

July 2024-THE HAWTHORN

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 CANADA DAY Notes: There are no fitness classes today	2 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$	3 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge- 6th Floor)	4 10:00 1.5 KM Group Walk (meet at concierge desk)^ 1:30 Hymn Sing with Alynne Shinness	5 9:00 Hybrid Fitness	6	
7	8 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn Cribbage Club (Summit Dining Room)	9 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 1:00 Amplifon Hearing Clinic * By Appointment Only* 2:00 3 KM Group Walk (meet at concierge desk) ^	10 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge- 6th Floor)	11 1:30 Hymns & Praise with Darlene 2:30 Lemon Social * \$	12 9:00 Hybrid Fitness 2:00 Rebalance Rehab Education Session- Bone Health	13	
14	15 9:00 Functional Fitness 10:00 Chair Fitness 1:00 Music Master Class * 2:00 Hawthorn Cribbage Club (Summit Dining Room)	16 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 2:00 Milkshakes & Melodies with Corey Primus *	17 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge- 6th Floor)	18 10:00 2KM Group Walk (meet at concierge desk) ^ 1:30 Hymns & Praise with Darlene	19 9:00 Hybrid Fitness	20	
21	22 9:00 Functional Fitness 10:00 Chair Fitness 1:00 Music Master Class * 2:00 Hawthorn Cribbage Club (Summit Dining Room)	23 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 1:30 Hawthorn Resident Bus Outing to District 1881 * 5:00 Hawaiian Community Dinner *	24 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge- 6th Floor)	25 10:00 2.5 KM Group Walk (meet at concierge desk)^ 1:30 Hymns & Praise with Darlene	26 9:00 Hybrid Fitness 2:00 Hawthorn July Birthday Social	27	
28 2:30 Sunday Service Provided by River of Life Church	29 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn Cribbage Club (Summit Dining Room) 2:00 Music with Greg Alcock *	30 10:00 2 KM Group Walk (meet at concierge desk) ^ 1:30 Movie Matinee- Newsies: The Broadway Musical	31 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge- 6th Floor)	\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise			