



Nail Tech, Hair Salon, Massage & Foot Care Appointments – Book at Reception Desk Dr. K / Dr. Rafati Appointments – Contact LPN Calendar is subject to change without notice. See Daily Schedule for Updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 Canada Day BBQ: 1st Sitting: 11:00-12:00 (4P) 2nd Sitting: 12:30-1:30 (4P)	Dr. Rafati On-Site (AR) 2 11:00 Exercise (2) 1:30 Communion with Southgate Alliance Church (2) 2:00 Snack and Coffee (4P) 2:30 Pool/Shuffleboard (4)	3 11:00 Weighted Exercise (2) 1:00 Pet Therapy (2) 2:00 Snack and Coffee (4P) 2:30 BINGO (2)	Hair Salon Open (AR) 4 11:00 Thera-Band Exercise (2) 2:00 Snack and Coffee (4P) 2:00 Fraud Prevention Presentation by EPS (2)	5 11:00 Chair Yoga (2) 2:00 Snack and Coffee (4P) 2:00 Gentlemen’s Group (2) 3:00 Happy Hour (4P)	6 11:00 Independent Curling (2) 2:00 Snack and Coffee (4P)
7	Dr. K On-Site (AR) 8 10:00 Food Committee Meeting (3) 11:00 Weighted Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee (4P) 2:30 Crib (3)	Dr. Rafati On-Site (AR) 9 11:00 Outing: St. Albert Botanical Gardens Picnic (L) 2:00 Snack and Coffee (4P) 2:30 Trivia (2)	10 10:00 Resident Council Meeting (2) 1:00 Pet Therapy (4) 1:20 Catholic Mass (2) 2:00 Snack and Coffee (4P) 2:30 BINGO (2)	Hair Salon Open (AR) 11 11:00 Thera-Band Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee (4P) 2:30 Scrabble (3)	12 11:00 Chair Yoga (2) 2:00 Snack and Coffee (4P) 2:00 Gentlemen’s Group (2) 3:00 Happy Hour (4P)	13 11:00 Independent Curling (2) 2:00 Snack and Coffee (4P)
14	Dr. K On-Site (AR) 15 Nail Tech Onsite (AR) 10:00 Outing: Peaceful Valley Day Trip (L) 2:00 Snack and Coffee (4P) 2:30 Independent Crib (3)	Dr. Rafati On-Site (AR) 16 Nail Tech On-Site (AR) 11:00 Exercise (2) 1:30 Bible Study with Southgate Alliance Church (2) 2:00 Snack and Coffee (4P) 2:30 Pool/Shuffleboard (4)	Nail Tech On-Site (AR) 17 11:00 Weighted Exercise (2) 1:00 Pet Therapy (2) 2:00 Snack and Coffee (4P) 2:30 BINGO (2)	Hair Salon Open (AR) 18 Massage Therapist On-Site (AR) 11:00 Thera-Band Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee (4P) 2:30 Backyard Games (BG)	Foot Care (AR) 19 11:00 Chair Yoga (2) 2:00 Snack and Coffee (4P) 2:00 Gentlemen’s Group (2) 3:00 Happy Hour (4P)	20 11:00 Independent Curling (2) 2:00 Snack and Coffee (4P)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
21	Dr. K On-Site (AR) 22 11:00 Weighted Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee (4P) 2:30 Crib (3)	Dr. Rafati On-Site (AR) 23 11:00 Exercise (2) 2:00 Snack and Coffee (4P) 2:30 Trivia (2)	24	Hair Salon Open (AR) 25 11:00 Thera-Band Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee (4P) 2:30 Scrabble (3)	26	27	
28 Olympic Games Week → 	Dr. K On-Site (AR) 29 11:00 Weighted Exercise (2) 1:30 Walking Group (L) 2:00 Snack and Coffee with Olympic Games Parade (4P) 2:30 Olympic Games Week: Ladder Ball (2)	Dr. Rafati On-Site (AR) 30 11:00 Exercise (2) 1:30 Bible Study with Southgate Alliance Church (2) 2:00 Snack and Coffee (4P) 2:30 Olympic Games Week: Curling (2)	31	Legend 2 – 2nd Floor Amenity Room 3 – Third Floor Lounge 3B – 3rd Floor Boardroom 4C – 4th Floor Craft Room 4 – Fourth Floor Patio AR – Appointment Required DR – Dining Room BG – Back Garden L – Lobby PL – Parking Lot * Bold: Sign-Up and/or Fee Required			