

# Rosedale Recreation Activities Calendar

# July 2019

# Estates & Park

<b><u>In-House Services</u></b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>Please call clinics to book appointments. Information available in clinic binder.</p> <p><b>Reconciled Smile</b> Please contact Cynthia at 780-690-4176 for appointment</p> <p><b>One Step Ahead</b> Please contact Kandell at 780-722-2595 for appointment</p> <p><b>Keep In Touch Massage Therapy</b> Please contact Berni at 780-953-5404 to book a massage in your suite!</p> <p><b>Rosedale Beauty Salon</b> Please contact Ha at 780-906-8831 for appointments</p> <p><b>Fifth Avenue Collections</b> Mon. July. 8 (E) 10am - 2pm</p> <p><b>Avon</b> Thurs. July. 18 (E) 10am - 2pm</p> <p><b>Hearing Clinic</b> Thurs. July 4 (VAB) 1pm - 3pm</p> <p><b>Podiatrist</b> Mon. July. 15 (EAB) 9am - 2pm Wed. July. 17 (VAB) 9:30am - 12:00pm Thurs. July. 18 (MAB) 9:30am - 12:00pm</p>	<p><b>Legend:</b> ** No Recreation staff will be present. (E)- Estates (P)- Park (V)- Villa</p> <p>(5E)- 5th Floor Estates (EAB)- Estates 2nd Floor Assisted Bath (VAB)- Villa 2nd Floor Assisted Bath (VC)- Villa Chapel</p>	 <p>1 <b>No Recreation Programs</b> 1:00 Knitting Group (P)** 6:30 Whist (E)**</p>	<p>2 1:00 Crib (E)** 1:30 Jeopardy (P) 3:00 Chair Yoga (VC)</p>	<p>3 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	 <p>4 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** <b>1:00 Outing (E)</b> 6:30 Canasta (E)**</p>	<p>5 9:30 Exercise (E) 11:00 Exercise (E) 6:30 Bridge (E)**</p> <p><b>Rec. Planning Day: No Afternoon Programs</b></p>	<p>6 2:00 Social Hour (P)** 6:30 Movie Night: <b>It's a Wonderful Life</b> (E)**</p>
	<p>7 11:00 - 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>8 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 1:30 Bean Bag Toss (E) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>9 <b>10:00 Outing: River Cree (E)</b> 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (P)** 1:30 Mental Aerobics (P) 3:00 Chair Yoga (VC)</p>	<p>10 9:30 Exercise (E) 11:00 Exercise (E) <b>11:00 - 1:00 BBQ Lunch (E)</b> 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Ball Tossers (E) 7:00 Bingo (E)**</p>	<p>11 10:30 Catholic Communion (VC)** 11:00 Neat Nails (V) 12:30 Rummoli (E)** 1:00 Bridge (P)** <b>1:30 Ice Cream Day (E)</b> <b>2:00 Musical Memories (E)**</b> 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>12 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Tea in Courtyard (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>13 2:00 Social Hour (P)** 6:30 Movie Night: <b>King Kong (E)**</b></p>
	<p>14 11:00 - 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>15 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) <b>3:00 Rhythm n' Moves (VC)</b> 6:30 Whist (E)**</p>	 <p>16 <b>9:30 Outing (E)</b> 1:00 Crib (E)** 3:00 Chair Yoga (VC)</p>	<p>17 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>	 <p>18 <b>10:00 Outing (E)</b> 10:30 Catholic Mass (VC)* 12:30 Rummoli (E)** 1:00 Bridge (P)** 6:30 Canasta (E)**</p>	<p>19 9:30 Exercise (E) 11:00 Exercise (E) <b>11:00 - 1:00 Pancake Brunch (E)</b> <b>2:00 Klondike Day Party (E)</b> 6:30 Bridge (E)**</p>	<p>20 2:00 Social Hour (P)** 6:30 Movie Night: <b>The Best Exotic Marigold Hotel (E)**</b></p>
	<p>21 11:00 - 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>22 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	 <p>23 10:00 Sing Along with Elizabeth (E)** 1:00 Crib (P)** <b>1:00 Outing (E)</b></p>	<p>24 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Ball Tossers (E) 7:00 Bingo (E)**</p>	<p>25 10:30 Catholic Communion (VC)** 12:30 Rummoli (E)** 1:00 Bridge (P)** <b>2:00 Musical Memories (E)**</b> 3:00 Wheel of Fortune (E) 6:30 Canasta (E)**</p>	<p>26 9:30 Exercise (E) 11:00 Exercise (E) <b>1:30 Estates/ Park Birthday Party (E)</b> 3:00 Curling (E) 6:30 Bridge (E)**</p>	<p>27 2:00 Social Hour (P)** 6:30 Movie Night: <b>An American in Paris (E)**</b></p>
	<p>28 11:00 - 1:00 Brunch (E)** 2:00 Billiards (E)** 7:00 Non-Denominational Service (VC)**</p>	<p>29 9:30 Exercise (E) 11:00 Exercise (E) 1:00 Knitting Group (P)** 1:30 Bingo (V) 3:00 Creative Art (E) 6:30 Whist (E)**</p>	<p>30 <b>9:30 Gentlemen's Breakfast (VC)</b> 1:00 Crib (E)** 1:30 Jeopardy (P) 3:00 Chair Yoga (VC) <b>7:00 Taste &amp; Travel: Namibia (Africa) (E)</b></p>	<p>31 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Walk &amp; Talk (E) 2:00 Gentlemen's Crib (V)** 3:00 Bocce Ball (E) 7:00 Bingo (E)**</p>			



**July 4**  
Outing: Streetcar Ride

**July 9**  
Casino Outing: River Cree Casino

**July 10**  
Estates/ Park BBQ

**July 11**  
Ice Cream Day

**July 16**  
Outing: Ukrainian Heritage Village

**July 18**  
Shopping Outing: Kingsway Mall

**July 19**  
Klondike Day Pancake Brunch &

Klondike Day Party: Entertainment by Mojo & Friends

**July 23**  
Outing: Devonian Botanic Garden

**July 26**  
Estates/ Park Birthday Party

**July 30**  
Gentlemen's Breakfast & Taste & Travel: Namibia (Africa)