

July 2024



Preston

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

ACRM - Activity Room
PAA - Preston Activity Area

AUDI - Centre Auditorium
PSR - Preston Sitting Room

CCRT - Centre Courtyard
Resi - Resident Room for 1-1 scoring

HAA - Hespeler Activity Area

OUT - Outings

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