



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 www.cedarhursthome.ca	Good Morning <b>1</b> Canada Word Search Exercise Club Artful Weavings All About Canada Happy Canada Day! <small>Canada Day</small>	In The News <b>2</b> Food Around the World Fun & Fit Roller Ball Welcome to July Love to Move Dominoes	Highlights <b>3</b> Shout it Out! Chair Dancing Bowling All About: Dolly Parton Stretch & Flex Let's Sing!	Greetings! <b>4</b> July 4th Word Finder National Ballet Fitness Shuffleboard Independence Day: USA Exercise Club Football Tournament <small>Independence Day (US)</small>	Morning News <b>5</b> Junk Yard Detectives Tai Chi Mini Golf Visiting Yellowstone Park Fitness Club Karaoke	Breakfast Club <b>6</b> Chronicles Move & Groove Card Games Ping Pong Toss Basketball Tournament Snakes & Ladders
Sunday News <b>7</b> Spiritual Wisdom Rise & Shine Stretch Hungry Hungry Cups You be the Judge Ladder Ball Toss Jenga	Good Mornings <b>8</b> Scattegories Patio Fitness All About: Chocolate Bean Bag Toss UNO	Table Topics <b>9</b> Cranium Crunches Fitness Time Road Trip Memories In the Kitchen: Smores Balloon Volleyball	Chronicles <b>10</b> Riddle Me This Move to Music Shuffleboard Exploring Sun Setting Scenes Around the World Simple Stretch Happy Hour	Coffee Table <b>11</b> Pictionary Zumba Sculpting Travelogue to P.E.I. Fitness This or That	Rise & Shine <b>12</b> Red or Black Game Tai Chi Beach Ball Game Music Appreciation Celebration	News & Views <b>13</b> Trivia Time Let's Move Bean Bag Number Toss What are They Thinking Sit & Stretch Jeopardy
In the News <b>14</b> The Red Game On the Patio What's in the Bag Reading Circle Exercise Club Dominoes	Monday Mornings <b>15</b> Cranium Crunches Tai Chi Ping Pong Toss Jewelry Making Bowling Sing Along	Breakfast Club <b>16</b> Word Ladder Outdoor Fitness Air Hockey Shuffleboard Gentle Stretches Happy Hour	Headline News <b>17</b> Junk Yard Detectives Walking Club Golf Championship In the Kitchen Move and Groove Have a Laugh or Two	Table Topics <b>18</b> Ying and Yang Sit & Fit Table Pong At the Spa Basketball UNO	Highlights <b>19</b> Pictionary Fitness Club Balloon Volleyball Road Trip: Route 66 Chair Yoga Snakes & Ladders	This Day in History <b>20</b> Trivia Time Fitness Bowling Card Games Ladder Ball Classical Music
Greetings <b>21</b> Word Search Simple Stretch Tin Can Alley All About: Cirque du Soleil Gentle Stretches Karaoke	Rise & Shine <b>22</b> Things That Go Together Rhythm & Move Art Club: Finger Painting Shuffleboard Fitness Club Dominoes	Good Mornings <b>23</b> Word Search Walking Club Travelogue: Maldives Beach Party Roller Ball Happy Hour	Wednesday Greetings <b>24</b> Give Me 5 Stretch & Flex Noodle Hockey Trivia Time to Move Card Games	Happy Day <b>25</b> Odd Word Out Ball Toss Time Travel: 50s & 60s Golf Club Love to Move Patio Social	Coffee Table <b>26</b> What Am I Tai Chi Shuffleboard on the Patio Table Games Sit & Fit Snakes & Ladders	Saturday News <b>27</b> Matching Cards Game Weekend Fitness Roller Ball Birthday Celebration
Happy Sunday <b>28</b> Ageless Spirit Morning Stretches Beach Volleyball Guess the Country Sit & Fit Jenga	Morning Chronicles <b>29</b> Old Wives Tales Zumba Art Club Mystery Monday Ladder Ball UNO	Chat & Music <b>30</b> What is the Next Word? Walking Club Air Hockey Destination Travel Basketball Dominoes	Headline News <b>31</b> Matching Game Stretch & Flex Origami: Fans Patio Games Fitness Club Happy Hour	 <h1>July 2024</h1> <h2>It's Summertime!</h2>		

Timing and length of the activities may change as they are driven by residents' interest and engagement. "Individual visits also occur"