



Swedish Assisted Living Residence July 2022 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>O Canada! Our home and native land! True patriot love in all thy sons command. With glowing hearts we see thee rise, The True North strong and free! From far and wide, O Canada, We stand on guard for thee. God keep our land, glorious and free! O Canada, we stand on guard for thee; O Canada, we stand on guard for thee.</i></p>	<p>Happy CANADA Day!</p> 			1	2 No Activity
3 DISCLAIMER: PROGRAMS MAY CHANGE	4 MASHIE IS OFF	5 9:15 Exercise (2nd Floor) 10:15 Shopping Trip at Walmart  1:30 Afternoon Exercise (2nd Floor) 2:30 Arts & Crafts (2nd Floor) 	6 9:30 Exercise (2nd Floor) 10:15 Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 1:30 Crossword Puzzle 3:00 Quarter Bingo (2nd Floor) 	7 9:15 Sit & Be Fit Exercise (2nd Floor) 10:15 Swedish History Museum Tour (a walk to Swedish Manor) 2:00 Residents having a slice of cake (courtyard) 2:30 Afternoon Music & Cake by Suede Dogs Courtyard) 	8 9:30 Fun & Fitness Exercise (2nd Floor) 10:30 Food Forum Meeting (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 	9 No Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Activity	9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 1:30 Canadian Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	9:15 Exercise (2F) 10:30 Lunch Outing at Boston Pizza (Marine Way) 1:30 Afternoon Exercise (2nd Floor) 2:30 Activity Meeting (2nd Floor) 3:30 Bocce Game (3rd Floor) Or Courtyard	9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	9:15 Exercise (2F) 10:15 Scenic Drive to Horseshoe Bay 1:30 Afternoon Exercise (2nd Floor) 2:30 Music w/ Shawn McKee (3rd Floor or Courtyard)	9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 You Be the Judge (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	No Activity
No Activity	9:30 Early Bird Exercise (2nd Floor) 10:15 Exercise (2F) 11:30-12:45 Summer BBQ (Dining Room/Courtyard) Chicken, Ribs & Salmon for Vegetarian Residents 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	9:15 Exercise (2F) 10:15 Scenic Drive to Cates Park & Deep Cove 1:30 Afternoon Exercise (2nd Floor) 2:30 Show & Tell (2F)	9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 2:30 Watermelon Eating Contest (Courtyard)	9:15 Exercise (2F) 10:15 Scenic Tour in North Vancouver 1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music w/ Kenny Buston	9:30 Fun & Fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Words w/in Word (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	No Activity
No Activity	9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	9:15 Exercise (2F) 10:15 Picnic at Maplewood Farm (North Van) (\$5.30 each, lunch included) 2:00 Bocce Game & Ice Cream (Courtyard)	9:30 Exercise (2F) 10:15 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Hangman Game(2F) 3:00 Quarter Bingo (2F)	9:15 Exercise (2F) 10:15 Scenic Drive to Burnaby Mtn (get off fr bus & walk around) 1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music w/ Sangre Morena (courtyard)	9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 1:30 Family Feud Game (2nd Floor) 3:00 Quarter Bingo (2nd Floor)	No Activity