








# JULY 2024

# FOUR SEASONS LODGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>9-3 1</b> <b>Happy Canada Day!</b> 9:30 Canadian History Trivia 10:30 Ring Toss & Horse Shoes 11:30 Bean Bag Toss 2:00 Flag Bingo 7:00 Sparklers (PSW)	2 10:30 Exercises (Physio) 11:30 Taste of Home With Brian 1:40 Patio Time (PSW)	3 <i>New Audio Books Available</i> PSW Led Activity (North Renfrew Times Reading) 2:00 Coloring (PSW) 6:00 Movie Night (PSW)	<b>9-3 4</b> 9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Patio Time – Pick from the Topic Hat 2:00 Book Club – Short Stories	5 10:30 Exercises (Physio) 3:00 Cocktails & Chats (Ann)	<b>9-3 6</b> 10:00 Volley Ball 11:00 Courtyard Visits 12:00 Hang-Man 2:00 Name that Tune
<b>9-3 7</b> 10:30 Chair Yoga 11:30 Guided Meditation 1:30 Word Scramble 4:00 Church Group (PSW) 6:00 Nature Documentary (PSW)	8 10:30 Exercises (Physio) PSW Led Activity (Bingo)	<b>9-4 9</b> 9:30 Tea & Coffee Social 10:30 Exercises (Physio) 11:30 Short Stories 2:00 Crafting - Paint Along	<b>1:30 – 8 10</b> 2:00 Manicures 4:00 Court Yard Walks 6:00 Cards – Residents Choice 7:00 Therapeutic Music	11 10:30 Exercises (Physio) PSW Led Activity (Sensory Boxes)	<b>9-3 12</b> 9:30 Horoscopes 10:00 Drumming 11:00 Patio Time 3:00 Cocktails & Chats (Ann)	13 PSW Led Activity (Bowling) Move Night – <i>Action (PSW)</i>
14 10:30 Virtual Church (PSW) 4:00 Church Group (PSW)	<b>9-3 15</b> 9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home 2:00 Bingo	16 10:30 Exercises (Physio) 11:30 Singing Group with Volunteers 1:30 Taste of Home with Brian 1:40 Patio Time (PSW)	17 PSW Led Activity (North Renfrew Times Reading) 2:00 Coloring (PSW) 6:00 Movie Night (PSW)	<b>9-3 18</b> 9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Patio Time – Pick from the Topic Hat 2:00 Residents & Family Council	19 10:30 Exercises (Physio) 3:00 Cocktails & Chats (Ann)	<b>9-3 20</b> 10:00 Volley Ball 11:00 Courtyard Visits 12:00 Hang-Man 2:00 Heads Up
<b>9-3 21</b> 10:30 Chair Yoga 11:30 Guided Meditation 1:30 Word Scramble 4:00 Church Group 6:00 Nature Documentary	22 10:30 Exercises (Physio) PSW Led Activity (Bingo)	<b>9-4 23</b> 9:30 Tea & Coffee social 10:30 Exercises (physio) 11:30 Short Stories 2:00 Crafting - Hanging Flowers	<b>1:30 – 8 24</b> 2:00 Manicures 4:00 Name 5 6:00 Cards – Residents' Choice 7:00 Therapeutic Music	25 10:30 Exercises (Physio) PSW Led Activity (Sensory Boxes)	<b>9-3 26</b>  <b>Happy Hawaiian Day</b> 9:30 Horoscopes 10:00 Bean Bag Toss <b>11:00 Hawaiian Party</b> 3:00 Cocktails & Chats	27 PSW Led Activity (Bowling) Move Night – <i>Comedy (PSW)</i>
28 10:30 Virtual Church (PSW) 4:00 Church Group (PSW)	<b>9-3 29</b> 9:30 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home 2:00 Bingo	30 10:30 Exercises (Phyiso) 11:30 Taste of Home with Brian 1:40 Patio Time (PSW)	31 PSW Led Activity (North Renfrew Times Reading) 2:00 Coloring (PSW) 6:00 Movie Night (PSW)	    		

**Please remember to express your interests in Recreational Activities at Residents and Family Council or bring forward your fantastic ideas at any time.**

\*\* Friendly Masking Policy in place, see staff for further details. The Lodge encourages family to join/participate in programing with their loved one, when able. Face Time or Skype calls are also always available, please call to setup.\*\*