


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Games with Harlie <small>Canada Day</small>	2 9:30 Morning News 10:00 Activity Club 10:30 Mini Golf 2:00 Games outside	3 9:30 Morning News 10:00 Exercises 11:00 Pastoral visit 2:00 Bowling	4 9:30 Morning News 10:00 Plinko 1:00 Snack Shack with Nancy 2:00 Bingo <small>Independence Day (US)</small>	5 9:30 Morning News 10:00 Family feud 1:00 In room visits 2:00 Movie in sunroom	6
7 Church service 3:30	8 9:30 Morning News 10:00 Sit & get fit 10:30 Spa Day 1:00 Bus ride	9 9:30 Morning News 10:00 Activity Club 10:30 Fishing game 2:00 Live music	10 9:30 Morning News 10:00 Exercises 11:00 Pastoral visit 2:00 Bowling	11 9:30 Morning News 10:00 Bingo 1:00 Snack Shack with Nancy 1:00 Fishing Trip	12 9:30 Morning News 10:00 Guessing game 1:00 In room visits 2:00 Movie in sunroom	13 10:00 & 2:00 Games with Harlie
14 Church service 3:30 Live music 7:15	15 9:30 Morning News 10:00 Sit & get fit 10:30 Spa Day 1:00 Games with Julia & Harlie	16 9:30 Morning News 10:00 Activity Club 10:30 Bean bag toss 2:00 Games outside	17 9:30 Morning News 10:00 Exercises 11:00 Pastoral visit 2:00 Bowling	18 9:30 Morning News 10:00 Wheel of fortune 1:00 Snack Shack with Nancy 2:00 Bingo	19 9:30 Morning News 10:00 Reminisce 1:00 In room visits 2:00 Movie in sunroom	20
21 Church service 3:30	22 9:30 Morning News 10:00 Sit & get fit 10:30 Spa Day 1:00 Bus ride	23 9:30 Morning News 10:00 Activity Club 10:30 Mini Golf 2:00 Games outside	24 9:30 Morning News 10:00 Exercises 11:00 Pastoral visit 2:00 Bowling	25 9:30 Morning News 10:00 Residents Council 10:30 Painting in sunroom 2:00 Bingo	26 9:30 Morning News 10:00 Tea Party 1:00 In room visits 2:00 Movie in sunroom	27 10:00 & 2:00 Games with Harlie
28 Church service 3:30	29 9:30 Morning News 10:00 Sit & get fit 10:30 Spa Day 1:00 Bus ride	30 9:30 Morning News 10:00 Activity Club 10:30 Mini Golf 2:00 Live music	31 9:30 Morning News 10:00 Exercises 11:00 Pastoral visit 2:00 Bowling	Central Carleton Nursing Home		

Activities are subject to change.

