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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | |
| **ROOM LEGEND:**  **(B) BRITANNIA**  **(DR) DINING ROOM**  **(FL) FRONT LOUNGE**  **(FP) FRONT PATIO**  **(G) GLENMORE**  **(GC) GARDEN COURT**  **(H) HERITAGE**  **(LIB) LIBRARY**  **(R) RIDEAU**  **(TW) THERAPY WING**  **(W) WINGS** | **1**  **HAPPY CANADA DAY!** | **2**  **9:45** Ball Toss (B)  **9:45** Bible Study (LIB)  **10:00** Get To Know You (B)  **10:00** LIBRARY CART WITH PAM (W)  **11:00** Get To Know You (G)  **11:45 JOEY’S FISH N’ CHIPS PICNIC (GC/TW)**  **1:30** Alive Inside (R/B)  **1:45** Creative Movement (LIB)  **1:45** Artist’s Corner (TW)  **3:45** Crib Club (TW)  **4:00** Ladder Ball (LIB)  **4:00** Connect 4 (R)  **6:30 SING N’ BE HAPPY WITH LARRY (TW)** | **3**  **9:45** Taboo (FL)  **10:30** What’s Up In Rec? (W)  **11:00** Flower Arranging (TW)  **11:00** Chair Yoga (LIB)  **1:00** Get to Know You (H)  **1:15** Shuffleboard (TW)  **1:30** Music Therapy Visits (W)  **2:00** Closed Music Therapy Session R/B (LIB)  **2:15** Shuffleboard (TW)  **3:45** Frisbee Tic-Tac-Toe (TW)  **4:00** Fella-Ship Club (LIB)  **6:30** Jeopardy (TW) | **4**  **9:45 CATHOLIC MASS (TW)**  **9:45** Get A Move On Cowpokes (LIB)  **9:45** Get To Know You (R)  **10:00** Card Games (FL)  **10:00** Fabulous Nails (G)  **11:15** Balloon Badminton (TW)  **1:15** **HORSE VISITS IN THE COUNTRY OUTING (TW)**  **1:30** Card Bingo (TW)  **2:45** Create & Construct (TW)  **4:00** Trivial Pursuit (LIB)  **6:30** Beach Ball Soccer (TW)  **STAMPEDE OFFICIALLY**  **STARTS TOMORROW!**  **JULY 5TH – 14TH, 2019** | **5**  **8:00/9:00**  **RESIDENT STAMPEDE PANCAKE BREAKFAST:**  **TOE TAPPING**  **ENTERTAINMENT BY RANDY POIRIER (DR)**  **9:00 STAMPEDE PARADE ON TV (LIB)**  **10:15 RANDY POIRIER CONTINUES HIS SHOW FOR RESIDENTS AND STAFF (TW)**  **1:45** Java Music Club (LIB)  **2:15** Lemonade Stand  And Chit Chat (GC/TW)  **2:30** Board Games (FP/FL)  **3:00** Get To Know You (R)  **4:30** Sing With Me (TW) | **6**  **9:45** Music Appreciation(LIB)  **11:00** How Is It Spelled? (LIB)  **2:00** Balloon Badminton (TW)    Your text here  Your text here | |
| **7**    THIS CALENDAR IS SUBJECT TO CHANGE…PLEASE REFER TO DAILY PROGRAM BOARDS ON EACH WING. | **8**  **10:00** Balloon Badminton (TW)  **11:00** Good Ol’ Days (R/B)  **1:15** Western Words  Brain Games (LIB)  **2:15** Get A Move On (LIB)  **2:30** Artist’s Corner (TW)  **2:30** Heighten Your Senses (R)  **3:00** Get to Know You (R)  **4:00** News & Views (LIB)  **6:30 WELCOME AND BIRTHDAY PARTY:**  **STAMPEDE ENTERTAINMENT BY COWBOY RICK KELLY (TW)** | **9**  **10:00** Get To Know You (B)  **10:00 LUNCH OUTING TO HERITAGE PARK** **(TW)**  **1:30** Alive Inside (R/B)  **1:45** Creative Movement (LIB)  **3:45** Crib Club (TW)  **4:00** Ladder Ball (LIB)  **4:00** Checkers (FL)  **6:30** Sing N’ Be Happy (TW)  [Image result for heritage park](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiT-obb2oLjAhV6HzQIHZPmDREQjRx6BAgBEAU&url=https://www.calgaryparking.com/heritagepark&psig=AOvVaw14d8t1nJvE56fEDGhAQPWA&ust=1561485953951167) | **10**  **9:45** Taboo (FL)  **10:30** What’s Up In Rec? (W)  **11:00** Flower Arranging (TW)  **11:00** Good Ol’ days (FP)  **1:00** Get To Know You (H)  **1:15** Shuffleboard (TW)  **1:30** Music Therapy Visits (W)  **2:00** Closed Music Therapy Session R/B (LIB)  **2:15** Shuffleboard (TW)  **3:45** Frisbee Tic-Tac-Toe (TW)  **4:00** Fella-Ship Club (LIB)  **6:30** Family Feud (TW) | **11**  **9:00 STAMPEDE BREAKFAST OUTING TO ST. MARY’S UNIVERSITY (TW)**  **9:45 CATHOLIC MASS (TW)**  **9:45** Get A Move On (LIB)  **9:45** Get To Know You (R)  **11:00** News & Views (LIB)  **1:30** Yahoo Bingo (TW)  **2:00** Fabulous Nails (H)  **4:00** Geography Trivia (LIB)  **6:30** Beach Ball Soccer (TW) | **12**   **11:00 STAMPEDE BBQ FOR RESIDENTS:**  **FOOTSTOMPING ENTERTAINMENT BY SANDY D’ACEY**  **(GUESTS WILL BE CHARGED $5.00 PER MEAL) (GC/DR)**  **2:15** Shoe Shine (W)  **2:30** Walk & Talk (GC)  **2:45** Creative Movement (LIB)  **3:00** Get To Know You (R)  **3:30** Get To Know You (G)  **4:30** Sing With Me (TW) | **13**      **IDA L.**  **LINDA G.**  **RITA K.**  **CHUCK C.**  **GAIL M.**  **SHELAGH K.**  **DOLORES W.**  **RISTO S.**  **LAURA M.**  **PHYLLIS C.** |

[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiCwO_x5orjAhUxJDQIHYvmDjkQjRx6BAgBEAU&url=http://calgarycamping.com/2017-stampede-events-and-information-at-mountain-view-camping/&psig=AOvVaw0UqwUQlKMzk_x_5OUNXtXz&ust=1561764098146514)

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **14**  **2:30**  **ST. ANDREW’S UNITED**  **CHURCH**  **SERVICE**  **(TW)** | **15**  **10:00 LANA & KIDS VISIT (TW)**  **10:30** Get A Move On (LIB)  **11:00** Heighten Your Senses (R/B)  **1:00** Would You Rather? (LIB)  **1:15** Beach Ball Soccer (GC/TW)  **2:30** Get To Know You (B)  **2:15** Artist’s Corner (TW)  **3:00** Get to Know You (R)  **4:00** News & Views (LIB)  **6:30** Shuffleboard (TW) | **16**  **9:45** Ball Toss (B)  **9:45** Get To Know You (G)  **10:00** LIBRARY CART WITH PAM (W)  **10:45 LUNCH OUTING TO**  **TIM HORTON’S (TW)**  **11:00** Create & Construct (TW)  **1:30** Creative Movement (LIB)  **4:00** Crib Club (TW)  **4:00** Checkers (FL)  **4:00** Ladder Ball (LIB)  **6:30 SING N’ BE HAPPY WITH LARRY (TW)** | **17**  **9:45** Taboo (FL)  **11:00** Flower Arranging (TW)  **11:00** Chair Yoga (LIB)  **1:00** Get To Know You (H)  **1:15** Shuffleboard (TW)  **1:30** Music Therapy Visits (W)  **2:00** Closed Music Therapy Session R/B (LIB)  **2:15** Shuffleboard (TW)  **3:45** Frisbee Tic-Tac-Toe (TW)  **4:00** Fella-Ship (LIB)  **6:30** Who Wants To Be A Millionaire? (TW) | **18**  **9:45 CATHOLIC MASS (TW)**  **9:45** Get A Move On (LIB)  **9:45** Balloon Badminton (B)  **10:00** Get To Know You (R)  **10:00** Fabulous Nails (R/B)  **11:00** Bible Study (LIB)  **11:00** Walk & Talk (GC)  **1:15 HORSE VISITS IN THE COUNTRY OUTING (TW)**  **1:30** Card Bingo (TW)  **2:00** What Am I? (LIB)  **4:00** Sing With Me (LIB)  **6:30** Volley Ball (TW) | **19**  **9:45** Painting (TW)  **10:00** Ball Toss (R)  **10:30** Java Music Club (LIB)  **11:00** News & Views (H)  **2:00** Music And  Fruit Snacks (GC/TW)  **2:15** Trivial Pursuit (G)  **3:00** Get To Know You (R)  **3:45** Walk & Talk (GC)  **4:00** Sing With Me (LIB) | **20**  **9:45** Sing with Me (LIB)  **11:00** Word Games (LIB)  **2:00** Ladder Ball (TW) |
