




July 2019 - Alberta Rose Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CANADA DAY 1 	9:30 Gardening & patio cleaning 2 12:00 BBQ lunch 2:00 Canada Day party with Rainey Day Music	9:30 Coffee & Donuts 3 11:00 Exercises 2:00 Lawn Bowling 3:00 Ice cream bars	9:30 Stitch & Chat 4 10:30 Walk to Shoppers 2:00 Craft time	9:30 Tuck Shop 5 11:15 Lunch & Listen at Casa 2:00 Dollar Store	11:00 Exercises 6 1:00 Flower Time 2:00 2-bit Horse Races 3:30 Popcorn
2:00 Jude & Jaris 7	9:00 Pool 8 2:00 Cribbage	11:30 Toonie Tuesday 9 1:30 Happy Hour 2:00 Music by Tom Price 6:00 Walk at Henderson Lake	9:30 Dominoes 10 11:00 Exercises 1:00 Walmart	9:30 Skip-Bo 11 11:00 Stretch & Breathe 2:30 Resident Meeting	9:30 Tuck Shop 12 11:00 Exercises 2:00 Sweet & Salty Friendly Bingo	9:30 Pool 13 1:00 Flower Time
2:00 Jude & Jaris 14 6:30 Non-Denominational church service	9:30 Pool 15 11:00 Exercises 1:30 Card Making with Cathy 3:00 Tile Rummy with Carmen	2:00 Chase the Ace 16 6:30 Grannies on Safari	9:30 Shuffleboard 17 11:00 Exercises 2:00 Fresh fruit patio time 3:00 Hangman	9:30 Card bingo 18 11:00 Sit & Dance 2:00 Music by Don & Vicki	9:30 Tuck Shop 19 11:00 Exercises 2:00 Bingo with Hardie Manor 3:30 Popcorn	9:30 Pool 20 1:00 Flower Time
2:00 Jude & Jaris 21 6:30 Non-Denominational church service	9:30 Table-top horse races 22 11:00 Exercises 1:00 Park Place Mall 3:00 Tile Rummy with Carmen	11:30 Toonie Tuesday 23 2:00 Happy Hour Social: Chips & Dips 6:30 Music by JR & Diamond	11:00 Exercises 24 2:00 Birthday party with music by Fay Stevens	9:00 Picnic in Taber 25 2:00 Cribbage	9:30 Tuck Shop 26 11:00 Exercises 2:00 Cash Bingo 3:30 Popcorn	9:30 Pool 27 1:00 Flower Time
10:30 Joyful House of Prayer 28 2:00 Jude & Jaris	9:30 Shuffleboard 29 11:00 Exercises 2:00 Lawn Bowling	9:30 Craft Time 30 6:00 Walk at Henderson Lake	9:30 Farkle 31 11:00 Exercises 2:00 Manicures & hand waxing	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="text-align: center;"> <p>July Flower: Larkspur</p> <p>July Birthstone: Ruby</p> </div>  </div>		