

2022

JULY

2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Birthdays in July	
Anita	(5)
Diane	(10)
Carolyn	(11)
Don	(11)
Stella	(12)

Birthdays in July	
Brenda	(13)
Elizabeth P.	(23)
Ian	(25)
Ken	(27)
Joan E.	(30)

Happy Canada Day! 1	
9:45	Sit to Stand
10:30	Meditation
12:00	BBQ & Poutine Party
3:00	New Market
7:00	Bridge

9:45	Rhythm & Movement	2
10:30	Readers & Writers	
1:45	Bingo w/ Lesley	
3:00	Dancing with the Birds	
6:45	Cribbage	

9:45	Chair Exercise	3
10:30	Wii Sports	
1:45	Tuck Shop Open	
2:30	Ice Cream Social	

9:45	Sit to Stand	4
10:30	Armchair Travel	
2:30	Social Tea Time	
7:00	Bridge	

1:00	Canasta	5
1:45	Bingo w/ Robert	

2:00	Bridge	6
2:30	Social Tea Time	
3:00	Movie Matinee	

9:45	Low Impact	7
10:30	Brain Benders	
2:00	Euchre	
2:30	Birthday Tea	
7:00	Bingo w/ Jane	

9:45	Sit to Stand	8
10:30	Meditation	
1:00	Bus Trip to Walmart	
2:30	Social Tea Time	
3:00	New Market	
7:00	Bridge	

9:45	Rhythm & Movement	9
10:30	Readers & Writers	
1:45	Bingo w/ Lesley	
3:00	Moonlit Plains	
6:45	Cribbage	

9:45	Chair Exercise	10
10:30	Wii Sports	
1:45	Tuck Shop Open	
2:30	Ice Cream Social	

9:45	Sit to Stand	11
10:30	Armchair Travel	
2:30	Happy Hour feat. Roberto Risman	
7:00	Bridge	

9:45	Balance & Beyond	12
10:30	Brain Benders	
1:00	Canasta	
1:45	Bingo w/ Robert	

2:00	Bridge	13
2:30	Social Tea Time	
3:00	Movie Matinee	

9:45	Exercise w/ Patricia	14
10:30	Brain Benders	
2:00	Euchre	
7:00	Bingo w/ Jane	

9:45	Sit to Stand	15
10:30	Breathing & Meditation	
2:30	Social Tea Time	
3:00	New Market	
7:00	Bridge	

9:45	Rhythm & Movement	16
10:30	Readers & Writers	
1:45	Bingo w/ Lesley	
3:00	Frozen Nights	
6:45	Cribbage	

9:45	Chair Exercise	17
10:30	Wii Sports	
1:45	Tuck Shop Open	
2:30	Ice Cream Social	

9:45	Sit to Stand	18
10:30	Armchair Travel	
2:30	Social Tea Time	
7:00	Bridge	

1:00	Canasta	19
1:45	Bingo w/ Robert	

2:00	Bridge	20
2:30	Social Tea Time	
3:00	Movie Matinee	

9:45	Low Impact	21
10:30	Brain Benders	
1:45	New Market	
2:00	Euchre	
3:00	Food Forum	
7:00	Bingo w/ Jane	

9:45	Sit to Stand	22
10:30	Breathing & Meditation	
12:45	Wine & Brew	
2:30	Social Tea Time	
7:00	Bridge	

9:45	Rhythm & Movement	23
10:30	Readers & Writers	
1:45	Bingo w/ Lesley	
3:00	Jungle Nights	
6:45	Cribbage	

9:45	Chair Exercise	24
10:30	Wii Sports	
1:45	Tuck Shop Open	
2:30	Ice Cream Social	

9:45	Sit to Stand	25
10:30	Armchair Travel	
2:30	Social Tea Time	
7:00	Bridge	

9:45	Balance & Beyond	26
10:30	Brain Benders	
1:00	Canasta	
1:45	Bingo w/ Robert	

2:00	Bridge	27
2:30	Social Tea Time	
3:00	Movie Matinee	

9:45	Low Impact	28
10:30	Brain Benders	
1:45	Bingo w/ Joyce	
2:00	Euchre	
3:00	Resident Forum	

9:45	Sit to Stand	29
10:30	Breathing & Meditation	
2:30	Social Tea Time	
3:00	New Market	
7:00	Bridge	

9:45	Rhythm & Movement	30
10:30	Readers & Writers	
1:45	Bingo w/ Lesley	
3:00	Dark Seas	
6:45	Cribbage	

9:45	Chair Exercise	31
10:30	Wii Sports	
1:45	Tuck Shop Open	
2:30	Ice Cream Social	

♥♥♥ Happy Birthday ♥♥♥



Canada Day Word Search

Search for the hidden words going up, down, left and right.



M O U D F B P P C N T O I R T A P
 K N A Y M U R V C L I U D E E D M 
 K Z E H W Z I T A B Y A J V R K P
 U K M I P V Z X Q J U F W A R W P
 T O K D W M U L I Q K V L E I J U
 K K C I A O N O X I O S A B T L L
 N V T Q D T V V W R N Q B V O T A
 J C E O A N R X S Q W Z D N R B A
 N Q L H N O L R Z O N T A R I O W 
 Z O P A A R M C G S S L S A E G A
 G V A N C O U V E R Y D D S S N T
 O B M D J T U H I O Z O A F L Y T
 M A P L A E R T N O M G A V U E O
 I D W V U G B I X Y F L E A F U T
 C X A L B E R T A P Q T C P L A E
 R O K A M M O T H W D Z Z X A U X 
 Y N O I T A C I F I N U U X G A C

ALBERTA
 FLAG
 MONTREAL
 PATRIOT
 UNIFICATION

BEAVER
 LEAF
 ONTARIO
 TERRITORIES
 VANCOUVER

CANADA
 MAPLE
 OTTAWA
 TORONTO
 YUKON



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Shannon Falls Retirement Residence Activity Calendar *July 2022*

