

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4th Floor activity room</p> <p>AR Activity Room</p> <p>B Bistro</p> <p>BG Back Garden</p> <p>DR Dining Room</p> <p>SR Sunroom</p>	<p>Happy Canada Day !!! 1</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Canada Day Celebration: Caricature, Music, Balloon Twisting, Face Painting... (DR)</p> <p>1:30 Magic Show (DR)</p> <p>3:00 Afternoon Social</p> <p>4:30 Happy Hour (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p>	<p>9:00 NewsCurrents Sr. (B) 2</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Sunrise Singers (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Scenic Drive (B)</p> <p>3:00 Popcorn Social (B)</p> <p>4:00 Sunrise Good Deeds (AR)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 3</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:15 Shopping @ Oakridge Mall</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Green Thumbs Club/Flower Arranging (B)</p> <p>3:00 Iced Tea Social (B)</p> <p>3:45 Manicures (AR)</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p>	<p>9:00 NewsCurrents Sr. (B) 4</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Trivia (B)</p> <p>11:30 Men's Club: Lunch Outing at the Flying Beaver</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Balloon Toss (DR)</p> <p>3:00 Karaoke Social with CMs (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 5</p> <p>9:30 Chair Tai-Chi Exercise (AR)</p> <p>11:00 Scrabble Game (B)</p> <p>1:15 Baking Club (AR)</p> <p>3:00 Fresh Baking Social (B)</p> <p>3:30 Go4Life Walking Club</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 6</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Word in a Word (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Manicures (AR)</p> <p>3:00 Fun Facts Social (B)</p> <p>3:30 Sunrise Bowling Club (DR)</p> <p>6:15 BINGO (B)</p>
<p>9:00 NewsCurrents Sr. (B) 7</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:30 Art Therapy with Charlotte (4th)</p> <p>11:00 Hymn Sing (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Meet Me @ Moma: Arts (AR)</p> <p>3:00 Sunday Social Coffee & Tea</p> <p>3:30 Bethesda Ministry of Love-3rd/flr</p> <p>4:00 Trivia (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 8</p> <p>10:00 Exercise Essentials: YOGA (AR)</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 "You Be the Judge"</p> <p>3:00 Karaoke Sing-a-long</p> <p>4:30 Happy Hour (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p>	<p>9:00 NewsCurrents Sr. (B) 9</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Sunrise Singers (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Scenic Drive (B)</p> <p>3:00 Popcorn Social (B)</p> <p>4:00 Sunrise Good Deeds (AR)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 10</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:15 Shopping @ Oakridge Mall</p> <p>10:30 Music with Jennifer Lauren (DR)</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Green Thumbs Club/Flower Arranging (B)</p> <p>3:00 Lemonade Social (B)</p> <p>3:45 Manicures (AR)</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p>	<p>Happy Birthday Joyce Forsyth & Frank Affettuso 11</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>1:00 Spelling Bee (B)</p> <p>1:30 Go4Life Walking Program</p> <p>2:00 Bean Bag Toss (DR)</p> <p>3:00 Karaoke Social with CMs (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 12</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Scrabble Game (B)</p> <p>1:15 Baking Club (AR)</p> <p>3:00 Fresh Baking Social (B)</p> <p>3:30 Go4Life Walking Club</p> <p>4:30 Happy Hour (B)</p> <p>6:30 Music Therapy with Corey Hollett (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 13</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Word in a Word (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Manicures (AR)</p> <p>3:00 Fun Facts Social (B)</p> <p>3:30 Sunrise Bowling Club (DR)</p> <p>6:15 BINGO (B)</p>
<p>Happy Birthday Barbara Hinkson 14</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Hymn Sing (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Music with Matthew Ma (DR)</p> <p>3:00 Sunday Social Coffee & Tea</p> <p>3:30 Bethesda Ministry of Love-3rd/flr</p> <p>4:00 Balloon Toss (DR)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 15</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:30 Church Service with Rev. Jim (4th)</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 "Around the World "</p> <p>3:00 Karaoke Sing-a-long</p> <p>4:30 Happy Hour (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p>	<p>Happy Birthday Margaret Berger 16</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:30 Art Therapy with Charlotte (4th)</p> <p>11:00 Sunrise Singers (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Scenic