




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA)	No Programs today  Canada Day	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 1:00 Bus: Groceries 2:00 Drum Jam (CA) 2:00 Ice Cream Sales (Foyer) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 10:45 Bus: Blue Jays Game 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Guided Crafts (CCR1) 2:00 Book Club (3FL) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1) Independence Day (US)	10:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 2:00 Caregivers Corner Conversation Group (3FL) 3:15 Tea and Travel China (CA) 7:00 Crokinole (CCR1)	LEGEND BDR – Boardroom by Reception CA – Centre Auditorium CCR – Centre Craft Room 1,2,3 CDR – Centre Dining Room FIT – Fitness Room Foyer – Apartment Foyer LIB – Library LTC Act Rm – Long Term Care Activity Room 2FL B – 2nd Floor Balcony 3FL – 3rd Floor Lounge
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA) 7:00 Sunday Evening Worship with Eagle Street Fellowship (CA)	10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 2:00 Movie: National Lampoons Christmas Vacation (CA) 7:00 Yahtzee (CCR1) Christmas in July – Crafts will be sold all week at Reception and the Cafe	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Wellness Warriors Guest Speaker: Nutrition (3FL) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 1:30 2:00 Drum Jam (CA) 2:00 Ice Cream Sales (Foyer) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 11:00 Chair Yoga (CA) 11:00 Out to Lunch Bunch 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Guided Crafts (CCR1) 2:00 Book Club (3FL) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	10:00 Horseshoes (off FIT) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR1)	
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA)	10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 5:00 Seniors Social Supper 7:00 Yahtzee (CCR1)	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Wellness Warriors (3FL) 2:45 PSA Exercise (PSA) 3:00 Parkwood Tour and Dinner 6:45 Rook (CCR1)	10:00 Bingo (3FL) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Artist Lead Bird Sketching Lesson (CCR1) 2:00 Drum Jam (CA) 2:00 Ice Cream Sales (Foyer) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 11:00 Chair Yoga (CA) 1:00 Bus: Giant Tiger 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Book Club (3FL) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	10:00 Horseshoes (off FIT) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 7:00 Crokinole (CCR1)	If you have any questions please contact: Lena, Programs & Volunteers: Ext. 4601 Niamh, Spiritual Care: Ext. 4250 Jenn, Pool: Ext. 4604 Linda & Matt, Fitness: Ext. 4605 Charge Nurse (after hours only): Ext. 4471
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