

July 2019 - Heritage Lodge



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|---|---|---|--|--|---|
| | CANADA DAY 1 11:30 Canada Day Buffet  | 2 9:30 Walk the Block 11:00 Canteen 11:45 Toonie Tuesday 2:00 Horse racing | 3 9:15 Exercises 10:00 Accordion with Al 2:00 Card bingo 6:30 Shuffleboard | 4 8:00 Hairdresser 9:30 Walk the Block 10:00 Coffee/doughnuts 1:00 Bus Trip: North Walmart 6:00 Bingo | 5 9:15 Yoga 11:00 Canteen 2:00 Happy Hour with Bob & Dennis | 6 2:00 Movie & Popcorn 6:30 Walter Strand |
| 7 | 8 9:15 Exercises 10:00 Rummy 2:00 Bingo | 9 9:00 Manicures 11:00 Canteen 2:00 Horse racing 6:00 Bingo with Ken | 10 10:00 Bus trip: Picnic at Henderson Lake | 11 8:00 Hairdresser 9:30 Walk the Block 1:00 Bus Trip: Home Hardware 6:00 Bingo | 12 9:15 Yoga 11:00 Canteen 2:00 Happy Hour with Fay Stevens | 13 2:00 Movie & Popcorn |
| 14 | 15 9:15 Exercises 10:00 Sticks 1:00 Bus trip: On-the-go shopping | 16 9:30 Walk the Block 11:00 Canteen 11:45 Toonie Tuesday 1:00 Bus Trip: Japanese Garden and ice cream | 17 10:00 Residents Meeting 2:00 Card bingo 6:30 Shuffleboard | 18 8:00 Hairdresser 9:30 Walk the Block 2:00 Presentation: Senior Financial Assistance with Danielle Davids 6:00 Bingo | 19 9:15 Yoga 11:00 Canteen 2:00 Birthday party with Alice Tinordi | 20 2:00 Movie & Popcorn 6:30 Walter Strand |
| 21 | 22 9:15 Exercises 10:00 LCR dice game (bring your nickels) 2:00 Bingo | 23 9:00 Manicures 11:00 Canteen 1:45 Bus trip: Swim at Fritz Sick 6:00 Bus Trip: Walk at Henderson & ice cream | 24 9:15 Exercises 10:00 Accordion with Al 2:00 Card bingo | 25 8:00 Hairdresser 10:00 Bus trip: Picnic in Taber 6:00 Bingo | 26 9:15 Exercises with Gail & Maria 11:00 Canteen 2:00 Yvonne on the piano | 27 2:00 Movie & popcorn |
| 28 Lesley Off → | 29 9:15 Exercises with Gail & Maria 10:00 Rummy 2:00 Bingo with Georgene | 30 9:30 Walk the Block 2:00 Horse racing with Georgene 6:00 Bingo with Ken | 31 9:15 Exercises with Gail & Maria 2:00 Card bingo with Georgene |  July Flower: Larkspur July Birthstone: Ruby  | | |