










# JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1 CANADA DAY</b> 10:30-11:30 Relaxation Room (W) <b>11:00 Elim's Canada Day Parade &amp; Ice-Cream (UL)</b> 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Red & White Night (MPR) 	<b>2</b> 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 2:00 Walking Club (LL) 2:00-4:00 Lawn Fun & Games (G) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)	<b>3</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL) 	<b>4</b> 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) <b>11:15-2:00 Alta Vida Fashions (MPR)</b> 2:00 Walking Club (LL) 3:15 Java Music Club (CK) ~by invitation 6:30 Jeopardy! Night (MPR)	<b>5</b> 10:30 Stretch & Strength (MPR) 2:00 Cranium Crunches (LL) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)	<b>6</b> 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 1:30 Swimming at Grandview Heights Aquatic Centre 2:00 Bowling (MPR) 3:15 Audio Book Club (CK) 	
	<b>7</b> 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)	<b>8</b> 10:30-11:30 Relaxation Room (W) <b>1:00-3:00 Hearing Clinic* (MPR)</b> ~free sign-up: call ext. 2000 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: The Karate Kid movie (MPR)	<b>9</b> 10:30 Stretch & Strength (MPR) 2:00 Walking Club (LL) 2:00-4:00 Lawn Fun & Games (G) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)	<b>10</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL) 	<b>11</b> 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 2:00 Walking Club (LL) <b>3:15 Ice-Cream Social with Classic Rewind (G)</b> 6:30 Jeopardy! Night (MPR)	<b>12</b> <b>9:30-3:00 Fitness Assessments (MPR)</b> 10:30 Stretch & Strength (Lower Patio) ~weather permitting 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T)	<b>13</b> 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR) 3:15 Audio Book Club (CK)
	<b>14</b> 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)	<b>15</b> 10:30-11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social Movie: Bocce Ball (MPR)	<b>16</b> 10:30 Stretch & Strength (MPR) 2:00 Walking Club (LL) 2:00-4:00 Lawn Fun & Games (G) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)	<b>17</b> 10:30 Balance Class (MPR) 11:00 Bus Outing: Farm Fresh Waffles at Krause Berry Farm 11:00 Virtual Reality (CK) 1:30 Bocce Ball (MPR) <b>2:30 Resident Council (MPR)</b> 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL) 	<b>18</b> 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) <b>12:00 Annual Resident BBQ (G)</b> 2:00 Walking Club (LL) <b>3:15 Armchair Travel: Canada (MPR)</b> 6:30 Jeopardy! Night (MPR)	<b>19</b> 10:15 Bus Outing: Buffalo & Bison Tour at John Volken Academy Farms 10:30 Stretch & Strength (MPR) 2:00 Cranium Crunches (LL) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T) 	<b>20</b> 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR) 3:15 Audio Book Club (CK)
	<b>21</b> 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)	<b>22</b> 10:30-11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Word Games (MPR)	<b>23</b> 10:30 Stretch & Strength (MPR) 2:00 Walking Club (LL) 2:00-4:00 Lawn Fun & Games (G) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)	<b>24</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save On Foods 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL) 	<b>25</b> 10:30 Blossom Buddies Gardening Group (LL) 10:30 Chair Fit (MPR) 1:30 Noodle Hockey (MPR) 2:00 Walking Club (LL) 2:00 First Chorus Choir Concert (O) 3:15 Java Music Club (CK) ~by invitation 6:30 Jeopardy! Night (MPR)	<b>26</b> 9:00 Bus Outing: BC Ferry Cruise & Lunch at White Spot Café on Ferry 10:30 Stretch & Strength (MPR) 2:00 Cranium Crunches (LL) 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Series Night: Heartland (T) 	<b>27</b> 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR) 3:15 Audio Book Club (CK)
	<b>28</b> 10:00 Worship Service (MPR) 2:00 Walking Club (LL) 3:15 Board Games (LL)	<b>29</b> 10:30-11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Elim's Paris Olympics (MPR)	<b>30</b> 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 2:00 Walking Club (LL) 2:00-4:00 Lawn Fun & Games (G) 3:30 Hymn Sing (MPR) 6:45 Series Night: Anne With An E (T)	<b>31</b> 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bocce Ball (MPR) 3:30 The Chosen video series (MPR) 6:30 BINGO Night (LL)	<p><b>Phone Extensions</b>            Nurse - ext 2101            Reception - ext 2000            Pastor Lorin - ext 2018            Wellness - ext 2025/2004</p> <p><b>Abbreviation Key</b>            ADP = 3rd FI ADP Room            CK= Country Kitchen            CR = Computer Room            H = Harrison MPR            LL = Lower Lounge            ML = Main Floor Lounge            MPR= Multi-Purpose Room            O= Oasis Auditorium            W= Wellness Service Room            T = 3rd FI Theatre Room            * = Sign-Up Required (call 2000)</p>		