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	10:00 Exercise 1 10:30 Shuffle Board 2:00 Canada Day Cake & Coffee 4th FL. 	10:00 Exercise 2 10:30 News & Current Events 2:00 Timmies & Chat with Linda & Gloria 	10:00 Exercise 3 10:30 Reminiscing 1:30 Hawaiian Party with Richard Miles - Courtyard Prize for Best Costume! 7:00 Movie - Lounge 	10:00 Exercise 4 10:30 Manicures & Hand Massage 11:30 BBQ in the CY 2:00 Hymn Sing	10:00 Exercise 5 10:30 Color & Chat 1:00 Religious Service with Father Gerry 2:00 Bingo 7:00 Movie Night 	10:00 Walking 6 2:00 Movie & Popcorn
10:00 Walking 7 1:30 Karaoke & Ice Cream	10:00 Exercise 8 10:30 Shuffle Board 11:30 Bacon & Egg Lunch 2:00 Horseshoe Game & Smoothies  6:30 Bingo - Next Bldg.	10:00 Exercise 9 10:30 News & Current Events 2:00 What's in the Bag & Ice Cream - CY 	10:00 Exercise 10 10:30 Gardening 2:00 Sing Along - Courtyard 7:00 Movie	10:00 Exercise 11 10:30 Manicures & Hand Massage 2:00 Crazy Hat Day – Bob Fleury Entertains – Courtyard 	10:00 Exercise 12 10:30 Hum Punch 2:00 Grocery Bingo 7:00 Movie Night	10:00 Walking 13 2:00 Bingo
10:00 Walking 14 1:30 Karaoke & Ice Cream 	10:00 Exercise 15 10:30 Shuffle Board 2:00 Birthday Party with Linda & Gloria 6:30 Bingo – Next Bldg. 	10:00 Exercise 16 10:30 News & Current Events 2:00 Card Games	10:00 Exercise 17 10:30 Scattergories 2:00 Birthday Sing Along Party With Cal Wookey 7:00 Movie 	10:00 Exercise 18 10:30 Manicures & Hand Massage 11:30 BBQ in the CY 2:00 Stories from a Pioneer 	10:00 Exercise 19 10:30 Color & Chat 2:00 Bingo 7:00 Movie Night	10:00 Walking 20 2:00 Movie & Popcorn 
10:00 Walking 21 1:30 Karaoke & Ice Cream	10:00 Exercise 22 10:30 Shuffle Board 11:30 Summer Luncheon 2:00 Movie 6:30 Bingo – Next Bldg. 	10:00 Exercise 23 10:30 News & Current Events 2:00 Sing Song - Courtyard	10:00 Exercise 24 10:30 Travel Games 2:00 Ice Cream Party with Dan Figsby 	10:00 Exercise 25 10:30 Manicures & Hand Massage 2:00 Hymn Sing & Old Time Songs with Elizabeth – Courtyard 	10:00 Exercise 26 10:30 Mind Twist 2:00 Grocery Bingo 7:00 Movie Night	10:00 Walking 27 2:00 Bingo
10:00 Walking 28 1:30 Karaoke & Ice Cream	10:00 Exercise 29 10:30 Shuffle Board 1:00 – 3:00 Riverside Store Come & Shop! 2:00 Hymn Sing 6:30 Bingo – Next Bldg.	10:00 Exercise 30 10:30 News & Current Events 2:00 Ice Cream Party With Linda & Gloria 	9:30 Free Bus Outing & Walk in Selkirk Park & Lunch at the Halfmoon Restaurant in Lockport 	ASSISTED LIVING ACTIVITY CALENDAR JULY		