

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>LEGEND:</b> <b>Craft Room (CR)</b> <b>Multi-Purpose Room (MPR)</b> <b>Education Room (EDR)</b> <b>Games Room (GR)</b> <b>Fellowship Hall (FH)</b> <b>Front Patio (FP)</b> <b>Lobby (L)</b> <b>Dining Room (DR)</b>	<b>Happy Canada Day! 1</b> 9:30 Lower Body Strength (CR) 10:30 Hauling Strawberries (MPR) <b>2:00 Canada Day Strawberry Social (FH)</b> 2:30 Spirit Circle with Ellen (CR) 3:30 Crokinole (GR) <small>Canada Day</small>	<b>2</b> 9:30 Strength & Conditioning (CR) 10:30 Prayer/Bible Study (CR) 1:30 Acrylic Canvas Painting (CR) 2:30 Bingo (MPR) 3:30 Fitness with Sebastian (Gym)	<b>3</b> 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Baking: Brownies (EDR) 2:30 Travelogue: Paris (CR) 3:30 Fitness with Sebastian (Gym)	<b>4</b> 9:30 Lower Body Strength (CR) 10:30 Walking Group (L) <b>12:00 Lunch Club: BBQ (CR) *sign up required</b> <b>1:00 Toronto Blue Jays vs. Houston Astros (FH)</b> 1:15 Hot Wax Treatment (Gym) 2:30 Bingo (CR) 3:30 Fitness with Sebastian (Gym) <small>Independence Day (US)</small>	<b>5</b> 9:30 Flexibility Fitness (CR) 10:30 Giant UNO (MPR) 1:30 Ladder Ball Toss (CR) 2:30 Jeopardy (CR) 3:30 Fitness with Sebastian (Gym)	<b>6</b> <b>2:00 Music with Martin Wall (FH)</b>	
<b>7</b> 10:30 Sunday Service with Chaplain Ellen (FH) 2:00 Piano Drop in with Doug & Wilf (FH)	<b>8</b> 9:30 Lower Body Strength (CR) 10:30 Dominoes (MPR) 1:30 Word Games (CR) 2:30 Spirit Circle with Ellen (CR) 3:30 Fitness with Sebastian (Gym)	<b>9</b> 9:30 Core Strength (CR) 10:30 Prayer/Bible Study (CR) 1:30 Game: Fact or Fiction (MPR) 2:30 Watercolour Painting (CR) 3:30 Fitness with Sebastian	<b>10</b> 9:30 Beach Ball Fun (CR) <b>10:00 Music with Brent M (FH)</b> 10:30 RC Communion Visits 1:30 Bowling (MPR) 2:30 Relax & Colour (CR) 3:30 Fitness with Sebastian (Gym)	<b>11</b> <b>10:00 Retirement Suites Town Hall Meeting (DR)</b> 1:15 Hot Wax Treatment (Gym) <b>2:30 Make Your Own Ice Cream Sundae Social (FP)</b> 3:30 Fitness with Sebastian (Gym)	<b>12</b> 9:30 Lower Body Strength (CR) 10:30 Family Feud (CR) 1:30 Ladder Ball (CR) 2:30 Dominoes (MPR) 3:30 Fitness with Sebastian (Gym)	<b>13</b> 9:30 Flexibility Fitness (CR) 10:30 Walking Group (L) 2:00 Poetry Reading (CR) 3:00 Cranium Crunches (CR)	
<b>14</b> 10:30 Sunday Service with Chaplain Ellen (FH)	<b>15</b> 9:30 Strength & Conditioning (CR) 10:30 Documentary & Popcorn (CR) 1:30 Ring Toss (CR) 2:30 Spirit Circle with Ellen (CR) 3:30 Fitness with Sebastian (Gym)	<b>16</b> 9:30 Core Strength (CR) 10:30 Prayer/Bible Study (CR) <b>2:00 Fire Safety Training Presentation (FH)</b> 3:00 Bingo (MPR) 4:00 Fitness with Sebastian (Gym)	<b>17</b> 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Yahtzee (MPR) <b>2:30 July Birthday Celebration (MPR)</b> 3:30 Fitness with Sebastian (CR)	<b>18</b> <b>9:30 Outing: St. Jacob's Farmers Market *sign up required</b> 1:15 Hot Wax Treatment (Gym) <b>2:30 Music with Conn Smythe (FH)</b> 3:30 Fitness with Sebastian (Gym)	<b>19</b> 9:30 Strength & Conditioning (CR) 10:30 Word Games (CR) 1:30 Walking Group (L) 2:30 Dominoes (MPR) 3:30 Fitness with Sebastian (Gym)	<b>20</b>	
