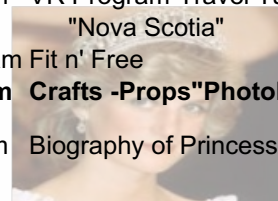
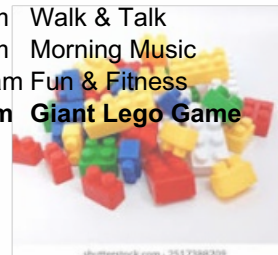
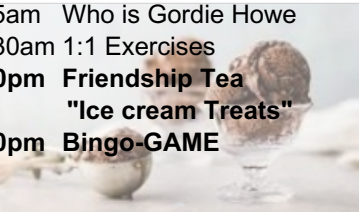


SARA VISTA LTC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We continue to have individual programs of Reading, Writing Letters, Manicures, Walks/Strolls, Family Zoom Sessions and Montessori Activities	Recreation Programs are subject to change based on Resident needs, requests,suggestions, Ministry of Long Term Care or Public Health Directives. Thank you in advance for understanding	1	2	3	4	5
		CANADA DAY Morning Coffee 9:00am Walk & Talk 9:45am Canada Day -History 10:30am Fit n' Free 2:00pm Canada Day Social Games, Treats & Music	Morning Coffee 9:00am Walk & Talk 9:45am History-Anne of Green Gables 10:30am 1:1 Exercises 2:00pm Fishing Derby-Outdoors 6:00pm Bingo-GAME	Morning Coffee 9:00am Walk & Talk 9:45am Reading Group "Anne of Green Gables Story" 10:30am Fit n' Free 1:45pm Food Committee Mtg. 2:15pm Resident Council Mtg. 6:00pm Evening Storytime	Morning Coffee 9:00am Walk & Talk 9:45am Facts about Beavers 10:30am 1:1 Exercises 2:00pm Everything Canadian Social- "Highlighting Calgary Stampede"	Morning Coffee 9:00am Walk & Talk 9:45am Popsicle-History 10:30am Fun & Fitness 3:00pm Popsicle Social 
6	7	8	9	10	11	12
Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:30pm Blue Jays vs Angels 2:00pm Church Service-YouTube 2:15pm 1:1 Montessori Programs	Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Balloon Badminton	Morning Coffee 9:00am Walk & Talk 9:45am Facts about Cows 10:30am Fit n' Free 2:00pm Entertainment Jean & Don 6:00pm Anne of Green Gables Story 	Morning Coffee 9:00am Walk & Talk 9:45am Facts about CN Tower 10:30am 1:1 Exercises 2:00pm Church Service Father Ricardo-Catholic 6:00pm Armchair Vacation Sight Seeing Canada	Morning Coffee 9:00am Walk & Talk 9:45am Reading Group "Famous Canadians" 10:30am Fit n' Free 1:00pm Sing a long 2:00pm Calgary Stampede Parade 6:00pm Evening Movie-Beethoven	Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Canadian Sing a long 	Morning Coffee 9:00am Walk & Talk 9:45am Invented in Canada 10:30am Fun & Fitness 2:00pm Bingo-GAME
13	14	15	16	17	18	19
Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 2:00pm Church Service-YouTube 2:15pm Manicures 4:00pm Blue Jays vs Athletics	Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Afternoon Strolls	Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday "Nova Scotia" 10:30am Fit n' Free 2:00pm Crafts -Props"PhotoBooth" 6:00pm Biography of Princess Diana 	Morning Coffee 9:00am Walk & Talk 9:45am Emoji Day-Display 10:30am 1:1 Exercises 2:00pm Floor Game-Ladder Ball 6:00pm Bingo-GAME	Morning Coffee 9:00am Walk & Talk 9:45am Reading Group " Gordon Lightfoot Biography" 10:30am Fit n' Free 2:00pm Art Therapy-Marlene 6:00pm Evening Social-Patio	Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Stories & Memories	Morning Coffee 9:00am Walk & Talk 9:45am Morning Music 10:30am Fun & Fitness 2:00pm Giant Lego Game 
20	21	22	23	24	25	26
Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:30pm Blue Jays vs Giants 2:00pm Church Service-YouTube 2:15pm Afternoon Strolls	TOOTH PICKS DENTAL CLINIC Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Outdoor Games	Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday P.E.I. 10:30am Fit n' Free 2:00pm Trivia-Word Games 6:00pm Comedy Hour	Morning Coffee 9:00am Walk & Talk 9:45am Who are Tragically Hip? 10:30am 1:1 Exercises 2:00pm Church Service Rev. S. Weenick-Community 6:00pm Armchair Vacation Sight Seeing-Canada	Morning Coffee 9:00am Walk & Talk 9:45am Animals you see--Canada 10:30am Fit n' Free 2:00pm Entertainment-Bill 6:00pm Sharpen Your Senses	Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Famous Canadians 	Morning Coffee 9:00am Walk & Talk 9:45am Wildlife in Canada 10:30am Fun & Fitness 2:00pm Bingo-GAME
27	28	29	30	31	PHYSIO IN PT-FRIDAY'S PTA-MONDAY'S WEDNESDAY'S & FRIDAY'S MUSIC THERAPIST MONDAY'S HAIRDRESSER FRIDAY'S 	
Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:30pm Blue Jays vs Detroit 2:00pm Church Service-YouTube 2:15pm Manicures	Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Coloring Group	Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday B.C. 10:30am Fit n' Free 2:00pm Afternoon Matinee "Cheaper by the Dozen" 6:00pm Target Toss-GAME	NATIONAL FRIENDSHIP DAY Morning Coffee 9:00am Walk & Talk 9:45am Who is Gordie Howe 10:30am 1:1 Exercises 2:00pm Friendship Tea "Ice cream Treats" 6:00pm Bingo-GAME 	Morning Coffee 9:00am Walk & Talk 9:45am Reading Group "Stompin Tom Connors" 10:30am Fit n' Free 2:00pm Name that Tune 6:00pm Evening Social-Patio		