






July 2019 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS	1  <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">OFFICE CLOSED</div>	2 10:15 Fitness & July News 1:15 Outdoor Shuffleboard	3 10:15 Stretches & Canadian Geography 1:15 Outdoor Parachute Fun 6:15 Sing-a-Long in the Gazebo	4 10:15 Gardening & Outdoor Walk 1:15 How many words from "Happy Canada Day"	5 10:15 Sit n' Dance DVD 2:00-3:00 Happy Hour w/Cal Wookey	6 10:15 Fun & Fitness 1:15 Mixed-up Canada Day Game
7 10:30 Devotions & Hymn Sing 1:15 Washer Toss	8 10:15 Fitness & Canadian Heroes 1:15 Outdoor Fun 2:00-5:00 Gathering Room Booked	9 10:15 Gardening & Outdoor Walk 1:15 Beach Ball Circle	10 10:15 Tai Chi 1:15 Ladder Ball	11 10:00 Zoo and lunch Outing with 2 nd Floor (Blueberry & Marigold)  Nettie Mc. B-day 🍁	12 10:15 Stretches & Sing-a-long 1:00-2:30 Razor Back Day Care visiting	13 1:15 SHUFFLEBOARD 6:15 Bingo & Coffee Lissy K. B-day 🍁
14 10:30 Devotions & Hymn Sing 1:15 Outdoor Lawn Darts	15 10:15 Exercise Circle 1:15 Ladder Ball	16 10:15 Dance around the World 1:30 Monthly B-Day Party w/+ONE	17 10:15 Shake Loose a Memory 1:15 Baseball Toss	18 10:15 Stretches & Canadian Sports 1:15 Manicures Flora S. Ann G. & Blanche K. B-day 🍁	19 10:15 Tai Chi 1:15 Beach Ball Circle	20 1:15 Group Crossword Puzzle 6:15 Lawn Darts & Lemonade on the Patio
21 10:30 Devotions & Hymn Sing 1:15 Bean Bag Toss	22 10:15 Sit n' Dance DVD 1:15 Laughter & Popsicles on the Patio	23 10:15 Tai Chi 1:15 In House Bowling	24 1:15 How many words from "Summer Holidays" 6:15 Sing-a-Long in the Gazebo Ida L. B-day 🍁	25 10:15 Exercise Circle 1:30 Happy Hour w/Roy Orbison Music & Spot Dance Prizes	26 10:15 Gardening & Outdoor Walk 1:00-2:30 Razor Back Day Care visiting	27 10:15 Exercise Circle 1:15 Washer Toss
28 10:30 Devotions & Hymn Sing 1:15 Ladder Ball	29 10:15 Stretches & Canadian Culture 1:15 Shuffleboard	30 10:15 Stretches & Walk 1:30 Folklorama-A little taste of Portuguese food, Music, and Dancing	31 10:15 Exercise Circle 1:30 Folklorama-A little taste of Ukrainian food, Music, and Culture		Remember your hats and sun glasses 	

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES