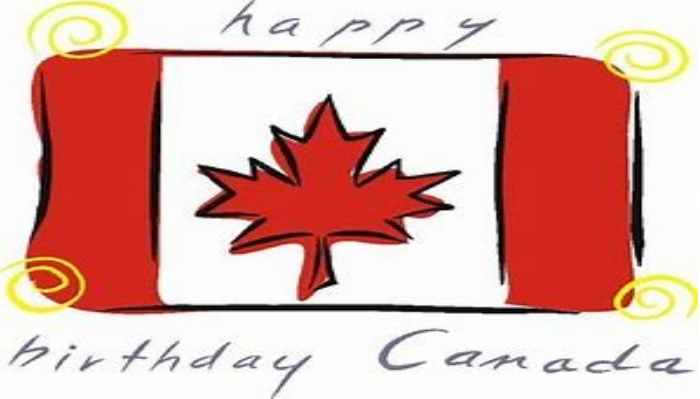
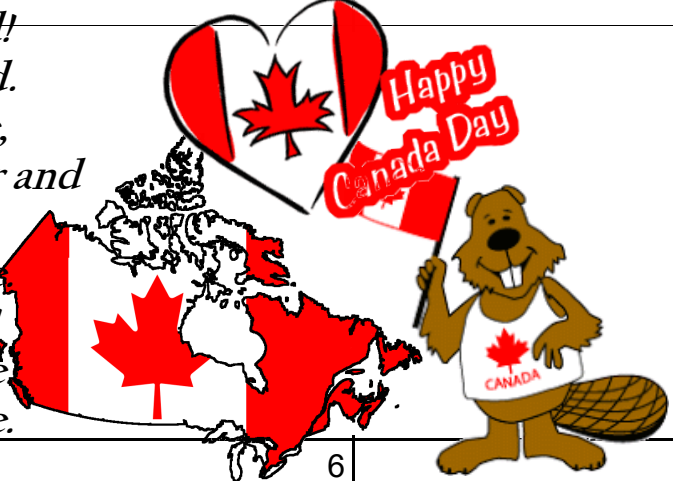






































# Swedish Assisted Living Residence July 2023 Recreation and Wellness Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>O Canada! Our home and native land! True patriot love in all of us 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><b>HAPPY CANADA DAY 1</b> 9:15 Morning Exercise (2nd Floor) 10:15 Canadian Trivia (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:00 Canada Day Treats (3rd Floor) 3:00 Bocce Game (3rd Floor) </p>
2 Jigsaw Puzzle, Board Games, Word Finder & Sudoku Books are available on 2nd & 3rd Floor Library Corner.	3 <b>Mashie &amp; Adam are Off</b>	4 9:15 Exercise (2F) <b>10:15 Food Forum Meeting (2nd Floor)</b> 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2F) 	5 9:15 Exercise (2F) 10:00 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop 1:30 Words w/in a Word (2nd Floor) 3:00 Trivia (2nd Floor)	6 9:15 Exercise (2nd Floor) <b>10:15 Shopping Trip at Walmart</b>  <b>1:30 Activity Meeting(2nd Floor)</b> <b>2:30 Afternoon Music &amp; Birthday celeb w/ Peter Paulus ( Courtyard)</b>  	7 9:15 Morning Exercise (2nd Floor) <b>10:15 Scenic Drive to Lynne Valley Road (North Van)</b>  1:30 Afternoon Exercise (2nd Floor) 3:00 Quarter Bingo (2nd Floor) 	8 9:15 Morning Exercise (2nd Floor) <b>Adam will be working at the Staff Summer BBQ (Scandinavian Centre)</b>
9 <b>DISCLAIMER: PROGRAMS MAY CHANGE</b>	10 9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) <b>3:00 Sing-A-Long w/ Rory &amp; Maureen (3F)</b> 	11 9:15 Morning Exercise (2nd Floor) <b>10:15 Lunch Outing at Pajo Fish &amp; Chips (Rockv Pt Park)</b>  1:30 Exercise (2F) 2:30 Floral Arrangement (2nd Floor) 	12 9:15 Exercise (2F) 10:00 Exercise (2F) <b>2:00 Ice Cream Socials (Courtyard)</b> <b>2:30 Sounds Like Summer Music by Linda Czentes From Shadbolt</b>  	13 9:15 Exercise (2F) <b>10:15 Trip to Centennial Rose Garden (get-off Bus &amp; walk around)</b>  1:30 Exercise (2F) 3:00 Quarter Bingo (2nd Floor)  3:00 Safe walk w/ Adam (meet at front desk)	14 9:15 Exercise (2F) 10: Exercise (2F) 1:30 Guess The Phrase (2nd Floor) <b>2:30 Afternoon Music w/ Steve &amp; Linda ( Courtyard )</b> 	15 9:15 Morning Exercise (2nd Floor) 10:15 Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 3:00 Quarter Bingo (2F) 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>Jigsaw Puzzle, Board Games, Word Finders &amp; Sudoku Books are available on 2nd &amp; 3rd Floor Library corner.</p>	<p>17</p> <p>9:15 Morning Exercise (2nd Floor)            10:00 Morning Exercise (2nd Floor)            1:30 Crossword Puzzle (2nd Floor)            3:00 Quarter Bingo (2nd Floor)</p> 	<p>18</p> <p>9:15 Morning Exercise (2nd Floor)  <b>10:15 Picnic at Pitt Lake (Pitt Meadows)</b>            2:00 Exercise (2F)  <b>3:00 Watermelon Eating Contest (Courtyard)</b></p> 	<p>19</p> <p>10:30 Catholic Service (3rd Floor)            1:30 Exercise (2F)            3:00 Quarter Bingo (2nd Floor)            3:00 Trivia (3rd Floor)  <b>6:30 Pub Night w/ John Parsons (3F)</b></p> 	<p>20</p> <p>9:15 Exercise (2F)  <b>10:15 Scenic Drive to Stanley Park</b></p>  <p>1:30 Afternoon Exercise (2nd Floor)            2:30 Art Class (2F)</p> 	<p>21</p> <p>9:15 Exercise (2F)            10:00 Morning Exercise (2nd Floor)  <b>12:00 Resident Summer BBQ (Only One Seating)</b>            1:30 Guess The Phrase (2nd Floor)            3:00 Quarter Bingo (2nd Floor)</p> 	<p>22</p> <p>9:15 Morning Exercise (2nd Floor)            10:15 Brain Game (2nd Floor)            1:30 Afternoon Exercise (2nd Floor)            2:30 Bocce Game (3F)</p> 
