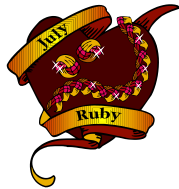





HERITAGE HOUSE

JULY 2017

Canadian Trivia Answers: See the end of the calendar

1. Who was Canada's 1st prime minister?
2. What animal is on the Canadian nickel?
3. How many oceans touch Canada?
4. On what day did Canada become a country?
5. How many countries border Canada?
6. What are Canada's official languages?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Please be advised that the monthly calendar is subject to <u>last minute</u> changes. If you have any questions, please contact Recreation @ 780-417-4330 or heather.rozak@capitalcare.net</p> <p>Visit CapitalCare on Facebook</p>					
<p>2</p> <p>3:00 No Service</p>	<p>3</p> <p>STAT HOLIDAY</p> 	<p>4</p> <p>10:00 Protestant Communion (LH) 10:15 "Ukrainian Village" Bus Trip 10:30 Today's Topics 11:15 Manicures 1:30 Tabletop Exercises 2:00 Gardening 2:30 Garden Social 3:30 Exercises</p>	<p>5</p> <p>10:30 Today's Topics 11:00 Picking Saskatoons</p> <p>1:30 Active Games 2:30 Lemonade Social 3:30 Friendly Visits</p>	<p>6</p> <p>10:45 St. Thomas Anglican Church</p> <p>1:30 Gardening 2:00 Bingo (LH) 2:15 Story Building 3:30 Exercises</p> <p>7:00 Pub Night with Jukebox Leigh (LH)</p>	<p>7</p> <p>10:30 Exercises 11:00 Tabletop Exercise</p> <p>1:30 Chat Pack Discussion Group 2:30 Gardening 3:30 Walkabouts</p>	<p>8</p> 
<p>9</p> <p>2:00 The Park Church</p>	<p>10</p> <p>10:30 Today's Topics 11:30 Tabletop Exercises</p> <p>1:30 Gardening 2:30 Social 3:30 Exercises</p>	<p>11</p> <p>10:30 Today's Topics 10:30 Manicures</p> <p>1:30 Welcome Tea with Golden Dreams Band 2:30 Creative Hands: Buttons and Paints</p>	<p>12</p> <p>10:30 Baking – Cinnamon Crescents 11:30 Gardening</p> <p>1:30 Today's Topics</p>	<p>13</p> <p>10:45 Hymn Sing 1:30 Gardening 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Sing-a-long 3:30 Exercises 4:00 Relaxation With Bev</p>	<p>14</p> <p>10:30 Q-tip Flower Craft 11:15 Gardening 1:30 Relaxing Moments 1:30 Tabletop Exercise 2:30 Social 3:30 Exercises 4:30 Friendly Visits</p>	<p>15</p> 

		2:45 Gardening 3:30 Exercises	2:30 Social	7:00 Pub Night with JacMac (LH)	6:30 Dance with Ed & The Ghost Riders	10:30 Visits with Jack
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 3:00 St. John's Lutheran Church	17 10:30 Resident/Family Council Meeting 11:00 Active Games 1:30 Gardening 2:30 Sing Along 3:30 Exercises	18 10:30 Today's Topics 10:30 Manicures 1:30 "Walks at Festival Place Park" Bus Trip 1:30 Creative Hands 2:30 Tabletop Exercise 3:30 Exercises 4:00 Music Therapy with John	19 10:30 Music with Margie 1:30 Strathcona Library Book Mobile 1:30 Painting Rocks: TIC TAC TOE 2:30 Active Games: Balloon Basketball 3:30 Exercises 5:30 Diner's Club "TBA" 6:30 BINGO	20 10:45 Hymn Sing & Spiritual Care Visits 1:30 Today's Topics 1:30 Gardening 2:00 Bingo (LH) 2:00 Music with Bobby Austin 3:30 Exercises 7:00 Pub Night with Dwayne Cannon (LH)	21 K-Days July 21st - 30th 10:30 Exercises 11:15 Friendly Visits 1:30 Patio Dance with Valentine 2:45 Gardening	22 10:30 Baking 1:30 Campfire and Camping Stories in the Garden 2:30 Decorate KDays
23 2:00 Heartland Alliance Church	24 Dress Western 10:30 Today's Topics 10:30 Short Stories 11:00 Gardening 1:30-3:30 Chicken John's Petting Zoo 2:00 Outside Music with Jukebox Leigh 3:30 Exercises	25 10:15 Today's Topics 12:30 K-days Brunch with Wildrose Fiddlers 1:30 Social 2:30 Rosco Dog Visits 3:30 Exercises 4:00 Music Therapy with John	26 10:30 Today's Topics 11:00 Active Games 3:00 Casino 4:30 Gardening Precious Moments 6:30 BINGO	27 10:45 Hymn Sing & Spiritual Care Visits 1:30 Gardening 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Sounds & Songs 3:30 Exercises 4:00 Relaxation With Bev 7:00 Pub Night (LH)	28 10:30 Exercises 11:15 Tabletop Exercise 1:30 Making Smoothies 2:30 Gardening 3:30 Social	29  <i>10:30 Visits with Jack</i>
30 2:00 St. Thomas Anglican Church	31 10:30 Today's Topics 11:00 Social 11:00 Relaxing Moments 1:30 Hand Bells 1:30 Short Stories 2:30 Gardening 2:45 Men's Group 3:30 Exercises	JULY BIRTHDAYS 2nd Clara 3rd Arlie 9th Jean 10th Ray 13th Christa 25th Mary 26th Jean Key: (LH) = Laurier House		ZODIAC Cancer June 21 - July 22 Leo July 23 - August 22		Answers: 1. John A. MacDonald 2. Beaver 3. Three (Atlantic, Pacific and Arctic) 4. July 1, 1867 5. One (USA) 6. English and French

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