

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Coordinator Hermela Phone Number 416-964-9321 ext 250		Canada Day1 10:15 🌿 Balloon Badminton 10:45 ❤️ Short Stories 12:00 🍷 Canada Day Dinner 2:30 🍷 Refreshments	9:35 🌿 Balloon Tennis 10:05 ❤️ Sensory Touches 10:45 🐾 Pet Visits with Milo 1:00 🏵️ 1:1 Spiritual Corner 1:30 🌿 Strolls about Belmont 2:30 🍷 Sing and Dance Along 3:15 🎓 Let's Play Bingo!	Founding of Quebec3 9:35 🌿 Balloon Tennis 10:30 ❤️ Lets Get Folding 11:00 🍷 Strolls about Belmont 1:15 ❤️ 1:1 Short Stories 2:30 🍷 Poutine Social 3:30 🏵️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 6:45 🍷 Movie Night	9:35 🌿 Move to the Beat!4 10:30 🎓 Historical Fridays: US Independence Day 11:05 🏵️ Hymn Sing 1:15 ❤️ Coloring Arts 2:20 🍷 Summer Treats Ice Cream Social 3:15 🎓 Have You Ever?	10:15 🌿 Balloon5 Badminton 1:45 🎓 Trivia
Tour De France theme week6 2:30 🍷 Refreshments	9:35 🌿 Morning Stretch 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:00 🏵️ 1:1 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 🎓 Travelogue: Tour De France 3:30 🌿 Strolls about Belmont 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 7:00 🍷 Friendly Visits	9:35 🌿 Sunshine Yoga8 10:30 🏵️ Morning Prayers 11:00 🎓 News of the Day! 2:30 🌿 Grandmas Kitchen: French Butter Cookies 3:40 🍷 Friendly Visits	Argentina Independence Day9 9:35 🌿 Balloon Tennis 10:05 ❤️ Travelogue: Argentina 1:00 🏵️ 1:1 Spiritual Corner 1:30 🌿 Strolls about Belmont 2:30 🍷 Sing and Dance Along (Spanish Edition) 3:15 🎓 Let's Play Bingo! 5:00 🍷 Argentina Day Dinner	9:35 🌿 Balloon Tennis10 10:30 ❤️ Lets Get Folding 11:00 🍷 Strolls about Belmont 1:15 ❤️ 1:1 Short Stories 2:30 🍷 French Patisserie 3:30 🏵️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 6:45 🍷 Movie Night	9:35 🌿 Move to the Beat!11 10:30 🎓 Historical Fridays: Tour De France 11:05 🏵️ Hymn Sing 1:15 ❤️ Coloring Arts 2:20 🍷 Summer Treats Ice Cream Social 2:30 🍷 Live Music 3:15 🎓 Board Games	10:15 🌿 Balloon12 Badminton 1:45 🎓 Trivia
Ocean theme week13 2:30 🍷 Refreshments	Bastille Day14 9:35 🌿 Morning Stretch 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:00 🏵️ 1:1 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 🎓 Amazing Animals: Orcas 3:30 🌿 Strolls about Belmont 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 7:00 🍷 Friendly Visits	9:35 🌿 Sunshine Yoga15 10:30 🏵️ Morning Prayers 11:00 🎓 News of the Day! 1:15 ❤️ Lets Get Folding 2:30 🌿 Strike & Spare 3:00 🎓 Scattergories 3:40 🍷 Friendly Visits	9:35 🌿 Balloon Tennis16 10:05 ❤️ Sensory Touches 1:00 🏵️ 1:1 Spiritual Corner 1:30 🌿 Strolls about Belmont 2:30 🍷 Sing and Dance Along 3:15 🎓 Let's Play Bingo!	9:35 🌿 Balloon Tennis17 10:30 ❤️ Lets Get Folding 11:00 🍷 Strolls about Belmont 1:15 ❤️ 1:1 Short Stories 2:30 🍷 Wine & Cheese Social 3:30 🏵️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 6:45 🍷 Movie Night	9:35 🌿 Move to the Beat!18 10:30 🎓 Historical Fridays: The Beach Boys 11:05 🏵️ Hymn Sing 1:15 ❤️ Ocean animal Coloring Arts 2:20 🍷 Summer Treats Ice Cream Social 3:15 🎓 Have You Ever?	10:15 🌿 Balloon19 Badminton 1:45 🎓 Trivia
60s theme week20 2:30 🍷 Refreshments	9:35 🌿 Morning Stretch 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:00 🏵️ 1:1 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 🎓 Travelogue: 1960s Daily Life and Pop Culture 3:30 🌿 Strolls about Belmont 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 7:00 🍷 Friendly Visits	9:35 🌿 Sunshine Yoga22 10:30 🏵️ Morning Prayers 11:00 🎓 News of the Day! 1:15 ❤️ Lets Get Folding 2:00 🍷 Dog Days of Summer BBQ 2:30 🌿 Strike & Spare 3:00 🎓 Scattergories 3:40 🍷 Friendly Visits	9:35 🌿 Balloon Tennis23 10:05 ❤️ Sensory Touches 10:45 🐾 Pet Visits with Milo 1:00 🏵️ 1:1 Spiritual Corner 1:30 🌿 Strolls about Belmont 2:30 🍷 Sing and Dance Along (60s edition) 3:15 🎓 Let's Play Bingo!	9:35 🌿 Balloon Tennis24 10:30 ❤️ Lets Get Folding 11:00 🍷 Strolls about Belmont 1:15 ❤️ 1:1 Short Stories 2:30 🍷 Swinging 60s Mixer! 3:30 🏵️ 1:1 Spiritual Corner	9:35 🌿 Move to the Beat!25 10:30 🎓 Historical Fridays: The Beatles 11:05 🏵️ Hymn Sing 1:15 ❤️ Poodle Skirts Coloring Arts 2:30 🍷 Summer Treats Ice Cream Social/HASO 3:15 🎓 Board Games	10:15 🌿 Balloon26 Badminton 1:45 🎓 Trivia
Space theme week27 2:30 🍷 Refreshments	9:35 🌿 Morning Stretch 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:00 🏵️ 1:1 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 🎓 Travelogue: Wonders of Space 3:30 🌿 Strolls about Belmont 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 7:00 🍷 Friendly Visits	9:35 🌿 Sunshine Yoga29 10:30 🏵️ Morning Prayers 11:00 🎓 News of the Day! 2:30 🎓 Grandmas Kitchen: Galaxy Brownies 3:40 🍷 Friendly Visits	9:35 🌿 Balloon Tennis30 10:05 ❤️ Sensory Touches 10:45 🐾 Pet Visits with Milo 1:00 🏵️ 1:1 Spiritual Corner 1:30 🌿 Strolls about Belmont 2:30 🍷 Sing and Dance Along 3:15 🎓 Let's Play Bingo!	9:35 🌿 Balloon Tennis31 10:30 ❤️ Lets Get Folding 11:00 🍷 Strolls about Belmont 12:00 🍷 Dining in the Daylight - North Garden 1:15 ❤️ 1:1 Short Stories 2:30 🍷 Milky Way Social 3:30 🏵️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 6:45 🍷 Movie Night	July Highlights July 1st - Canada day July 9th - Argentina Day July 23rd - Dog Days of Summer BBQ - North Garden July 31st - Dining in the Daylight - Rose Garden	