

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CY Inner Courtyard PR Preston – 1st Floor G Galt – 1st Floor BL Blair - 2nd Floor HS Hespeler - 2nd Floor GR Grand River – 3rd Floor SR Speed River – 4th Floor	10:30 R.C. Service – PR 1:30 Mindfulness –PR 1:30 Baking – G 3:00 Church Service: Lutheran– SR 6:00 Pet Visits with Sheika 6:30 Games with Words – G	9:15 Pump It Up!- PR& HS 10:15 Pump It Up!- G&GR 10:45 Coffee & News - G 1:30 Pet Visits with Boston 2:00 Happy Hour with Shaky D- BL	1:30 Manicures – G 3:00 Getting Crafty - G 6:30 Word Scramble – G & BL
1:30 Out & about - G 3:00 Bingo - BL 6:30 Youth Singers - SR	4 Civic Holiday: No Music Therapy or Exercise classes 10:00 Crosswords and Coffee – PR 1:30 Remembering Summer Fun – PR 3:00 Tanning - CY	5 10:00 Art Shine! - PR 10:15 Pump It Up! – G 1:30 Bingo – BL 3:00 Fit Minds - PR 3:00 Café Visits - G 4:30 Food Trucks @ St.Lukes	6 9:15 Pump It Up- PR & G 10:00 Baking : Raspberry Sorbet & Cookies - PR 10:15 Balance – BL 1:15 Horticulture with Julie- BL 3:00 Pet Visits with Scarlet 3:00 Rhyme Time - CY	7 10:30 R.C. Communion- PR 1:30 1:1 visits - G 3:00 Church Service: Temple Baptist– SR 6:00 Pet Visits with Sheika 6:30 Relaxing in the Courtyard - G	8 9:15 Pump It Up!- PR 10:00 Travelogue: To the Fair - PR 10:15 Pump It Up!- G 1:30 Outdoor Walks – G 6:30 Pub Night with Cam Dennome – BL	10 10:00 “Kindness” Painted Rocks - PR 1:30 Movie afternoon: State Fair - PR
10:00 Don't Lose Heart - PR 1:30 3:00 Bingo - BL 7:00 Music at Mill Race Park	11 9:15 Pump It Up!- PR 10:15 Reader's Corner - G 11:00 Chime Choir – PR 1:30 Trivia - G 3:00 Baking - G 3:00 Music with Jenn -SR	12 10:15 Pump It Up! – G 10:00 Fair for the Books - PR 1:30 Bingo – BL 2:00 Portuguese Rosary –HS 3:00 Dice Game – G 3:00 Manicures - PR 6:30 Word Scramble -G	13 9:15 Pump It Up- PR & G 10:00 Cocoa Cookies - PR 10:15 Balance – BL & HS 1:15 Horticulture with Julie- G 2:00 Wine and Cheese - CY 2:30 Horticulture with Julie-GR 3:00 Pet Visits with Scarlet	14 10:30 R.C. Communion- PR 1:30 Guess What? – PR 1:30 3:00 Church Service: Cedar Creek– SR 6:00 Pet Visits with Sheika 6:00 Movie Night	15 9:15 Pump It Up!- PR& HS 10:15 Pump It Up!- G&GR 10:45 Have You Ever Game – G 1:30 Pet Visits with Boston 2:00 Twin Valley Zoo- Brantford 3:00 Welcome Tea - PR	17 1:30 Manicures – G 3:00 Afternoon Movie – G 6:30 Shuffleboard - G
1:30 1:1 visits - G 3:00 Bingo - BL 6:30 Youth Singers - SR	18 No Music Therapist 9:15 Pump It Up!- PR 10:00 Picture this... - PR 1:30 Manicures- PR 3:00 Walk to Lincoln park - PR	19 10:15 Pump It Up! – G 10:00 Crosswords and Coffee - PR 11:00 Spirit Circle - BL 2-4pm Carnival – Front of Building 6:30 Sunset – G	20 9:15 Pump It Up- PR & G 10:00 Baking – Zucchini Bread - PR 1:15 Horticulture with Julie- BL 1:30 Carousel Songs -PR 3:00 Pet Visits with Scarlet 3:00 Jeopardy! - PR	21 10:30 R.C. Communion- PR 1:30 Out & about - G 3:00 Church Service– SR 6:00 Pet Visits with Sheika 6:30 Ice Cream Social - G	22 9:15 Pump It Up!- PR 10:15 Pump It Up!- G 1:00 Jenga - G 2:00 Drop in with our MPP Belinda Karahaliosco-PR 6:30 Pub Night with Keith Toby - BL	24 9am - 5k MEDA Walk 1:30 Duchess of Bedford High Tea - HS
10:00 Coffee and Crosswords - PR 1:30 Camping days - PR 3:00 Bingo - BL 6:30 Hymn Sing - SR	25 9:15 Pump It Up!- PR 10:15 1:1 visits - G 11:00 Chime Choir – PR 1:15 Drum Circle –GR 1:30 Painting – G 3:00 Outdoor Walks - G 3:00 Classical Group -HS	26 10:00 Resident Council - SR 11:00 Pump It Up! – G & GR 11:00 Spirit Circle - PR 1:30 Bingo – BL 2:00 Portuguese Rosary –HS 3:00 Shoot the Birdie - PR 3:00 Horse Races - G 6:30 Watching the Sunset with Music - G	27 9:15 Pump It Up- PR & G 10:00 Baking : Birthday Cupcakes 10:15 Balance – BL & HS 1:15 Horticulture with Julie- G 1:30 Music in the Courtyard - CY 1:30 Lyndon Fishing Pond 3:00 Pet Visits with Scarlet 3:00 Roving Smoothies – PR&G	28 10:30 R.C. Communion- PR 1:30 Giant Crossword – G 3:00 Memorial Service– PR 6:00 Pet Visits with Sheika 6:30 Ice Cream Sandwiches – BL & G	29 9:15 Pump It Up!- PR& HS 10:15 Pump It Up!- G&GR 10:45 Morning News - G 1:30 Pet Visits with Boston 2:00 Birthday Party with Archie Wright - BL	31 1:30 Manicures – G 3:00 Trivia - G 6:30 Calendars – PR&G