Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ju	ly 20)22		Happy Canada 1 Day!! No Programs Canada Day	2
3	09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers 5:00 BBQ burgers Independence Day (US)	09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Body Percussions 02:00 Life Skills	09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Picnic Lunch 01:00 Sewing Creations 02:15 Book Club 03:30 Chatting on the Patio 6:30 Make your own ice	09:30 Let's Move 10:15 Snack 10:30 pack for pincic Pincic at Wyndam park	09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Ice Cream Sandwiches & Games 6:30 Chestermere for ice cream and a walk	9
10		09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Boom Wackers 02:00 Life Skills 03:15 Games on the Patio	09:00 Daily News 13 09:30 Mid Week Stretches 10:15 Snack 10:30 Moringing Walk 12:00 Lunch 01:00 Sewing Creations 02:15 Book Club 03:30 Chatting on the Patio 9:00 Green bar Karaoke	09:00 Pinic packing 14 10:00 Pincic Lunch at Forget me not pond- Kananaskis Everyone welcome 03:00 Make your own lemonade on the patio	.09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning	16
17	09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers 5:00 Supper at Brewhouse	09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Body Percussions 02:00 Life Skills 03:15 Games on the Patio	09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Gray's Park Hike 02:15 Book Club 03:30 Chatting on the Patio 6:30 Blender bevies	09:00 Packing and prepping 10:00 BusTrip to William Watson Lodge Everyone Welcome 03:00 Refreshment on the patio	09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Slushies and Games 6:30 My favorite ice cream shoppe	Summer Market at the Clubhouse
24	09:00 Daily News 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers 5:00 Supper at Wildfire-Langon	09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Boom Wackers 02:00 Life Skills	09:00 Daily News 27 09:30 Mid Week Stretches 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Volunteer at SPCC 03:00 Snack and Reflection 03:30 Chatting on the Patio 6:30 Clubhouse mini golf	09:30 Pack for picnic 10:15 Snack 10:30 Bus Trip to the Zoo	09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Floats on the Patio No Evening Program	30
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