

July 2023



2 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR Canada Day 3:00pm Spiritual Songs
2 2:30pm Hymn Singing - V 2E 2:45pm Community Active Games - MPR	3 10:30am Physical Games - TV2E	4 10:30am Bingo - AR2E	5 10:30am Church Service - MPR 2:00pm Movie - MPR	6 10:30am Outdoor Time - V 2E 2:30pm Video Entertainment and Discussion - TV2E	7 10:30am Cultural Mosaic - TV2E 2:30pm Jewish Service - MPR	8 10:30am Church Service - MPR 3:00pm Spiritual Songs
9 10:30am Music Appreciation - TV2E 2:30pm Hymn Singing - V 2E 2:45pm Community Active Games - MPR	10 10:30am Yoga with Nancy - MPR 2:30pm Courtyard Club - C	11 2:30pm Bingo - AR2E	12 10:30am Church Service - MPR 2:00pm Movie - MPR	13 10:30am Outdoor Time - V 2E 2:30pm Entertainment - David Wildsmith - MPR	14 10:30am Armchair Travel - TV2E 2:30pm Jewish Service - MPR	15 10:30am Church Service - MPR 3:00pm Spiritual Songs
16 10:30am Video Concert - TV2E 2:30pm Hymn Singing - V 2E 2:45pm Community Active Games - MPR	17 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	18 2:30pm Bingo - AR2E	19 12:00pm Summer Picnic - MPR	20 10:30am Outdoor Time - V 2E 2:30pm Cultural Mosaic - TV2E	21 10:30am Activity Calendar Planning - TV2E 2:30pm Jewish Service - MPR	22 10:30am Church Service - MPR 3:00pm Spiritual Songs
23 10:30am Music Trivia - TV2E 2:30pm Hymn Singing - V 2E 2:45pm Community Active Games - MPR	24 10:30am Yoga with Nancy - MPR	25 2:30pm Entertainment- The Westenders - MPR	26 10:30am Church Service - MPR 2:00pm Movie - MPR	27 10:30am Outdoor Time - V 2E 2:30pm current events - TV2E	28 10:30am Friendly Visits - V 2E 2:30pm Jewish Service - MPR	29 10:30am Church Service - MPR 3:00pm Spiritual Songs
30 10:30am Jolly Good Interest Club - TV2E 2:30pm Hymn Singing - V 2E 2:45pm Community Active Games - MPR	31 10:30am Physical Games - TV2E	Some programs may take place outdoors, weather permitting.				

AR2E - Activity Room 2E

C - Courtyard

MPR - Multi-Purpose Room

TV2E - TV Room 2E

V 2E - Varied 2E

Programs subject to change.