

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>July cont'd</p> <p>2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">31</p>	<p>Recreation Co-Ordinator: Devon D'Ornellas Phone Number: (416) 964-9231 ext. 217 Email: ddornellas@belmonthouse.com</p>	<p>July Highlights</p> <p>1st - Canada Day 6th - Getting to Know: Frida Kahlo 8th - Belmont Petting Zoo 29th - Guitarist Doug Goodeve</p>		<p>Canada Day</p> <p>11:30 ☞ The History of "O Canada" 12:00 Canada Day Dinner 2:30 ☞ Refreshments 3:00 ❤️ Movie Matinee</p>	<p>10:30 ☞ Trivia 2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">2</p>	
<p>Happy Birthday, Quebec</p> <p>2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">3</p>	<p>9:15 ☘ Morning Stretch 4 9:45 ☙ Morning Prayers 10:30 ☞ All About Quebec 2:00 ☞ Bingo 3:00 ❤️ Nail Salon 3:30 ☞ Tea for Two</p>	<p>1:15 ☞ Sensory Stimulation Cart 5 2:00 ☞ Famous Faces: Dr. David Suzuki 3:00 ❤️ Fun in the Sun 6:00 ❤️ News & Views 6:30 ❤️ Friendly Visits 7:30 ☞ Movie Night</p>	<p>Frida Kahlo Day</p> <p>10:00 ☘ Move and Groove 6 10:30 ☞ Get To Know: Frida Kahlo 11:30 ☞ Friendly Visits 2:30 ☞ Walks Around Belmont 3:00 ❤️ Sing Along 3:30 ❤️ Phone a Friend</p>	<p>9:15 ❤️ Cyber Time 7 10:00 ☘ Gentle Yoga Practice 11:30 ❤️ Tea for Two 2:30 ☞ Trivia 3:00 ☞ News and Views 3:30 ☞ Friendly Visits</p>	<p>10:00 ☘ Move and Groove 8 10:30 ☞ Friday Chronicles 11:00 ❤️ Tea for Two 2:00 ☞ Belmont Petting Zoo 3:00 ❤️ Movie Matinee 3:30 ☞ Green Thumbs</p>	<p>Nunavut Day</p> <p>10:30 ☞ Trivia 2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">9</p>
<p>2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">10</p>	<p>9:15 ☘ Morning Stretch 11 9:45 ☙ Morning Prayers 10:30 ☞ Name that Tune 2:00 ☞ Bingo 3:00 ❤️ Nail Salon 3:30 ☞ Tea for Two</p>	<p>1:15 ☞ Sensory Stimulation Cart 12 2:00 ☞ Famous Faces: Rick Hansen 2:30 ☞ Around The World: Bora Bora 3:00 ❤️ Fun in the Sun 6:00 ❤️ News & Views 6:30 ❤️ Friendly Visits 7:30 ☞ Movie Night</p>	<p>10:00 ☘ Move and Groove 13 10:30 ☞ Amazing Animals: Sloths 11:30 ☞ Friendly Visits 2:30 ☞ Walks Around Belmont 3:00 ❤️ Sing Along 3:30 ❤️ Phone a Friend</p>	<p>9:15 ❤️ Cyber Time 14 10:00 ☘ Gentle Yoga Practice 11:30 ❤️ Tea for Two 2:30 ☞ Trivia 3:00 ☞ News and Views 3:30 ☞ Friendly Visits</p>	<p>10:00 ☘ Move and Groove 15 10:30 ☞ Friday Chronicles 11:00 ❤️ Tea for Two 2:30 ☞ Ice Cream Social 3:00 ❤️ Movie Matinee 3:30 ☞ Green Thumbs</p>	<p>10:30 ☞ Trivia 2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">16</p>
<p>National Ice Cream Day</p> <p>2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">17</p>	<p>9:15 ☘ Morning Stretch 18 9:45 ☙ Morning Prayers 10:30 ☞ Name that Tune 2:00 ☞ Bingo 3:00 ❤️ Nail Salon 3:30 ☞ Tea for Two</p>	<p>1:15 ☞ Sensory Stimulation Cart 19 2:00 ☞ Famous Faces: Oscar Peterson 3:00 ❤️ Fun in the Sun 6:00 ❤️ News & Views 6:30 ❤️ Friendly Visits 7:30 ☞ Movie Night</p>	<p>10:00 ☘ Move and Groove 20 10:30 ☞ Amazing Animals: Penguin 11:30 ☞ Friendly Visits 2:30 ☞ Walks Around Belmont 3:00 ❤️ Sing Along 3:30 ❤️ Phone a Friend</p>	<p>9:15 ❤️ Cyber Time 21 10:00 ☘ Gentle Yoga Practice 11:30 ❤️ Tea for Two 2:30 ☞ Trivia 3:00 ☞ News and Views 3:30 ☞ Friendly Visits</p>	<p>10:00 ☘ Move and Groove 22 10:30 ☞ Friday Chronicles 11:00 ❤️ Tea for Two 2:30 ☞ Ice Cream Social 3:00 ❤️ Movie Matinee 3:30 ☞ Green Thumbs</p>	<p>10:00 ☘ Move and Groove 23 10:30 ☞ Trivia 2:30 ☞ Tea Social</p>
<p>2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">24</p>	<p>9:15 ☘ Morning Stretch 25 9:45 ☙ Morning Prayers 10:30 ☞ Name that Tune 2:00 ☞ Bingo 3:00 ❤️ Nail Salon 3:30 ☞ Tea for Two</p>	<p>1:15 ☞ Sensory Stimulation Cart 26 2:00 ☞ Famous Faces: Nelson Mandela 2:30 ☞ Around The World: Forbidden City 3:00 ❤️ Fun in the Sun 6:00 ❤️ News & Views 6:30 ❤️ Friendly Visits 7:30 ☞ Movie Night</p>	<p>10:00 ☘ Move and Groove 27 10:30 ☞ Amazing Animals: Gorilla 11:30 ☞ Friendly Visits 2:30 ☞ Walks Around Belmont 3:00 ❤️ Sing Along 3:30 ❤️ Phone a Friend</p>	<p>9:15 ❤️ Cyber Time 28 10:00 ☘ Gentle Yoga Practice 11:30 ❤️ Tea for Two 2:30 ☞ Trivia 3:00 ☞ News and Views 3:30 ☞ Friendly Visits</p>	<p>10:00 ☘ Move and Groove 29 10:30 ☞ Friday Chronicles 11:00 ❤️ Tea for Two 2:30 ☞ Sing and Along and Ice Cream with Doug Goodeve 3:00 ❤️ Movie Matinee 3:30 ☞ Green Thumbs</p>	<p>10:30 ☞ Trivia 2:30 ☞ Tea Social</p> <p style="text-align: right; font-size: 2em;">30</p>