


Whitemud – Angel and Hidden Treasures Households

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 	2 AM: Fitness Centre, Word Search PM: Canadian True or False, July IQ Evening: Sing-Along	3 AM: Exercise, Sing-Along PM: Pet Therapy, Armchair Travel (Brazil) Evening: Board Games	4 AM: Walking Group, Nature Video PM: Curling, Manicures Evening: Jigsaw Puzzles	5 AM: Exercise, Who Am I? PM: Afternoon Courtyard Activities Evening: Virtual Concert	6 One to One Visits Gardening
7	8 AM: Exercise, Hangman PM: Bingo, Junk Drawer Detective Evening: Board Games	9 AM: Fitness Centre, Summer Colouring PM: Arts & Crafts, Outdoor Walks Evening: Jigsaw Puzzles	10 AM: Exercise, Finish The Sentence PM: Baking, Pet Therapy Evening: Sing-Along	11 AM: Walking Group, Funniest Videos PM: Ladder Ball, My 2 Cents Evening: Virtual Concert	12 AM: Exercise, You Be the Judge PM: Afternoon Courtyard Activities Evening: Movie Night	13 One to One Visits Gardening
14	15 AM: Exercise, Five Clue: What is it? PM: Bingo, Gardening Evening: Sing-Along	16 AM: Fitness Centre, Word Search PM: Crossword Puzzle, Humour Group Evening: Board Games	17 AM: Exercise, Hangman PM: Pet Therapy, Ladder Ball Evening: Jigsaw Puzzles	18 AM: Walking Group, Nature Videos PM: Baking, Outdoor Walks Evening: Movie Night	19 AM: Exercise, Proverbs PM: 2:00 The Two Tooters, Manicures Evening: Virtual Concert	20 One to One Visits Gardening

Whitemud – Angel and Hidden Treasures Households

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
21	22 AM: Exercise, Scattergories PM: Bingo, Outdoor Walks Evening: Virtual Concert	23 AM: Fitness Centre, Summer Colouring PM: Arts & Crafts, Summer Olympics Game Evening: Jigsaw Puzzles	24 AM: Exercise, Sing-Along PM: Pet Therapy, Flyswatter Volleyball Evening: Board Games	25 AM: Walking Group, Funniest Videos PM: Curling, Gardening Evening: Sing-Along	26 AM: Exercise, Word Search PM: 2:00 Birthday Party, Friendly Visits Evening: Movie Night	27 One to One Visits Gardening	
28	29 AM: Exercise, Finish the Song Lyrics PM: Bingo, Gardening Evening: Board Games	30 AM: Fitness Centre, Word Search PM: 2:00 Two Tooters, Manicures Evening: Virtual Concert	31 AM: Exercise, Scattergories PM: Manicures, Pet Therapy Evening: Movie Night	<p><u>Legend</u> AH - Angel Household HTH - Hidden Treasures Household 2 - Second Floor Amenity Room 4 – Fourth Floor Lounge</p> <p><i>Note: Activities without a time or location occur in flow (anytime, as needed).</i></p>			