<p>23</p> <p>Jigsaw Puzzle, Board Games, Word Finders &amp; Sudoku Books are available on 2nd &amp; 3rd Floor Library corner.</p>	<p>24</p> <p>9:15 Morning Exercise (2nd Floor)            10:00 Morning Exercise (2nd Floor)            1:30 Crossword Puzzle (2nd Floor)            3:00 Quarter Bingo (2nd Floor)</p> 	<p>25</p> <p>9:15 Exercise (2F)  <b>10:15 Scenic Drive to Cypress Mountain</b></p>  <p>1:30 Afternoon Exercise (2nd Floor)  <b>2:30 JW: Bible Lesson-Creation (3rd Floor)</b>            2:30 Guess The Phrase (2nd Floor)</p> 	<p>26</p> <p>9-3 Foot Care Nurse            9:15 Exercise (2F)            10:00 Exercise (2F)            10:30 Catholic Service (3rd Floor)            11:00 Tuck shop            1:30 Trivia (2nd Floor)            3:00 Quarter Bingo (2nd Floor)            3:00 Safe Walk w/ Adam (meet up at the Front Desk)</p>  	<p>27</p> <p>9:15 Exercise (2F)  <b>10:15 Scenic Drive to Burnaby Mountain (Get Off Bus &amp; Walk Around)</b></p>  <p>1:30 Afternoon Exercise (2nd Floor)  <b>2:30 Afternoon Music &amp; Ice Cream w/ Jason Matheny &amp; Kids (Courtyard)</b></p>  	<p>28</p> <p>9:15 Morning Exercise (2nd Floor)            10:00 Morning Exercise (2nd Floor)            1:30 Word Games (2nd Floor)            3:00 Quarter Bingo (2nd Floor)</p> 	<p>29</p> <p>9:15 Morning Exercise (2nd Floor)            10:15 Brain Game (2nd Floor)            1:30 Afternoon Exercise (2nd Floor)            3:00 Quarter Bingo (2nd Floor)</p> 
<p>30</p> <p>Jigsaw Puzzle, Board Games, Word Finders &amp; Sudoku Books are available on 2nd &amp; 3rd Library Corner</p>	<p>31</p> <p>9:15 Morning Exercise (2nd Floor)            10:00 Morning Exercise (2nd Floor)            1:30 Crossword Puzzle (2nd Floor)            3:00 Quarter Bingo (2F)</p> 	<p style="text-align: center;"> <b>"Beat the Heat" this Summer</b> </p> <ul style="list-style-type: none"> <li>• <b>Stay Hydrated: Swig often.</b> To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid beverages that contain alcohol, caffeine, or lots of sugar, which are dehydrating.</li> <li>• <b>Eat light.</b> There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated and cooler</li> <li>• <b>Dress right.</b> Wear one of the widely available synthetic fabrics designed to wick away sweat and that sticky feeling. If you prefer cotton, make it thin, light colored, and, most of all, loose. "The best thing is to have sweat evaporate directly from skin to air. The next best thing is for the sweat to move quickly from your skin to clothing and then evaporate. Loose, billowy clothes allow air movement next to the skin and help with evaporation."</li> <li>• <b>Block the sun.</b> Closing curtains and blinds (ideally with sun-deflecting white on the window side) can reduce the amount of heat that passes into your home by as much as 45 percent</li> </ul>				