Drive (B)</p> <p>3:00 High Tea Social (B)</p> <p>4:00 Sunrise Good Deeds (AR)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 17</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:15 Shopping @ Oakridge Mall</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Green Thumbs Club/Flower Arranging (B)</p> <p>3:00 Fruit Smoothie Social (B)</p> <p>3:45 Manicures (AR)</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p>	<p>9:00 NewsCurrents Sr. (B) 18</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Trivia (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Balloon Toss (DR)</p> <p>3:00 Karaoke Social with CMs (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p> <p>7:00 Meditation (B)</p>	<p>Happy Birthday Margaret Lewis 19</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>9:30 Chair Tai-Chi Exercise (AR)</p> <p>11:00 Scrabble Game (B)</p> <p>11:15 Lunch Outing to White Spot (B)</p> <p>1:15 Baking Club (AR)</p> <p>3:00 Fresh Baking Social (B)</p> <p>3:30 Go4Life Walking Club</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 20</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Word in a Word (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Music with Caitlin Carhoun (DR)</p> <p>3:00 Fun Facts Social (B)</p> <p>3:30 Sunrise Bowling Club (DR)</p> <p>6:15 BINGO (B)</p>
<p>9:00 NewsCurrents Sr. (B) 21</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Hymn Sing (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Meet Me @ Moma: Arts (AR)</p> <p>3:00 Sunday Social Coffee & Tea</p> <p>3:30 Bethesda Ministry of Love-3rd/flr</p> <p>4:00 Trivia (B)</p> <p>7:00 Meditation (B)</p>	<p>Happy Birthday Kenneth Stuart 22</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 "You Be the Judge"</p> <p>3:00 Karaoke Sing-a-long</p> <p>4:30 Happy Hour (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p>	<p>9:00 NewsCurrents Sr. (B) 23</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Sunrise Singers (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Residents Birthday Celebration: Music with Saul Berson (DR)</p> <p>3:00 Birthday Cake Social (B)</p> <p>4:00 Sunrise Good Deeds (AR)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 24</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:15 Shopping @ Oakridge Mall</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Green Thumbs Club/Flower Arranging (B)</p> <p>3:00 Ice Cream Social (B)</p> <p>3:45 Manicures (AR)</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p>	<p>Happy Birthday Roy Karjala 25</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Spelling Bee (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Bean Bag Toss (DR)</p> <p>3:00 Karaoke Social with CMs (B)</p> <p>4:30 Supper Club: Full Bar Service & Music of Susan Skemp (DR)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 26</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Scrabble Game (B)</p> <p>1:15 Baking Club (AR)</p> <p>3:00 Fresh Baking Social (B)</p> <p>3:30 Go4Life Walking Club</p> <p>4:30 Happy Hour (B)</p> <p>6:30 Music Therapy with Corey Hollett (B)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 27</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Word in a Word (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Manicures (AR)</p> <p>3:00 Fun Facts Social (B)</p> <p>3:30 Sunrise Bowling Club (DR)</p> <p>6:15 BINGO (B)</p>
<p>9:00 NewsCurrents Sr. (B) 28</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Hymn Sing (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Crafts (AR)</p> <p>2:00 Meet Me @ Moma: Arts (AR)</p> <p>3:00 Sunday Social Coffee & Tea</p> <p>3:30 Bethesda Ministry of Love-3rd/flr</p> <p>4:00 Balloon Toss (DR)</p> <p>7:00 Meditation (B)</p>	<p>9:00 NewsCurrents Sr. (B) 29</p> <p>10:00 Exercise Essentials: YOGA (AR)</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 " Around the World "</p> <p>3:00 Karaoke Sing-a-long</p> <p>4:30 Happy Hour (B)</p> <p>6:15 Evening Social: Exercise, Singing & many more (B)</p>	<p>Happy Birthday Earl Lowry 30</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>11:00 Sunrise Singers (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Scenic Drive (B)</p> <p>3:00 Popcorn Social (B)</p> <p>4:00 Sunrise Good Deeds (AR)</p> <p>6:15 BINGO (B)</p> <p>7:00 Meditation (B)</p>	<p>Happy Birthday Juanita Manning 31</p> <p>9:00 NewsCurrents Sr. (B)</p> <p>10:00 Exercise Essentials (AR)</p> <p>10:15 Shopping @ Oakridge Mall</p> <p>11:15 Crossword Puzzle (B)</p> <p>1:00 Go4Life Walking Program</p> <p>2:00 Residents Council Meeting (AR)</p> <p>2:00 Green Thumbs Club/Flower Arranging (B)</p> <p>3:00 Iced Tea Social (B)</p> <p>3:45 Manicures (AR)</p> <p>4:30 Happy Hour (B)</p> <p>6:15 BINGO (B)</p>			