| **21**  **[Image result for clipart of delphinium](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj_npmPzYrjAhX0ITQIHZ7XA4sQjRx6BAgBEAU&url=https://www.istockphoto.com/illustrations/delphinium&psig=AOvVaw3d6hdYZ06bTW8E2k4UUhF1&ust=1561757191246935)DELPHINIUM IS THE BIRTH FLOWER OF JULY** | **22**  **9:45** Sing With Me (LIB)  **10:30** Get A Move On (LIB)  **11:00** Walk & Talk (GC)  **1:00** Brain Games (LIB)  **1:15** Beach Ball Soccer (GC/TW)  **2:15** Artist’s Corner (TW)  **2:30** Get To Know You (B)  **3:00** Get To Know You (R)  **4:00** New & Views (LIB)  **6:30** Shuffleboard (TW) | **23**  **9:30** **DAY TRIP OUTING TO CANMORE (TW)**  **9:45** Bible Study (LIB)  **10:00** Good Ol’ Days (R)  **11:00** Get To Know You (G)  **2:00** Carpet Bowling (TW)  **3:45** Crib Club (TW)  **4:00** Connect 4 (R)  **4:00** Fella-Ship (LIB)  **6:30 SING N’ BE HAPPY (TW)** | **24**  **9:45** Taboo (FL)  **10:30** Good Vibes (B)  **11:00** Flower Arranging (TW)  **11:00** Good Ol’ days (FP)  **1:00** Get To Know You (H)  **1:30** Music Therapy Visits  (W)  **2:30 RANDY & RAI ENTERTAIN (DR)**  **6:30** Jeopardy (TW) | **25**  **9:15 HANDI-BOAT OUTING TO GHOST LAKE (TW)**  **9:45 CATHOLIC MASS (TW)**  **9:45** Groove & Move (LIB)  **1:30** Music Appreciation (LIB)  **2:00** Guess Who? (GC)  **4:00** Mandala Coloring (TW)  **6:30** Shuffleboard (TW) | **26**  **9:45** Painting (TW)  **10:00** Ball Toss (B)  **10:30** Java Music Club (LIB)  **10:45** Trivial Pursuit (R)  **2:00** Frozen Treats Frenzy (GC/TW)  **2:30** Heighten Your Senses (R/B)  **3:00** Get To Know You (R)  **3:45** Walk & Talk (GC)  **4:00** Sing With Me (LIB) | **27**  **9:45** Good Ol’ Days (LIB)  **11:00** Word Games (LIB)  **2:00** Bean Bag Toss (TW) |
| **28**    [Image result for MAY FLOWERS CLIPART](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi6gbyEh-zhAhVWtZ4KHZcECnUQjRx6BAgBEAU&url=/url?sa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttp://clipart-library.com/april-flowers-cliparts.html%26psig%3DAOvVaw38De_S0_c09WE9dRpJpOeQ%26ust%3D1556309200503068&psig=AOvVaw38De_S0_c09WE9dRpJpOeQ&ust=1556309200503068) | **29**  **9:45 RESIDENT & FAMILY COUNCIL MEETING (LIB)**  **1:00** Get A Move On (LIB)  **2:15** Artist’s Corner (TW)  **2:30** Chair Yoga (LIB)  **3:00** Get To Know You (R)  **6:30** **SING ALONG WITH RAYMOND AND**  **BRAIN GAMES (TW)** | **30**  **9:45** Ball Toss (B)  **9:45** Bible Study (LIB)  **10:00** Get To Know You (B)  **11:00** Get To Know You (G)  **11:00** Walk & Talk (GC)  **1:15** **OUTING TO CHINOOK HONEY COMPANY (TW)**  **1:45** Creative Movement (LIB)  **2:45** Music Appreciation (LIB)  **3:45** Crib Club (TW)  **4:00** Ladder Ball (LIB)  **6:30 SING N’ BE HAPPY WITH LARRY (TW)** | **31**  **9:45** Taboo (FL)  **11:00** Flower Arranging (TW)  **11:00** Chair Yoga (LIB)  **1:15** Shuffleboard (TW)  **1:30** Music Therapy Visits  (H/G)  **1:30** Get To Know You (H)  **2:00** Closed Music Therapy Session R/B (LIB)  **2:15** Shuffleboard (TW)  **3:45** Frisbee Tic-Tac-Toe (TW)  **4:00** Fella-Ship Club (LIB)  **6:30** Family Feud (TW) |  | | |