

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4th Floor Activity Room</p> <p>AR Activity Room</p> <p>DR Dining Room</p> <p>LVR Living Room</p> <p>MDR 1st/flr Main Dining Room</p>	<p><b>Happy Canada Day !!!</b></p> <p>9:30 Exercise Essentials with Weights (DR)</p> <p>10:00 Craft Zone (DR)</p> <p>10:00 Watercolours (DR)</p> <p>11:00 <b>Canada Day Celebration: Caricature, Music, Balloon Twisting, Face Painting (MDR)</b></p> <p>1:00 Name That Tune</p> <p>2:30 Sunrise Baking Club</p> <p>3:00 Afternoon Social (DR)</p> <p>3:30 Balloon Volleyball</p> <p>4:15 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Hand Massage</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Noodles (DR)</p> <p>10:00 Sunrise Baking Club (DR)</p> <p>10:00 Bingo (DR)</p> <p>10:30 <b>Manicures with Michelle</b></p> <p>11:00 Life Skills (AR)</p> <p>2:30 <b>Go4Life Walking Club with Hans</b></p> <p>3:00 Sunrise Fun Facts Social (DR)</p> <p>3:00 Popcorn Social (DR)</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Sunrise Lap Baskets (AR)</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Weights (DR)</p> <p>10:15 <b>Bus Outing</b></p> <p>11:00 Life Skills (AR)</p> <p>1:30 <b>Hand Massage with Michelle (AR)</b></p> <p>2:30 Go4Life Walking Club</p> <p>3:00 Bean Bag Toss Social (DR)</p> <p>3:30 Flower Arranging (DR)</p> <p>4:00 Sunrise Reading Roundtable (LVR)</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Meditation (LVR)</p> <p>7:00 Easy Listening Karaoke (LVR)</p>	<p>10:00 <b>Meet Me At The Moma- Art Program</b></p> <p>10:15 Sunrise Baking Club</p> <p>10:30 The Joke Club (AR)</p> <p>11:00 Life Skills (AR)</p> <p>11:15 <b>Men's Club: Lunch Outing at the Flying Beaver</b></p> <p>2:30 <b>Balloon Toss with Michelle (DR)</b></p> <p>2:30 Go4Life Walking Club</p> <p>3:00 <b>Karaoke Social with Hans &amp; CMs</b></p> <p>3:45 Guitar Playing</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Hand Massage (AR)</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Weights (DR)</p> <p>10:00 Craft Zone (DR)</p> <p>10:15 Sunrise Baking Club/Bingo</p> <p>10:30 Trivia (DR)</p> <p>11:00 Life Skills (AR)</p> <p>11:00 Raquel's Recipe Club (AR)</p> <p>2:30 Memory Moments</p> <p>2:30 Go4Life Walking Club</p> <p>3:00 Coffee Break Social</p> <p>3:30 Baby &amp; Bath Club/NewsCurrents Sr. (AR)</p> <p>3:45 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Sunrise Lap Baskets (AR)</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Noodles (DR)</p> <p>10:00 Art Expressions (DR)</p> <p>10:30 Scenic Drive</p> <p>11:00 Life Skills (AR)</p> <p>2:30 Baking Dog Treats for SPCA (DR)</p> <p>3:00 Go4Life Walking Club</p> <p>3:00 Berry Social (DR)</p> <p>3:00 Sunrise Reading Roundtable</p> <p>3:45 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Meditation (LVR)</p>
<p>9:30 Exercise Essentials with Noodles (DR)</p> <p>10:00 Hymn Sing (DR)</p> <p>11:00 Life Skills (AR)</p> <p>2:15 Stories for the Soul (LVR)</p> <p>2:45 <b>Conversation Corner with Hans (DR)</b></p> <p>3:00 Tea and Trivia Social (DR)</p> <p>3:30 Bethesda Ministry of Love (DR)</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Meditation (LVR)</p> <p>7:00 Movie Night (LVR)</p>	<p>9:30 <b>Exercise Essentials: YOGA (DR)</b></p> <p>10:00 Craft Zone (DR)</p> <p>10:00 Watercolours (DR)</p> <p>11:00 Life Skills (AR)</p> <p>1:00 Name That Tune</p> <p>2:30 Sunrise Baking Club</p> <p>3:00 Vegetable Samosa Social (DR)</p> <p>3:30 Balloon Volleyball</p> <p>4:15 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Hand Massage</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Noodles (DR)</p> <p>10:00 Sunrise Baking Club (DR)</p> <p>10:00 Bingo (DR)</p> <p>10:30 <b>Manicures with Michelle</b></p> <p>11:00 Life Skills (AR)</p> <p>2:30 <b>Go4Life Walking Club with Hans</b></p> <p>3:00 Sunrise Fun Facts Social (DR)</p> <p>3:00 Popcorn Social (DR)</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Sunrise Lap Baskets (AR)</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Weights (DR)</p> <p>10:15 <b>Bus Outing</b></p> <p>11:00 Life Skills (AR)</p> <p>1:30 <b>Music with Jennifer Lauren (DR)</b></p> <p>1:30 <b>Hand Massage with Michelle (AR)</b></p> <p>2:30 Go4Life Walking Club</p> <p>3:00 Bean Bag Toss Social (DR)</p> <p>3:30 Flower Arranging (DR)</p> <p>4:00 Sunrise Reading Roundtable (LVR)</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Meditation (LVR)</p> <p>7:00 Easy Listening Karaoke (LVR)</p>	<p>10:00 Craft Zone (DR)</p> <p>10:15 Sunrise Baking Club</p> <p>10:30 The Joke Club (AR)</p> <p>11:00 Life Skills (AR)</p> <p>2:30 <b>Balloon Toss with Michelle (DR)</b></p> <p>2:30 Go4Life Walking Club</p> <p>3:00 <b>Karaoke Social with Hans &amp; CMs</b></p> <p>3:45 Guitar Playing</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Hand Massage (AR)</p> <p>7:00 Meditation (LVR)</p>	<p><b>Happy Birthday Janet Rowles</b></p> <p>9:30 Exercise Essentials with Weights (DR)</p> <p>10:00 Craft Zone (DR)</p> <p>10:15 Sunrise Baking Club/Bingo</p> <p>10:30 Trivia (DR)</p> <p>11:00 Life Skills (AR)</p> <p>11:00 Raquel's Recipe Club (AR)</p> <p>2:30 Memory Moments</p> <p>2:30 Go4Life Walking Club</p> <p>3:00 Coffee Break Social</p> <p>3:30 Baby &amp; Bath Club/NewsCurrents Sr. (AR)</p> <p>3:45 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:00 <b>Music Therapy with Corey Hollett (LVR)</b></p> <p>6:30 Sunrise Lap Baskets (AR)</p> <p>7:00 Meditation (LVR)</p>	<p>9:30 Exercise Essentials with Noodles (DR)</p> <p>10:00 Art Expressions (DR)</p> <p>10:30 Scenic Drive</p> <p>11:00 Life Skills (AR)</p> <p>2:30 Baking Dog Treats for SPCA (DR)</p> <p>3:00 Go4Life Walking Club</p> <p>3:00 Berry Social (DR)</p> <p>3:00 Sunrise Reading Roundtable</p> <p>3:45 Afternoon Dance</p> <p>4:45 Cocktail Time (DR)</p> <p>6:30 Meditation (LVR)</p>
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