





July 2023

AgeCare Sunrise Gardens



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Activities are subject to changes.						Canada Day 1
 2	Stat 3	1:00 Chaplain Visit (2F) 9:00 Chaplain Visit (1F) 4	10:30 Let's Get Physical (IPL) 5 1:30 Bowling (RecR) 3:30 Pampering Hands (1F)	2:30 Church Service (GDR) 6 3:30 Kick Ball (1F) 6:30 BINGO NIGHT (GDR)	10:30 The Holy Communion (SFIL) 7 1:00 One on One Visit (2F) 2:30 Ice Cream Party (GDR) 3:30 Green Thumb (OD)	11:00 One To One Visits (F1F2) 8 1:30 Target Golf (RecR) 3:30 Balloon Volleyball (1F)
 OUR HOME AND NATIVE LAND!	9 10:15 Monday Singers (2F) 1:30 Board Games (RecR) 3:30 Name That Tune 1st F (1F) 3:30 Pampering Hands (2F) 10	1:00 Chaplain Visit (2F) 11 9:00 Chaplain Visit (1F) 1:30 National Geographic (SFIL) 2:30 Painting (RecR) 6:30 Movie Night (SFIL)	10:30 Let's Get Physical (IPL) 12 10:30 Bean Bag Toss (1F) 1:30 Bowling (RecR) 3:30 Pampering Hands (2F)	2:30 Church Service (GDR) 13 3:30 Kick Ball (1F) 3:30 Arts & Crafts (RecR) 6:30 BINGO NIGHT (GDR)	10:30 The Holy Communion (SFIL) 14 1:00 One on One Visit (2F) 2:30 Birthday Party (2F) 3:30 Green Thumb (OD)	15
	17 10:30 Let's Get Physical (IPL) 10:30 Bean Bag Toss (1F) 1:30 Board Games (RecR) 3:30 Pampering Hands (2F)	1:00 Chaplain Visit (2F) 18 9:00 Chaplain Visit (1F) 1:30 National Geographic (SFIL) 2:30 Painting (RecR) 6:30 Movie Night (SFIL)	10:30 Let's Get Physical (IPL) 19 12:00 Lunch Club (ADP) 1:30 Bowling (RecR) 3:30 Pampering Hands (2F)	2:30 Church Service (GDR) 20 3:30 Kick Ball (1F) 3:30 Arts & Crafts (RecR) 6:30 BINGO NIGHT (GDR)	10:30 The Holy Communion (SFIL) 21 1:00 One on One Visit (2F) 2:30 Birthday Party (1F) 3:30 Green Thumb (OD)	22
23 10:15 Monday Singers (2F) 1:30 Ping Pong Toss (RecR) 3:30 Pampering Hands (2F) 3:30 Brain Buster (1F)	24 1:00 Chaplain Visit (2F) 9:00 Chaplain Visit (1F) 1:30 National Geographic (SFIL) 2:30 Painting (RecR) 6:30 Movie Night (SFIL) 25	10:30 Let's Get Physical (IPL) 26 10:30 Bean Bag Toss (1F) 1:30 Armchair Travel (RecR) 3:30 Pampering Hands (2F)	2:30 Church Service (GDR) 27 3:30 Kick Ball (1F) 3:30 Arts & Crafts (RecR) 6:30 BINGO NIGHT (GDR)	10:30 The Holy Communion (SFIL) 28 1:00 One on One Visit (2F) 2:30 Card Bingo (RecR) 3:30 Green Thumb (OD)	29	
30 10:30 Let's Get Physical (IPL) 10:30 Bean Bag Toss (1F) 1:30 Horse Racing (RecR) 3:30 Name That Tune 1st F (1F) 3:30 Pampering Hands (2F) 31				Locations Legend 1st Floor (1F) Recreation Room (RecR) 2nd Floor (2F) Second Floor Ingram Park Lounge (SFIL) Ingram Park Lounge (IPL) Gem Dining Room (GDR) Gem Dining Room (GDR) Outdoor (OD) 2nd Floor Gem Dining Room (2F) Floor 1 and Floor 2 (F1F2) ADSP ROOM (ADP)		