











# JULY



## NORTH HORIZONS 2018 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><b>10:00</b> Hot Coffee &amp; Horoscopes</p> <p><b>1:00</b> Canada Day BINGO</p> <p><b>7:00</b> Outside Patio</p> 	<p>2</p> <p><b>10:00</b> Coffee &amp; Good News</p> <p><b>1:30</b> Outdoor Walks</p> <p><b>7:00</b> Gardening &amp; Watering</p>	<p>3</p> <p><b>10:15</b> SweetGrass Ceremony at Glenrose</p>  <p><b>1:30</b> Outdoor Walks</p> <p><b>3:00</b> Horseraces</p> <p><b>7:00</b> Bean bag Toss</p>	<p>4</p> <p><b>10:00</b> Mini Manicures</p> <p><b>1:15</b> Music therapy</p>  <p><b>3:00</b> Gardening &amp; Watering</p> <p><b>7:00</b> Connect 4</p>	<p>5</p> <p><b>10:00</b> Fun and Fitness</p> <p><b>1:00</b> Pet Therapy</p> <p><b>1:30</b> Outdoor Walks</p> <p><b>3:00</b> Ring toss</p>  <p><b>7:00</b> Hang man</p>	<p>6</p> <p><b>9:30</b> Morning Drive</p> <p><b>1:30</b> Baking</p> <p><b>3:00</b> Birthday social</p>  <p><b>7:00</b> Junk drawer detective</p>	<p>7</p> <p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>1:00</b> Outdoor Walks</p> <p><b>7:00</b> Movie Night</p>
<p>8</p> <p><b>10:00</b> Hot Coffee &amp; Horoscopes</p> <p><b>1:00</b> Sing A-Long Karaoke</p> <p><b>7:00</b> Mad Libs</p>	<p>9</p> <p><b>10:00</b> Fun and Fitness</p> <p><b>1:30</b> Horse race</p> <p><b>3:00</b> 1 on 1 with RAM</p> <p><b>7:00</b> Connect 4</p> 	<p>10</p> <p><b>10:00</b> Coffee &amp; Good News</p> <p><b>1:30</b> Around the World *INDIA* (Auditorium)</p> <p><b>3:00</b> YouTube and you</p> <p><b>7:00</b> Outdoor Walks</p>	<p>11</p> <p><b>10:00</b> Balloon Badminton</p> <p><b>1:15</b> Music therapy</p>  <p><b>3:00</b> Outdoor Walks &amp; Ice-Cream</p> <p><b>7:00</b> Balloon Badminton</p>	<p>12</p> <p><b>10:00</b> Fun and Fitness</p> <p><b>1:00</b> Pet Therapy</p> <p><b>1:30</b> Gardening</p> <p><b>3:00</b> Ice cream social</p>  <p><b>7:00</b> Bean bag Toss</p>	<p>13</p> <p><b>10:00</b> Mini Manicures</p> <p><b>2:00</b> Monthly Birthday Party with "Randy Glen" (2AMP Dining Room)</p>  <p><b>7:00</b> Outdoor Walks</p>	<p>14</p> <p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>1:00</b> Outdoor Walks</p> <p><b>7:00</b> Game Night!</p>
<p>15</p> <p><b>10:00</b> Hot Coffee &amp; Horoscopes</p> <p><b>1:00</b> Crokinole Board Game</p>	<p>16</p> <p><b>10:00</b> Fun and Fitness</p> <p><b>1:15</b> Java Walk</p>  <p><b>3:00</b> Wii Sports</p>	<p>17</p> <p><b>10:00</b> Coffee &amp; Good News</p> <p><b>1:30</b> Horse racing</p> <p><b>3:00</b> 1 on 1 with RAM</p>	<p>18</p> <p><b>1:15</b> Music therapy</p>  <p><b>3:00</b> Gardening</p> <p><b>7:00</b> Outdoor walks</p>	<p>19</p> <p><b>9:30</b> Cora's Breakfast Out-Trip!</p> <p><b>1:00</b> Pet Therapy</p> <p><b>1:30</b> All about K-Days</p> <p><b>3:00</b> Who am I?</p>	<p>20</p> <p><b>10:00</b> Fun and Fitness</p> <p><b>12:00</b> K-Days Kick off Lunch with: "Gallowglass"</p> 	<p>21</p> <p><b>10:30</b> Roman Catholic Mass (Auditorium)</p> <p><b>10:30</b> Morning One to One's</p> <p><b>1:00</b> Outdoor Walks</p>





Please be advised that the monthly calendar is subject to last minute changes. If you have any questions, please contact JamieLee (Recreation Therapist) Ram (Recreation Assistant) @ 780-496-3201 or [Jamielee.stone@capitalcare.net](mailto:Jamielee.stone@capitalcare.net)



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## NORTH HORIZONS 2018 Recreation Calendar

<u>7:00 Karaoke</u> <b>SUNDAY</b>	<u>7:00 Bean bag Toss</u> <b>MONDAY</b>	<u>7:00 Basketball Court</u> <b>TUESDAY</b>	<b>WEDNESDAY</b>	<u>7:00 Ring toss</u> <b>THURSDAY</b>	<u>7:00 Outdoor Walks</u> <b>FRIDAY</b>	<u>7:00 Movie Night</u> <b>SATURDAY</b>
<p>22</p> <p><u>10:00 Morning Coffee &amp; Chat</u></p> <p><u>1:15 Watering Flowers</u></p> <p><u>7:00 What am I?</u></p>	<p>23</p> <p><u>10:00 Fun and Fitness</u></p> <p><u>1:30 Watering flowers</u></p> <p><u>3:00 Curling</u></p> <p><u>7:00 Outdoor Walks</u></p>	<p>24</p> <p><u>10:00 Coffee &amp; Good News</u></p> <p><u>1:30 What am I?</u></p> <p><u>3:00 Ice cream social</u></p> <p><u>7:00 Basketball Court</u></p>	<p>25</p> <p><u>10:00 YouTube and you</u></p> <p><u>1:30 Music therapy</u></p> <p><u>3:00 Outside Walks</u></p> <p><u>7:00 Bean bag Toss</u></p>	<p>26</p> <p><u>10:00 Fun and Fitness</u></p> <p><u>1:00 Pet Therapy</u></p> <p><u>1:00-3:30 SUMMERFEST!!</u> Entertainment by "Bobby Austin" &amp; Chicken John Petting Zoo!</p> <p><u>7:00 Hangman</u></p> 	<p>27</p> <p><u>10:00 Mini Manicures</u></p> <p><u>2:00 Bingo on 2AMP</u></p>  <p><u>3:00 1 on 1 with RAM</u></p> <p><u>7:00 Outdoor walks</u></p>	<p>28</p> <p><u>10:30 Roman Catholic Mass (Auditorium)</u></p> <p><u>10:30 Morning One to One's</u></p> <p><u>1:00 Outdoor Walks</u></p> <p><u>7:00 Card game "8's"</u></p>
<p>29</p> <p><u>10:00 Morning Coffee &amp; Chat</u></p> <p><u>1:15 Board Games</u></p> <p><u>7:00 Balloon Badminton</u></p>	<p>30</p> <p><u>10:00 Fun and Fitness</u></p> <p><u>12:30 Let's Dine In! "Dairy Queen"</u></p>  <p><u>7:00 Basketball Court</u></p> 	<p>31</p> <p><u>10:00 Hot coffee and Horoscopes</u></p> <p><u>1:30 Balloon Badminton</u></p> <p><u>3:00 Horseraces</u></p> <p><u>7:00 Connect 4</u></p>				

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