

July 2024



Hespeler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day 9:45am Walking Group - HAA 2:00pm Canada Day Celebration - ACRM	2 10:45am Fun and Fitness (H & P) - HAA 1:00pm Hamilton Theatre Play- Pre-register with Alexis - OUT 6:15pm Outdoor Chats - PAA	3 9:45am It Makes Sense (H) - Resi 10:00am Bible Study with Niamh - ACRM 2:00pm Artful Enrichment - ACRM 6:15pm Outdoor Chats (H) - CCRT	4 10:45am Fun and Fitness (H & P) - PAA 1:05pm Blue Jays Game - ACRM 2:00pm Summer Craft - HAA 2:00pm Summer Book Club with Niamh- 3FL 6:15pm Outdoor Chats - PAA	5 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	6 2:45pm Ice Cream Cart - HAA
7 11:00am Walking Group - HAA	8 10:30am Scripture and Song - HAA 2:00pm Bingo - ACRM 6:15pm Outdoor Chats (H) - CCRT	9 10:45am Fun and Fitness (H & P) - HAA 12:45pm Donkey Sanctuary Outing- Pre-register with Alexis - OUT 6:15pm Outdoor Chats - PAA	10 9:45am It Makes Sense (H) - Resi 10:00am Bible Study with Niamh - ACRM 2:00pm Residents Council - ACRM 3:00pm Time to Think - HAA 6:15pm Outdoor Chats (G) - CCRT	11 10:45am Fun and Fitness (H & P) - PAA 2:00pm Musical Guest - AUDI 2:00pm Summer Book Club with Niamh- 3FL 6:15pm Outdoor Chats - PAA	12 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	13 2:45pm Ice Cream Cart - HAA
14 9:45am Sunday Morning Hymn Sing - HAA	15 9:45am Armchair Travel - ACRM 11:30am Swiss Chalet Outing- Pre-register with Alexis - OUT 2:00pm Friendly Visits 3:00pm Cribbage and Crokinole - HAA	16 10:45am Fun and Fitness (H & P) - HAA 2:00pm Making Fresh Salsa - ACRM 6:15pm Courtyard Concert - CCRT	17 9:45am It Makes Sense (H) - Resi 12:00pm Hespeler BBQ 2:30pm Jeopardy! - ACRM	18 9:45am Beauty Shop (H) - Resi 10:45am Fun and Fitness (H & P) - PAA 2:00pm Bingo - ACRM 2:00pm Summer Book Club with Niamh- 3FL 6:15pm Outdoor Chats - PAA	19 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	20 9:30am Beauty Shop (H&P) - Resi 2:45pm Ice Cream Cart - HAA
21 11:00am Walking Group - HAA	22 10:30am Scripture and Song - HAA 2:00pm Family Feud - ACRM	23 10:00am Church - ACRM 2:00pm Fun and Fitness (H&P) - HAA 6:15pm Outdoor Chats - PAA	24 9:45am It Makes Sense (H) - Resi 10:00am Bible Study with Niamh - ACRM 2:00pm Bingo - ACRM 6:15pm Courtyard Concert - CCRT	25 10:45am Fun and Fitness (H & P) - PAA 2:00pm Artful Chats - ACRM 2:00pm Summer Book Club with Niamh- 3FL	26 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM 6:15pm Outdoor Chats (H) - CCRT	27 2:45pm Ice Cream Cart - HAA
28 9:45am Sunday Morning Hymn Sing - HAA	29 10:30am Scripture and Song - HAA 1:15pm Riverside Park Outing- Pre-register with Alexis - OUT	30 5:00pm Y & R Dinner and Movie - ACRM	31 9:45am It Makes Sense (H) - Resi 2:30pm Beauty Shop - Resi			

ACRM - Activity Room
 PAA - Preston Activity Area

AUDI - Centre Auditorium
 Resi - Resident Room for 1-1 scoring

CCRT - Centre Courtyard

HAA - Hespeler Activity Area

OUT - Outings

Check Program Boards daily for the most up to date information.