




**Terra Losa – Independent**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Legend</b></p> <p>(SR) Sunshine Room, 5<sup>th</sup> Floor            (TL) Terrace Lounge, 5<sup>th</sup> Floor            (3T) Movie Theatre, 3<sup>rd</sup> Floor            (B) Bistro, 4<sup>th</sup> Floor            (L) Lobby, Main Floor            HSEP = Home Support Exercise Program            * Please sign-up for Outings at the Front Desk; payment due upon sign-up.</p>		<p>Fun Fact: Canada has more doughnut shops per capita than anywhere else in the world.</p> 			<p>Canada Day <b>1</b></p>  		<p><b>2</b></p> <p>2:00 Happy Hour (TL)</p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
	10:00 Exercise (SR) 10:45 Skip-Bo (SR) 1:30 Knitting & Tea (SR) 2:45 Bean Bag Toss (TL) 3:45 HSEP (TL) 7:00 Music with Helen (SR)	10:00 Chair Yoga (SR) 10:45 Virtual Church (3) 1:30 Curling (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	10:00 Exercise (SR) 10:30 Catholic Mass (3) 1:00 Outing: Leduc* 1:30 Movie (3) 3:15 Craft (SR) 3:45 HSEP (TL) 7:00 Pub Night (TL)	10:00 Outdoor Walk (L) 10:45 Wii Bowling (TL) 1:00 Ice Cream Parlour (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	10:00 Exercise (SR) 10:45 Specialty Coffee & Conversation (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 HSEP (TL) 7:00 Sing-Along (L)	2:00 Happy Hour (TL)	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
	10:00 Exercise (SR) 10:45 UNO (SR) 1:30 Knitting & Tea (SR) 2:45 Bag Baseball (TL) 3:45 HSEP (TL) 7:00 Music with Helen (SR)	10:00 Chair Yoga (SR) 10:45 Virtual Church (3) 1:30 Curling (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	10:00 Exercise (SR) 10:30 Outing: Provincial Museum* 10:30 Catholic Communion (3T) 1:30 Movie (3) 3:15 Craft (SR) 3:45 HSEP (TL) 7:00 Pub Night (TL)	10:00 Outdoor Walk (L) 10:45 Wii Bowling (TL) 1:00 Ice Cream Parlour (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	10:00 Exercise (SR) 10:45 Specialty Coffee & Conversation (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 HSEP (TL) 7:00 Sing-Along (L)	2:00 Happy Hour (TL)	

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<b>17</b>	<b>18</b> 10:00 Exercise (SR) 10:00 Outing: Shopping* 10:45 Skip-Bo (SR) 1:30 Knitting & Tea (SR) 2:45 Bean Bag Toss (TL) 3:45 HSEP (TL) 7:00 Music with Helen (SR)	<b>19</b> 10:00 Chair Yoga (SR) 10:45 Virtual Church (3) 1:30 Curling (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	<b>20</b> 10:00 Exercise (SR) 10:30 Catholic Communion (3T) 1:30 Movie (3) 3:15 Craft (SR) 3:45 HSEP (TL) 7:00 Pub Night (TL)	<b>21</b> 10:00 Outdoor Walk (L) 10:45 Wii Bowling (TL) 1:30 Resident & Family Meeting 2:45 Bingo (TL) 7:00 Card Games (B)	<b>22</b> 10:00 Exercise (SR) 10:45 Specialty Coffee & Conversation (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 HSEP (TL) 7:00 Sing-Along (L)	<b>23</b> 2:00 Happy Hour (TL)
<b>24</b>	<b>25</b> 10:00 Exercise (SR) 10:00 Outing: River Cree* 10:45 UNO (SR) 1:30 Knitting & Tea (SR) 2:45 Bag Baseball (TL) 3:45 HSEP (TL) 7:00 Music with Helen (SR)	<b>26</b> 10:00 Chair Yoga (SR) 10:45 Virtual Church (3) 1:30 Curling (TL) 2:45 Bingo (TL) 7:00 Card Games (B)	<b>27</b> 10:00 Exercise (SR) 10:30 Catholic Communion (3T) 1:30 Movie (3) 3:15 Craft (SR) 3:45 HSEP (TL) 7:00 Pub Night (TL)	<b>28</b> 10:00 Outdoor Walk (L) 10:45 Wii Bowling (TL) 2:00 Birthday Party 7:00 Card Games (B)	<b>29</b> 10:00 Exercise (SR) 10:45 Specialty Coffee & Conversation (SR) 1:30 Knitting & Tea (SR) 3:00 Card Bingo (TL) 3:45 HSEP (TL) 7:00 Sing-Along (L)	<b>30</b> 2:00 Happy Hour (TL)
<b>31</b>						