

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday



Canada Day

 <p>3 9:30am Drum Fit (2nd)/ Chair Aerobics (1st/3rd) 1:30pm Tai Chi w/ Ken (2nd)/Board Games (3rd) 6:00pm Sensory Room (1st/2nd Floor)</p> <p style="text-align: center;"><small>Independence Day (US)</small></p>	<p>4 9:30am Chair Aerobics (2nd and 3rd Floors) 1:30pm Entertainment by Student Crystal (2nd Floor) One on One Visits</p>	<p>5 9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Number Bingo (2nd and 3rd Floor) 6:00pm Sensory Room (3rd Floor)</p>	<p>6 9:30am Chair Aerobics Exercise (1st/2nd/3rd) 1:30pm Rock Painting Craft (2nd and 3rd Floor) One on One Visits</p>	<p>7 9:30am Chair Aerobics (1st/2nd Floor)/Drum Fit Exercise (3rd Floor) 1:30pm Baking Program (3rd Floor)/Table Games (2nd Floor)</p>	<p>8 9:30am Drum Fit Exercise (2nd)/Chair Aerobics (3rd) 1:30pm Arm Chair Travels (2nd and 3rd Floor) One on One Visits</p>
<p>10 9:30am Chair Aerobics (2nd and 3rd Floor) 1:30pm Card Games (3rd) One on One Visits</p>	<p>11 9:30am Drum Fit (2nd)/ Chair Aerobics (1st/3rd) 1:30pm Tai Chi Exercise w/ Ken (3rd)/ Edmonton Symphony Orchestra Video (2nd) One to One Visits</p>	<p>12 9:30am Chair Aerobics Exercise (1st/2nd/3rd Floor) 1:30pm Edmonton International Street Performers Festival (2nd)</p>	<p>13 9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Card Bingo (2nd)/ Entertainment by student Crystal (3rd) One on One Visits</p>	<p>14 9:30am Chair Aerobics Exercise (1st/2nd/3rd Floor) 1:30pm-Bowling (2nd)/Edmonton Symphony Orchestra Video (3rd Floor) One on One Visits</p>	<p>15 9:30am Chair Aerobics (1st/2nd Floor)/Drum Fit Exercise (3rd Floor) 1:30pm- Edmonton International Street Performers Festival (3rd)</p>
 <p>17 9:30am Drum Fit (2nd)/ Chair Aerobics (1st/3rd) 1:30pm Tai Chi w/ Ken (2nd)/ Target Games(3rd) 6:00pm Ladies Spa Night (3rd Floor)</p>	<p>18 9:30am Chair Aerobics Exercise (1st/2nd/3rd Floor) 1:30pm Baking Program (2nd)/Bowling (3rd) One on One Visits</p>	<p>19 9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Bowling (2nd Floor) Emoji Bingo (3rd Floor) 6:00pm Ladies Spa Night (2nd Floor)</p>	<p>20 9:30am Chair Aerobics Exercise (1st/2nd/3rd Floor) 1:30pm-Entertainment by Jing Ying Martial Arts (2nd and 3rd Floor)</p> 	<p>21 9:30am Chair Aerobics (1st/2nd Floor)/Drum Fit Exercise (3rd Floor) 1:30pm July Birthday Party (2nd and 3rd Floor) One on One Visits</p>	<p>22 9:30am Drum Fit Exercise (2nd Floor)/Chair Aerobics (3rd) 1:30pm Picture Bingo (2nd and 3rd Floor) One on One Visits</p>
<p>24 9:30am Chair Aerobics (2nd and 3rd Floor) 1:30pm Yarn Bunny Craft (2nd) One on One Visits</p>	<p>25 9:30am Drum Fit (2nd)/ Chair Aerobics (1st/3rd) 1:30pm Tai Chi Exercise w/ Ken (3rd)/Target Games (2nd)</p>	<p>26 9:30am Chair Aerobics Exercise (1st/2nd/3rd Floor) 1:30pm Bean Bag Toss (2nd)/ Bowling (3rd) One on One Visits</p>	<p>27 9:30am Chair Aerobics (1st/2nd/3rd Floors) 1:30pm Bowling (2nd) Number Bingo (3rd) One on One Visits</p>	<p>28 9:30am Chair Aerobics (1st/2nd/3rd Floor) 1:30pm Taste of Edmonton (2nd Floor)</p> 	<p>29 9:30am Chair Aerobics (1st/2nd Floor)/Drum Fit Exercise (3rd Floor) 1:30pm Taste of Edmonton (3rd Floor)</p>
<p>31 9:30am Chair Aerobics (2nd and 3rd Floor) 2:00pm Spiritual Service (Chinese Baptist Church)</p>					