

July 2021 - Black Rock Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bus Trips July 6 – 2:00 - Park Place Mall July 16 – 10:30 - Walmart north & lunch at The Onion July 28 – 10:30 - Casino				Canada Day 1 9:30 Outdoor Coulee Walk 11:15 Progressive Lunch	2 10:00 Shuffleboard	3 10:00 Piano Music in the Coffee Lounge
4	5 10:00 Meet the Chef 2:00 Lawn Darts 3:00 Craft Room open 3:15 Tech Time 7:00 Rummy	6 9:00 Strength Class 10:00 Tuck Shop 2:00 Bus Trip 2:00 Bible Study 2:30 Ice Cream Parlour 7:00 Tile Rummy	7 9:30 Chair Yoga 10:00 Healthy Lethbridge (video presentation) 2:00 Card Bingo 3:00 Darts 7:00 Cribbage	8 1:30 Balance Class 2:00 Billiards 7:00 Wii Jeopardy	9 9:00 Outdoor Walk 10:00 Bocce Ball 1:00 Wii Bowling 2:00 Birthday Party w/ ♪ The Good Timers ♪ 3:00 Happy Hour	10 10:00 Piano Music in the Coffee Lounge
11	12 10:30 Fitball 2:00 Bean Bag Toss 3:00 Craft Room open 3:15 Tech Time 7:00 Rummy	13 9:00 FOOT CARE 10:00 Tuck Shop 2:00 Bible Study 2:30 Ice Cream Parlour 7:00 Tile Rummy	14 9:30 Chair Yoga 10:00 Chair Yoga 2:00 Card Bingo 3:00 Darts 7:00 Cribbage	15 1:30 Balance Class 2:00 Billiards 7:00 ♪ Musical Act — Bob (& friend) ♪	16 9:00 Outdoor Walk 10:30 Bus Trip 1:30 Afternoon Movie 3:00 Happy Hour	17 10:00 Piano Music in the Coffee Lounge
18	19 10:30 Fitball 2:00 Lawn Darts 3:00 Craft Room open 3:15 Tech Time 7:00 Rummy	20 9:00 Strength Class 10:00 Tuck Shop 2:00 Bible Study 2:00 ♪ Ray Sauer ♪ 7:00 Tile Rummy	21 9:30 Chair Yoga 10:00 Chair Yoga 2:00 Card Bingo 3:00 Darts 7:00 Cribbage	22 1:30 Balance Class 2:00 Billiards 7:00 Travelogue & Wine	23 9:00 Outdoor Walk 10:00 Shuffleboard 2:00 Horse Races 3:00 Happy Hour	24 10:00 Piano Music in the Coffee Lounge
25	26 10:30 Fitball 2:00 Bean Bag Toss 3:00 Craft Room open 3:15 Tech Time 7:00 Rummy	27 9:00 Strength Class 10:00 Tuck Shop 2:00 Bible Study 2:30 Ice Cream Parlour 7:00 Tile Rummy	28 9:30 Chair Yoga 10:00 Chair Yoga 10:30 Bus Trip 2:00 Card Bingo 3:00 Darts 7:00 Cribbage	29 11:30 BBQ Lunch 1:30 Balance Class 2:00 Billiards 7:00 Bingo	30 9:00 Outdoor Walk 10:00 Bocce Ball 1:30 Wii Bowling 3:00 Happy Hour	31 10:00 Piano Music in the Coffee Lounge