


# Heritage HOUSE

## July, 2018

“The longer I live the more beautiful life becomes.”

Frank Lloyd Wright

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>12:30 Celebrate Canada Day @ lunch</p>	<p>2</p> <p><b>STAT HOLIDAY</b></p>	<p>3</p> <p>10:15 Protestant Communion (LH) 10:30 Today's Topics 11:30 Gardening</p> <p>1:30 Creative Hands 2:30 Relaxing Moments 3:30 Exercises</p>	<p>4</p> <p><b>LH Garage Sale</b> 10:30 Picking Saskatoons 11:00 Gardening</p> <p>1:30 iPad Games 2:30 Social 3:30 Exercises</p>	<p>5</p> <p><b>LH Garage Sale</b> 10:45 St. Thomas Anglican Church</p> <p>2:00 Bingo (LH) 2:15 Story Building 3:00 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p>6</p> <p><b>LH Garage Sale</b> 10:30 Exercises 11:00 Tabletop Exercise</p> <p>1:30 Music with Gord Schindell 2:30 Social 3:45 Gardening</p>	<p>7</p> <p>10:30 Baking Brownies 1:30 Today's Topics 2:30 Social 3:30 Gardening 3:30 Eskimos vs Toronto Football on TV</p>
<p>8</p> <p>10:30 The Park Church</p>	<p>9</p> <p>10:30 Art Class 1:30 Gardening 2:30 Smoothie Social 3:30 Exercises</p>	<p>10</p> <p>10:30 Today's Topics 10:30 Manicures 11:30 Outside Walks 1:30 Creative Hands 2:30 Gardening 2:30 Reminiscing 3:30 Exercises</p>	<p>11</p> <p>10:30 Baking Berry Oatmeal Casserole 11:45 Gardening</p> <p>1:30 iPad Games 2:30 Smores Outside</p>	<p>12</p> <p>10:45 Hymn Sing 2:00 Bingo (LH) 2:00 Kitchen Tours 3:30 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p>13</p> <p>10:30 Exercises 1:30 Relaxing Moments 1:30 Tabletop Exercise 2:30 Smoothie Social 3:30 Today's Topics 6:15 BINGO Eskimos vs Toronto Football on TV</p>	<p>14</p> 
<p>15</p> <p>3:00 St. John's Lutheran Church</p>	<p>16</p> <p>10:30 Resident/Family Council Meeting 1:30 Men's Group 2:30 Smoothie Social 3:30 Exercises</p>	<p>17</p> <p>10:30 Today's Topics 10:30 Manicures 11:00 Hand Bells 1:30 Welcome Tea Social with Margie 2:45 Tabletop Exercise 2:45 Gardening 3:30 Exercises</p>	<p>18</p> <p>10:30 Today's Topics 1:30 Strathcona Library Book Mobile 2:00 Active Games 3:30 Exercises 5:30 Diner's Club "Pizza Hut" 6:15 BINGO</p>	<p>19</p> <p>10:45 OLPH Roman Catholic Mass 2:00 Bingo (LH) 2:15 Friendly Visits 3:30 Exercises</p> <p>7:00 Pub Night (LH)</p>	<p>20</p> <p><b>KDays July 20<sup>th</sup> - 29<sup>th</sup></b> 10:15 Kdays Parade on TV 11:30 Exercises 1:30 Patio Dance with Doug Mitchell 2:30 Smoothie Social 3:00 Gardening</p>	<p>21</p> <p>10:30 Baking Cheese Scones 1:30 Active Games 2:30 Social</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 2:00 Heartland Alliance Church	23 <b><u>Dress Western</u></b> 10:30 Today's Topics 10:30 Gardening 11:00 Active Games  <b><i>1pm-4pm Chicken John's Petting Zoo</i></b> <b><i>2:00 Outside Entertainment with Jukebox Leigh</i></b> 3:30 Exercises	24 10:30 Today's Topics <b><i>12:30 K-Days Brunch with Wildrose Fiddlers</i></b> 1:30 Kdays Trivia <b><i>2:00 "Ice Cream @ Rundle Park" Bus Trip</i></b> 2:30 Exercises 3:30 Gardening	25 10:30 Music with Margie  <b><i>2:00 Casino</i></b> 3:30 Exercises 3:30 Gardening  <b><i>6:15 Let's Get Together</i></b>	26 10:45 United Church 2:00 Bingo (LH) 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Singalong  5:30 Eskimos vs Montreal Football on TV 7:00 Pub Night (LH)	27 10:30 Exercises 11:00 Tabletop Exercise 1:30 Klondike Games 3:00 BINGO 4:00 Gardening	28 <b>ZODIAC</b>  <b><u>Cancer</u></b> June 21 – July 22 <b><u>Leo</u></b> July 23 – August 22
29 2:00 St. Thomas Anglican Church	30 10:30 Art Class 1:45 Hand Bells 2:45 Gardening 2:45 Men's Group 3:45 Exercises	31 <b><i>10:00 "Ukrainian Village" Bus Trip</i></b> 10:30 Today's Topics 11:30 Gardening  1:30 Creative Hands 2:30 Friendly Visits 3:30 Exercises	<b>JULY BIRTHDAYS</b>  <b>2<sup>nd</sup> Clara 9<sup>th</sup> Jean 10<sup>th</sup> Kathryn</b> <b>13<sup>th</sup> Henry 20<sup>th</sup> Jean &amp; Eugene</b> <b>23<sup>rd</sup> Shirley &amp; Albert 24<sup>th</sup> Sheila</b>  Key: (LH) = Laurier House			

**Please be advised that the monthly calendar is subject to last minute changes. If you have any questions, please contact Recreation @ 780-417-4330 or [heather.rozak@capitalcare.net](mailto:heather.rozak@capitalcare.net)**

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