



Gladstone Seniors Residents

JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday Canada!!!</p> <p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p>						<p>1</p> <p>Happy Birthday Mabel</p>
2	<p>3</p>	<p>4</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2:00 pm Whist/ Card games</p>	<p>5</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>11am Rosary</p> <p>2pm Regular Bingo</p>	<p>6</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>10:30 Lutheran Church</p> <p>2:00 Pampering</p>	<p>7</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2pm Scenic walk</p> <p>Happy Birthday Stella</p>	<p>8</p> <p>Happy Birthday John H.</p>
9	<p>10</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2:00pm Root Beer Floats outside</p>	<p>11</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>2:00 pm Whist/ Card games</p>	<p>12</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>11am Rosary</p> <p>2pm Card Bingo</p> <p>Happy Birthday Gloria</p>	<p>13</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>10:30 Church Service</p> <p>2:00 pm Scenic Walk</p>	<p>14</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2pm Ice Cream Cones Outside</p>	<p>15</p> <p>Happy Birthday Mary T</p>
	<p>17</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2pm Scenic Walk</p>	<p>18</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>2:00 pm Father Francis Entertains us</p>	<p>19</p> <p>Fist day of Summer</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>11am Rosary</p> <p>2pm Bingo</p>	<p>20</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>10:30 Church</p> <p>2pm Popcorn & movie</p>	<p>21</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>2:00 pm Social Tea</p>	<p>22</p>
<p>23</p> <hr/> <p>30</p> <p>Happy Birthday Connie</p>	<p>24</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p><u>2:00 pm Board Games</u></p> <hr/> <p>31</p> <p>9:30 Chair Yoga/Fun & Fitness</p> <p>2pm Scenic Walk</p>	<p>25</p> <p>9:30 am Brain Gym</p> <p>2:00 pm Birthday Party with</p> <p>.</p>	<p>26</p> <p>9:30 am Chair Yoga/Fun and Fitness</p> <p>11am Rosary</p> <p>2pm Card Bingo</p>	<p>27</p> <p>9:30 am Brain Gym/ Fun and Fitness</p> <p>10:30 Church</p> <p>2:00pm Pampering</p>	<p>28</p> <p>10:00 am BP/WTclinic</p> <p>2:00 pm Ice cream sandwiches outside</p>	