

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023

Shoreham Recreation Calendar

Happy Canada Day

10:30-1:00

Canada Day

<p>Towel Folding- 8:30 Wednesday mornings with Brenda (OT)</p>	<p>2 10:30 Devotions (ML) 11:30 Exercise with OT/PT 2:00 Musical Interlude with Eileen (ML) 2:45 Hulling Strawberries (OT)</p>	<p>3 10:30 DrumFit (ML) 10:30 Creative Movement (C) 11:30 Exercise with OT/PT 2:00 Strawberry Social With GuitBasDuo 3:15 Social Visits Picnic in The Park- (sign up in ML) <i>Independence Day (US)</i></p>	<p>4 10:30 Balloon Volleyball (E) 10:30 SenSupport 10:30 Word Scramble (A) 2:00 Bingo (ML) 3:15 Puzzles & Games (ML)</p>	<p>5 10:30 Church (ML) 10:30 Social Visits 11:30 Exercise with OT/PT 1:30 Hydration Cart 1:30 Ice Cream Outing (sign up in the ML) 2:00 Afternoon Strolls 6:00 Paint Nite (ML)</p>	<p>6 Tim Hortons Morning Social 10:00 Music Therapy 11:00 Yoga & Meditation (OT) 11:30 Exercise with OT/PT Summer Shindig (Dance Party, ML)</p>	<p>8 10:30 Morning News & Coffee 10:30 Morning Strolls 11:30 Exercise with OT/PT 2:00 Baking Cookies (OT) 2:00 Afternoon Matinee (all wings)</p>
<p>(ML)= Main Lounge (OT) = OT room (OS)= Outside Programs are subject to change Outings are weather permitting</p>	<p>9 10:30 Ombii 10:30 Card Bingo (A) 11:30 Exercise with OT/PT 2:00 Music with Ronnie & Friends 3:15 Afternoon Strolls</p>	<p>10 10:30 DrumFit (ML) 10:30 Trivia (E) 11:30 Exercise with OT/PT 2:00 Afternoon of Water Fun (OS) 3:15 Social Visits Picnic in The Park- (sign up in ML)</p>	<p>11 10:30 Parachute Fun 10:30 SenSupport (C) 11:30 Exercise with OT/PT 2:00 Bingo (ML) 3:15 Puzzles & Games (ML)</p>	<p>12 10:30 Church (ML) 10:30 Social Visits 11:30 Exercise with OT/PT 1:30 Hydration Cart 1:30 Ice Cream Outing (sign up in the ML) 2:00 Afternoon Strolls</p>	<p>13 10:00 Music Therapy 10:30 Arts & Crafts (OT) 11:30 BBQ- A wing 11:30 Exercise with OT/PT 2:00 Music with David Rhind (ML) 2:00 Social visits 3:15 Afternoon strolls</p>	<p>15 6:00 Chester Playhouse</p>
<p>10:30 Morning Strolls 2:00 Card Bingo (ML) 2:00 Afternoon Matinee (All wings)</p>	<p>16 10:30 Devotions (ML) 11:30 Exercise with OT/PT 2:00 Mocktail Monday (OS)</p>	<p>17 10:30 DrumFit (ML) 10:30 Junk Drawer Detective (C) 11:30 Exercise with OT/PT 2:00 Boccia Ball (ML) Graves Island Picnic (sign up in ML) 3:15 Social Visits 6:00 Evening Social (A)</p>	<p>18 10:30 SenSupport (B) 11:00 Line Dancing 2:00 Bingo (ML) 3:15 Puzzles & Games (ML) 6:30 Music with HHG (ML)</p>	<p>19 10:30 Church (ML) 10:30 Social Visits 11:30 Exercise with OT/PT 1:30 Ice Cream Outing (sign up in the ML)</p>	<p>20 10:00 Music Therapy 11:00 Yoga & Meditation (OT) 11:30 Exercise with OT/PT 2:00 Red Hatters (OT) 2:00 Ombii 6:00 Chester Playhouse</p>	<p>21 10:30 Creative Movements (ML) 10:30 Ombii 11:30 Exercise with OT/PT 2:00 Patio Fun (C) 2:00 Afternoon Matinee (All wings)</p>
<p>Clergy St. Stephens- 6th D Oickle- 13th TBD- 20th Rev S Ago- 27th</p>	<p>23 10:30 Ombii 10:30 Lets Make Ice Cream (OT) 11:30 Exercise with OT/PT 2:00 Men's Group 3:15 Afternoon Strolls</p>	<p>24 10:30 DrumFit (ML) 10:30 Word Scramble (E) 11:30 Exercise with OT/PT 2:00 Music with Sharon Rhyno (ML) 2:00 Social Visits 3:15 Afternoon strolls 5:00 ROASTING WEINERS & S'MORES (OS)</p>	<p>25 10:30 SenSupport (D) 10:30 Second Wind (OS) 11:30 Exercise with OT/PT 2:00 Bingo (ML) 3:15 Puzzles & Games (ML)</p>	<p>26 10:30 Church (ML) 10:30 Social Visits 11:30 Exercise with OT/PT 1:30 Hydration Cart 1:30 Ice Cream Outing (sign up in the ML) 6:30 Karaoke Nite (ML)</p>	<p>27 10:00 Music Therapy 10:30 Spiritual Hour (ML) 11:30 Exercise with OT/PT 2:00 Party with the Elderly Brothers</p>	<p>28 Please welcome our summer Recreation Programmers Abby Maguire Abbey Broome</p>
<p>10:30 Cooking with Colleen (OT) Liver & Onions 11:30 Exercise with OT/PT 2:00 Lexicon Social (ML) 2:00 Afternoon Matinee (All wings)</p>	<p>30 10:30 Ombii 10:30 Card Bingo (E) 11:30 Exercise with OT/PT 2:00 Welcome to the Ice Cream Shoppe 3:15 Afternoon Strolls</p>	<p>31 HAPPY BIRTHDAY</p> <p>Cecil Z- 2nd Mamie F- 25th Joan S- 26th Janice H- 28th Goldie G- 30th Randy S- 30th</p>				