



# Gladstone Seniors Residence



## JULY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px;">           Activities may change on daily basis due to weather, cancellations or last minute changes or additions. Activities are for our residents only.         </div>		<p><b>IT'S SUMMER!</b></p>			<p><b>CANADA DAY</b></p>	<p>2</p> <p>Clean wheelchairs and walkers (C1)</p>
<p>3</p> <p><b>SUNDAY BRUNCH</b></p> <p>Clean wheelchairs and walkers (C1)</p> <p>10:30 - Communion</p>	<p>4</p> <p>9:30 Upper Body</p> <p>2:00 FLING DICE</p>	<p>5</p> <p>9:30 Lower Body</p> <p>2:00 CARD BINGO</p>	<p>6</p> <p>9:30 Upper Body</p> <p>2:00 REMEMBER WHEN</p>	<p>7</p> <p>9:30 Lower Body</p> <p>2:30 FATHER LOUIS</p>	<p>8</p> <p>9:30 Upper Body</p> <p>2:00 VISIT ON THE PATIO</p>	<p>9</p> <p>Clean wheelchairs and walkers (C1)</p>
<p>10</p> <p><b>SUNDAY BRUNCH</b></p> <p>Clean wheelchairs and walkers (C1)</p> <p>10:30 - Communion</p>	<p>11</p> <p>9:30 Lower Body</p> <p>2:00 CARDS / GAMES</p>	<p>12</p> <p>9:30 Upper Body</p> <p>2:00 LET'S TALK</p> <p> <b>Gloria</b></p>	<p>13</p> <p>9:30 Lower Body</p> <p>2:00 BINGO</p>	<p>14</p> <p>9:30 Upper Body</p> <p>11:00 ST. MARY'S</p> <p>2:00 PAPER ACTIVITIES</p>	<p>15</p> <p>9:30 Lower Body</p> <p>2:00 TREAT ON THE DECK</p>	<p>16</p> <p>Clean wheelchairs and walkers (C1)</p>
<p>17</p> <p><b>SUNDAY BRUNCH</b></p> <p>Clean wheelchairs and walkers (C1)</p> <p>10:30 - Communion</p> <p> <b>Mary</b></p>	<p>18</p> <p>9:30 Upper Body</p> <p>2:00 KERPLUNK</p>	<p>19</p> <p>9:30 Lower Body</p> <p>2:00 CARD BINGO</p>	<p>20</p> <p>9:30 Upper Body</p> <p>12:00 BBQ on Patio</p> <p>Sign up Sheet</p>	<p>21</p> <p>9:30 Lower Body</p> <p>2:00 YAHTZEE</p>	<p>22</p> <p>9:30 Upper Body</p> <p>2:00 WATER FIGHT</p> <p>TRACEY IS THE TARGET</p>	<p>23</p> <p>Clean wheelchairs and walkers (C1)</p>
<p>24 / 31</p> <p><b>SUNDAY BRUNCH</b></p> <p>Clean wheelchairs and walkers (C1)</p> <p>10:30 - Communion</p>	<p>25</p> <p>9:30 Lower Body</p> <p>2:00 BIRTHDAY PARTY</p>	<p>26</p> <p>9:30 Upper Body</p> <p>2:00 BOCCE BALL</p> <p>In the Courtyard</p>	<p>27</p> <p>9:30 Lower Body</p> <p>2:00 BINGO</p>	<p>28</p> <p>9:30 Upper Body</p> <p><b>MONTHLY WEIGHTS</b></p>	<p>29</p> <p>9:30 Lower Body</p> <p>2:00 BEAN BAG TOSS</p>	<p>30</p> <p>Clean wheelchairs and walkers (C1)</p>