






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  Canada Day	<b>2</b> 	<b>3</b> 9:45 S.A.I.L. Exercise 10:30 Canada Day Trivial Pursuit 2:00 Maple Leaf Toss	<b>4</b> 9:45 S.A.I.L. Exercise 10:30 Zumba 2:00 Bingo Independence Day	<b>Happy B-Day Geraldine</b> <b>5</b> 9:45 S.A.I.L. Exercise 10:30 Bocce 2:00 Music Memories: Jimmy Buffett + His Parrothead	<b>6</b> 9:45 S.A.I.L. Exercise 10:30 Fitness: Robot Moves 2:00 Flower Pressing	<b>7</b> 
<b>8</b>  Larkspur is July's Flower	<b>9</b> 9:45 S.A.I.L. Exercise 10:30 Chair Fit 2:00 Arm Chair Traveler	<b>10</b> 9:45 S.A.I.L. Exercise 10:30 Bible: Creation 10:30 Jeopardy 2:00 Darren Geddes	<b>11</b> 9:45 S.A.I.L. Exercise 10:30 Zumba 2:00 Cubism Picasso Collage	<b>12</b> 9:45 S.A.I.L. Exercise 10:30 Lawn Darts 2:00 Elder's Sharing Circle	<b>13</b> 9:45 S.A.I.L. Exercise 10:30 Chair Fit and Balloon Volley 1:15 No-Bake Treats 2:30 Sampling	<b>14</b> 10:30 Puzzle Time 2:00 Bingo
<b>15</b> 	<b>16</b> 9:45 S.A.I.L. Exercise 10:30 Spirituality: Expressing Gratitude 2:00 Hot Topics and Cool Treats	<b>17</b> 9:45 S.A.I.L. Exercise 10:30 Zumba 2:00 Summer Craft	<b>18</b> 9:45 S.A.I.L. Exercise 10:30 Who, What, When? 2:00 Fun n' Games	<b>19</b> 9:45 S.A.I.L. Exercise 10:30 Fitness: The Robot Freeze 2:00 Campfire Songs and Smores	<b>20</b> 9:45 S.A.I.L. Exercise 10:30 Bocce 1:30 Drive in Movie	<b>21</b> 10:30 Chair Fit 2:00 Bingo
<b>22</b> 10:30 Hymn Sing 2:00 Culture Corner	<b>23</b> 9:45 S.A.I.L. Exercise 10:30 Coffee Chat 2:00 Parisian Afternoon: art, music and food	<b>24</b> 9:45 S.A.I.L. Exercise 10:30 Chair Fit: Virtual Run, Real Sweat! 2:00 Gentlemen's Club	<b>25</b> 9:45 S.A.I.L. Exercise 10:30 Zumba 2:00 Fun n' Games	<b>26</b> 9:45 S.A.I.L. Exercise 10:30 Notre Dame Church	<b>27</b> 9:45 S.A.I.L. Exercise 10:30 Sensory Jeopardy: Summer Edition	<b>28</b> 10:30 Reach for the Sun 2:00 Bingo
<b>29</b> 10:30 Cranium Crunches 2:00 Bubbles & Banana Splits	<b>30</b> 9:45 S.A.I.L. Exercise 10:30 Chair Fit and Balloon Volley 2:00 Summer Craft	<b>31</b> 9:45 S.A.I.L. Exercise 10:30 "You be the Judge" 2:00 Movie	<h1>July 2018</h1> <p><i>"Then followed that beautiful season, Summer! Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood." ~ Henry Longfellow</i></p>			