

Recreation Therapist: Steve Fagan

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July 2024

Adjala Unit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1  Happy Canada Day!	2 Catholic Communion 10:15am Resident's Council & Food Committee (Aud) 1:00pm Calendar Delivery (1-1) 2:00pm Family Facetimes (1-1) 4:15pm Exercise Class (TVL) 6:00pm Quilter's Guild Presentation (*)	3 10:30am Bingo (Aud) 3:15pm Trio Bike Rides (O) 6:15pm Manicures & Light Therapy (1-1) 7:15pm Restorative Walks	4 Pet Therapy Today 1:30pm Outdoor Strolls (1-1) 3:30pm Library Visits (L) 4:00pm Exercise Class w/ Steve (TV) 6:15pm Evening Trivia (TVL) 7:00pm Hall Strolls (1-1)	5 2:00pm Baking Bread (AR) 3:00pm Chaplain Visits 4:00pm Exercise Class w/ Roxanne (TV) 4:00pm Gentle Stretch (1-1) 6:15pm Montessori Cart (1-1) 7:00pm Bunny Visits (IAR)	6 Afternoon with Lindsay 1:30pm Library Visits (L) 3:30pm Tablet Games (1-1)	7 
8 10:00am Manicures & Light Therapy (1-1) 11:00am Calendar Review (TV) 11:15am Restorative Walks (1-1) 4:15pm Gentle Stretch with Roxanne (1:1)	9 11:00am Mind and Melody (1-1) 11:15am Water the Greenery (AP) 1:30pm Tuck Shop Cart (1-1) 4:15pm Exercise Class (TVL)	10 10:00am Coffee Strolls (FL) 11:00am Chicken Soup for the Soul (RR) 1:30pm Unit Bingo (T/AR) 3:30pm Catholic Mass (C)	11 Afternoon w/ Taylor Pet Therapy Today 1:30pm Relaxation Room (RR) 3:30pm Friendly Visits (1-1)	12 7:30am Breakfast Camp Out (Adjala Patio) 10:30am Ecumenical Church Service (Aud) 11:00am Mind and Melody 1:30pm Birthday Party w/ Yew Three (Aud) 3:00pm Chaplain Visits	13 Afternoon w/ Steve 1:30pm Outdoor Strolls (1-1) 4:00pm Spiritual Reflections (RR)	14 4:00pm Exercise Class w/ Amber (TV)
15 10:00am Baking Bread (AR) 11:00am Mind and Melody (1-1) 11:15am Restorative Walks (1-1) 1:30pm Georgian Downs (*/\$)	16 Catholic Communion 11:00am Mind and Melody (1-1) 11:15am Water the Greenery (AP) 1:30pm Gentle Stretch (1-1) 4:15pm Exercise Class (TVL)	17 10:30am Bingo (Aud) 1:30pm Tiki Mocktail Patio Social (Adjala Garden) 6:15pm Evening Trivia (TV) 7:00pm Hall Strolls (1-1)	18 Pet Therapy Today 3:00pm Gentle Stretch 4:00pm Exercise Class w/ Steve (TV) 6:45pm Garden Party w/ Naomi Bristow (Adjala Patio)	19 Afternoon with Steve 1:30pm Manicures & Light Therapy (1-1) 3:00pm Chaplain Visits 4:00pm Bunny Visits (1-1) 4:00pm Exercise Class w/ Roxanne (TV)	20 Evening with Lindsay 1:00pm Chaplain Visits w/ Andrew 2:00pm Ecumenical Service w/ Andrew (C) 6:15pm Manicures & Light Therapy (1-1) 7:00pm Chicken Soup for the Soul (RR)	21 
22 Morning w/ Jane 10:00am Spiritual Reflections (RR) 11:15am Picnic & Lawn Games @ Alliston Park (*) 11:15am Restorative Walks (1-1) 4:15pm Gentle Stretch with Roxanne (1:1)	23 Day w/ Jane 10:00am Manicures & Light Therapy 11:00am Mind and Melody (1-1) 11:15am Water the Greenery (AP) 2:00pm Trivia Time! (TVL) 4:15pm Exercise Class (TVL)	24 Morning w/ Jane 10:15am Trio Bike Rides (*) 1:30pm Bingo (Aud)	25 Afternoon w/ Taylor Pet Therapy Today 1:30pm Relaxation Room (RR) 2:30pm History Of Tetley Tea-Social (EAR) 4:00pm Brush to Canvas (NS)	26 3:00pm Chaplain Visits 4:00pm Friendly Visits W/Brinley <i>(2024 Summer Olympic Games Opening Ceremony)</i>	27 Morning w/ Brinley 10:00am Creative Arts: Colouring 11:00am Baking Bread 1:30pm Kite Festival at Mel Mitchell Park	28 Evening w/ Amber 6:15pm Manicures & Light Therapy (1-1) 7:00pm Hall Strolls (1-1)
29 10:00am Flower Shop Time! (AR) 11:00am Tablet Games (1-1) 11:15am Restorative Walks (1-1) 1:30pm Ice Cream Truck-Hosted By Residents Council (FPL) 1:30pm Travelling Library Cart w/ Michael 4:15pm Gentle Stretch with Roxanne (1:1)	30 Catholic Communion 11:00am Mind and Melody (1-1) 11:15am Water the Greenery (AP) 2:00pm Ice Cream Cart w/ Janet & Andrea 2:00pm Family Facetimes (RR) 4:15pm Exercise Class (TVL)	31 11:30am Resident Council BBQ Fundraiser (*/\$) Bingo (Aud) 6:15pm Outdoor Strolls (1-1) 7:00pm Youtube Videos (1-1)	2024 Olympic Games July 26-Aug. 11		Legend P - patio FPL - Front Parking Lot 1:1 - 1 to 1 program TVL - TV Lounge RR - Relaxation Room L - Library AR - Activity Room Aud. - Auditorium * - Sign Up Required \$ - Cost Associated	