<b>21</b> 10:30 Sunday Service with Chaplain Lisa (FH)	<b>22</b> 9:30 Strength & Conditioning (CR) 10:30 Baking: Chocolate Chip Cookies (EDR) <b>1:15 Men's Club: Outing to Fire Station 4</b>	<b>23</b> <b>10:00 Music with Kevin Coates (FH)</b> 1:30 Giant UNO (MPR) 2:30 Crokinole (GR) 3:00 Bingo (MPR) 4:00 Fitness with Sebastian (Gym) 5:00 Retirement 6 <sup>th</sup> Floor Dinner	<b>24</b> 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 1:30 Bocce Ball (CR) 2:30 Travelogue: African Safari (CR) 3:30 Fitness with Sebastian (Gym)	<b>25</b> 9:30 Strength & Conditioning (CR) 10:30 Walking Group (L) 1:15 Hot Wax Treatment (Gym) 2:30 Ladder Ball Toss (CR) 3:30 Fitness with Sebastian (Gym)	<b>26</b> 9:30 Flexibility Fitness (CR) 10:30 Relax & Colour (MPR) <b>12:00 Kindness Walk Fundraiser BBQ *sign up required</b> 2:00 Bean Bag Toss (CR) 3:30 Fitness with Sebastian (Gym)	<b>27</b> 9:30 Balloon Badminton (CR) 10:30 Dominoes (MPR) 1:30 Stained Glass Craft (MPR) 3:00 Jeopardy (CR)	
<b>28</b> 10:30 Sunday Service with Chaplain Lisa (FH) 2:00 Baroque Flute Music with Rebecca (FH)	<b>29</b> 9:30 Upper Body Strength (CR) 10:30 Documentary & Popcorn (CR) 1:30 DIY Charm Bracelet (MPR) 2:30 Spirit Circle with Ellen (CR)	<b>30</b> 9:30 Core Strength (CR) 10:30 Prayer/Bible Study (CR) 1:30 Yahtzee (MPR) 2:30 Bingo (MPR) 3:30 Fitness with Sebastian (Gym)	<b>31</b> 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) <b>11:00 Outing: Boston Pizza *sign-up required</b> 3:30 Fitness with Sebastian (Gym)	<h1>July 2024</h1> <p>Parkwood Suites, Garden Homes &amp; DLMA</p>			

Contact Recreation: (519) 885-0090 Ext. 275 or [recreation@parkwoodmh.com](mailto:recreation@parkwoodmh.com) or Lindsay Hicks Ext. 339 or [lhicks@parkwoodmh.com](mailto:lhicks@parkwoodmh.com)

# Monthly Activity Calendar July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1	2	3	4	5	6
	2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 6:30 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	13
14	8	9	10	11	12	13
	4:00 Aquafit 6:30 Open Swim		11:30 Open Swim 3:00 Aquafit	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim		
21	15	16	17	18	19	20
	2:30 Aquafit 3:00 Open Swim		2:30 Aquafit 3:00 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	20
28	22	23	24	25	26	27
	2:30 Aquafit 3:00 Open Swim	2:00 Open Swim 2:30 Aquafit	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim	11:30 Open Swim 2:30 Aquafit 3:00 Open Swim		
	29	30	31	<b>July 2024</b> Pool Schedule		
	2:30 Aquafit 3:00 Open Swim	4:00 Aquafit 6:30 Open Swim				