



Juillet 2025 / July 2025

Sunday / Dimanche	Monday / Lundi	Tuesday / Mardi	Wednesday / Mercredi	Thursday / Jeudi	Friday / Vendredi	Saturday / Samedi
		1 MOD- Florie 09:30am Méditation & Relaxation 10:30am Mur de souvenirs "Mon Canada à moi" Memory Wall “My Canada” 01:30pm Poker 2:00pm Concert (Retro) Fête du Canada / Canada’s day 02:30pm Thé social Tea	2 09:15am Exercises / Exercices 10:30am Trivia / Jeu – questionnaire (nommer cet animal / Name that animal) 01:30pm Ladder toss / Lancer à l’echelle 02:30pm Thé social Tea 03:00pm Dessin / Drawing	3 Jour de plage / Beach day 09:30am Pancake Social / Social pancake (Côté appartements / apartments side) 11:00am Atelier brochette de fruits / Fruit Skewer 01:30pm Bingo gratuit 03:00pm Jeux avec de l’eau à l’extérieur / Water games outside	4 09:15am Zumba 10:00am Mass / Messe 02:30pm Thé Social Tea 02:00pm Concert / Happy Hour Doug Martin	5 GD- Sofiene 09:00am Documentaire / Documentary 10:00am Exercices on TV / Exercices à la télé 02:30pm Thé Social tea
6 GD- Angèle 10:00am Messe télévisée / Mass on T.V. 01:30pm Tournoi de billard avec Angèle / Billiards Tournament with Angèle 02:30pm Thé Social Tea	7 09:20am Exercises / Exercices 10:30am Active Living meeting / Rencontre vie active 01:30pm Sacs de sable / Sandbags ou Jeu de cartes 500 02:30pm Thé Social Tea 02:30pm Travel stories / Histoires de voyage	8 09:20am Méditation & Relaxation 10:00am Peinture avec Anita / Painting with Anita 1:30pm Poker 1:30pm Exposition des talents / Talent Exhibition 02:30pm Thé Social Tea 03:00pm Java music club	9 09:20am Exercises / Exercices 9 :30am Townhall for residents 10:00am Réunion des résidents 01:30pm Jeu de dards / darts Game 02:30pm Thé Social Tea 03:00pm Artfull enrichment / Enrichissement artistique	10 09:20am Nails spa / Manucures 10:30am: Sortie épicerie / Outing Groceries 01:30pm \$Bingo\$ 02:30pm Thé Social Tea 03:00pm Sachets parfumés / Scented sachets	11 09:20am Exercises / Exercices 10:00am Messe / Mass 02:00pm Concert/ Happy hour Bert Waslander 02:30pm Thé Social Tea	12 GD- Sofiene 09:00am Exercices à la télé / Exercices on TV 10:00am Documentaire / Documentary 02:00pm: Guitare et chanson avec Gaëtan/ Guitar and Songs with Gaëtan 02:30pm Thé Social tea
13 GD-Kamille 10:00am Messe télévisée / Mass on TV 01:30pm Café et Baileys avec Kamille / Coffee and Baileys with Kamille 02:30pm Thé social Tea	14 09:20am Exercises / Exercices 10:30am Lecture de po è mes en plein air / Outdoor Poetry reading 01:30pm Sacs de sable / Sandbags 02:30pm Thé social Tea 03:00pm: Dégustation de vins et fromages / Wine and	15 10:00am Mini-golf et dîner dans un restaurant grec / Mini golf & lunch at a Greek restaurant 1:30pm Poker 02:30pm Thé Social Tea 03:00pm Java music club	16 09:20am Exercises/ Exercices 10:30am Trivia / Jeu - questionnaire 01:30pm Pétanque atout / rolling petanque 02:30pm Tableau collaboratif de peinture / Collaborative Painting Board	17 Strawberry social 09:20am Pays et capitales / Countries and Capitals 10:30am Card creation / Création de cartes 01:30pm Free Bingo gratuit 02:30pm Thé social Tea	18 09:15am Exercises / Exercices 10:00am Messe / Mass 02:00pm Concert / Happy hour Don Mc Dougall 02:30pm Thé social Tea	19 GD- Sofiene 09:00am Exercices on TV / Exercices à la télé 10:00am Documentaire / Documentary 02:30pm Thé social tea

More Active Living choices on the next page

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