ice cream treats 2:00  	22 Exercise 9:00(Clara)  Bingo 2:00 	23 Outing breakfast 7:30 Euchre Party 1:30  	24 Exercise 9:00(Liane)  Sign along with Suzie Q 2:00 Music at Grotto 7:00 	25 Outing for lunch 11:30 Birthday Party  1:30 Music with Dave	26 Exercise 9:00(Clara)  Spin the wheel 2:00 	27 Radio Bingo 11:00  Outdoor stroll
28  Ice cream treats 2:00 	29 Exercise 9:00(Clara)  Bingo 2:00 	30 Outing breakfast 7:30  Outing to Tim Hortons 2:00 	31 Exercise 9:00(Liane)  Spin that wheel 2:00 Music at Grotto 7:00 	 July 2019 		The Palace Retirement Community