



JULY 2022



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3 WEEK
THEME
CANADA
DAY

10

17

24



4

10:15 Canada day trivia
UK/TS
1:45 Canada day trivia
HS/BD

11

10:15 Knitting BI
10:15 Exercise UK
1:30 Nelson visit BI
2:30 Nelson visit BD

18

10:15 Knitting UK
10:15 Exercise TS
1:30 Nelson visit UK
2:30 Nelson visit HS

25

10:15 Knitting LB
10:15 Exercise HS
1:30 Nelson visit TS
2:30 Nelson visit LB

5

10:15 Canada day
flag craft BI/LB
2:00 Canada day
flag craft UK/TS

12

10:15 YOGA TS
1:45 BINGO

19

Pam Morrison
10:15 YOGA UK
1:45 BINGO

26

10:15 YOGA BD
1:45 BINGO

6

10:15 Canada day
Wordle UK
1:45 Canada day
Wordle HS
1:45 map
colouring BI/LB

13

Dwight MacLeod
10:15 Resident Council
2:00 Favourite piece
of clothing Day

20

Michael Dunphy
**SOUND OF
MUSIC DAY**

27

10:15 Smoothies LB/TS
1:45 Smoothies UK/HS
3:15 Smoothies BI/BD

7

Carmella Walters
10:15 Canadian
exercise UK/BD
10:15 Canada map
colouring TS/HS
2pm church

14

10:15 Exercise
UK/BD 10:00 book
1:00 Bunny mobile
Roger
2pm church

21

10:15 Exercise
HS/LB
1:45 Lip sync
battle UK

28

10:15 Exercise
TS/BI
10:00 bookmobile
2:00 church

1

**CANADA
DAY**



8

10:15 Nelson 1:1
2:00 chimes
choir "Oh
Canada"

15

10:15 Nelson 1:1
2:00 Hawaii
Party

22

12:00 BBQ
BI/BD
2:00 Afternoon
at the spa LB

29

Jessie MacDonald
1:15 Birthday Party
cake & music & Nelson

2



Summer
weekend

9



Summer
weekend

16



Summer
weekend

23



Summer
weekend

30/31



Summer
weekend

If you have any questions, contact the Recreation Department, extension 226, or email recreation@alderwoodbaddeck.ca