

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>HAPPY 1</p> <p>JULY 1st</p>  <p>Canada Day</p> <p><small>© 2019 THE BIRTHDAY COMPANY Validua Day</small></p>	<p>2</p> <p>10:30 Chair Yoga With Paola</p> <p>2:00 Manicures with Paola</p>	<p>3</p> <p>10:30 Interchurch Service</p> <p>2:00 Music with Jada</p>	<p>4</p> <p>10:30 Nurture the Spirit</p> <p>2:00 Music with George</p> <p><small>Independence Day (US)</small></p>	<p>5</p> <p>10:30 Mass</p> <p>2:45 Music with Heitha (for everyone)</p>	<p>6</p> <p>10:30 Target game with Ana</p> 
 <p>7</p> <p>10:00 Mass</p>	<p>8</p> <p>11:00 Mind stretchers</p> <p>2:00 Circle Dance</p>	<p>9</p> <p>11:00 Fitness Fun</p> <p>2:00 Tablebowling</p> <p>6:30 Bingo</p>	<p>10</p> <p>10:30 Interchurch Service</p> <p>2:00 Manicures or outdoors (weather permitting)</p>	<p>11</p> <p>10:30 Nurture the Spirit</p> <p>2:00 Garden Visits with Jayne</p> <p>6:30 Party with Paola</p>	<p>12</p> <p>10:30 Mass</p> <p>2:45 Music with Heitha (for everyone)</p>	<p>13</p> <p>(no program)</p> 
 <p>14</p> <p>10:00 Mass</p>	<p>15</p> <p>11:00 Mind stretchers</p> <p>2:00 Bingo</p>	<p>16</p> <p>11:00 Fitness Fun</p> <p>2:00 Egg Toss game</p> <p>6:30 Art for Everyone</p>	<p>17</p> <p>10:30 Interchurch Service</p> <p>2:00 Art City Kids Project, 7th floor</p>	<p>18</p> <p>10:30 Nurture the Spirit</p> <p>12:00 Barbeque luncheon (north dining room)</p> <p>2:00 Music with George</p>	<p>19</p> <p>10:30 Mass</p> <p>12:00 Barbeque luncheon (south dining room)</p> <p>2:45 Music with Heitha (for everyone)</p>	<p>20</p> <p>10:30 Target Game with Karen</p> 
 <p>21</p> <p>10:00 Mass</p>	<p>22</p> <p>11:00 Fitness Fun</p> <p>2:00 Music with George</p>	<p>(no Paola)</p> <p>23</p> <p>2:30 Word in a word game</p> <p>6:30 Bingo</p>	<p>24</p> <p>10:30 Interchurch Service</p> <p>2:00 Music with George (on roof top-weather permitting)</p>	<p>25</p> <p>10:30 Nurture the Spirit</p> <p>2:00 Sandwich Making</p>	<p>26</p> <p>10:30 Mass</p> <p>2:45 Music with Heitha (for everyone)</p>	<p>27</p> <p>(no program)</p> 
 <p>28</p> <p>10:00 Mass</p>	<p>29</p> <p>11:00 Mind Stretchers</p> <p>2:00 B-Side Apostles music</p>	<p>30</p> <p>11:00 Fitness Fun</p> <p>2:00 Bingo</p> <p>6:30 Art for Everyone</p>	<p>31</p> <p>10:30 Interchurch Service</p> <p>2:15 Birthday Party</p>	<p>1to1 visits are provided on a daily basis, Music & Memory & Art by the Bedside are provided on a Referral basis.</p> <p><i>July 2019</i></p> <p>Calendar is subject to change</p> 		