
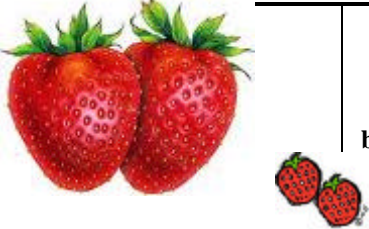


**Trafalgar Terrace**  
*“Where Neighbours  
 Become Friends”*



**Trafalgar Terrace**  
**July**  
*Celebrating Canadian Heritage!*  
**Month!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>ENJOY TODAY!</b>  <b>DO SOMETHING FUN!</b>  <b>BE HAPPY!</b>  <b>BE THANKFUL! !!</b></p>	<p>Don't forget all events you go to you can earn sunshine bucks! At the end of the month you use your bucks to auction prizes!</p>		<p><b>1. Hair Day</b>  <b>Canada Day! Wear Red and White! 2:00 Strawberry Social! Cam Deonme</b>            7:00 Coffee Hour</p>	<p>2            10:00 Morning Movie– Alice in Wonderland  <b>2:00 Live music with Sean Macdonald</b></p>	<p>3 10:00 Dominos set up to play in activity room            10:00 Traveling Tuck Cart            1:30 Physio with Oliver            2:00 Popcorn and a movie</p>
<p>4  <b>10:30 Challenger Delivery</b>  <b>2:30 Salvation Army Church</b></p>	<p>5 1:30 Challenge review            2:00 Bingo            3:00 yahtzee  <b>6:30 Car show</b></p>	<p>6 10:00 Physio            11:00 Hang Man Games in cafe  <b>2:00 Galapagos Island SLR</b>            2:30 Root Beer floats</p>	<p><b>7 Hair Day</b>            10:30 Exercises– top ten            1:00 Painting Canvas            3:00 Planet Earth viewing with fresh pop corn!</p>	<p><b>8 10:00 Tai Chi with Tim</b>            1:00 Manicures with Kelly            2:30 Great Canadian Penny toss challenge 3:00 Canadian music appreciation</p>	<p>9 10:00 Exercises            10:30 Bocce ball Friday  <b>2:00 Clod hoppers– outside tap dancers !</b></p>	<p>10 10:00 Dominos set up to play in activity room            10:00 Traveling Tuck Cart            1:30 Physio with oliver            2:00 Popcorn and a Movie</p>
<p>11  <b>10:30 Challenger delivery</b>  <b>2:30 St James Church</b></p>	<p>12            10:30 Challenge Review  <b>1:30 Trip out to Tea shop-sign up!</b> 2:00 Pet Visits            3:00 BINGO</p>	<p>13 10:00 Physio            11:00 Lifting your spirits            2:00 Resident Council meeting            3:00 Horse Races</p>	<p>14 10:00 Laughing yoga            10:30 Headlines  <b>2:00 Picard's Peanuts and Drive to Shaw's Ice Cream</b></p>	<p><b>15 Hair Day</b>            1:00 Manicures  <b>2:00 Gary Mc Gill</b>  <b>3:30 Individual programs</b>  <b>6:30 Show and Tell -</b></p>	<p>16 10:00 Exercises            10:30 Bocceball Friday            1:00 Puzzles set up in activity room            1:30 Trip to Cherryhill mall</p>	<p>17 10:00 Dominos set up to play in activity room            10:00 Traveling Tuck Cart            1:30 Physio with oliver            2:00 Popcorn and a Movie</p>
<p>18  <b>10:30 Challenger Delivery</b>  <b>2:30 Salvation Church Service</b></p>	<p>19            10:30 Challenge Review            2:00 Pet Visits            2:00 golf skills challenge            3:00 Bingo</p>	<p>20 10:00 Physio  <b>2:00 Learn about Canada's Cold War Pilots</b>            4:00 Wii bowling            6:30 Crafting –sock friends</p>	<p><b>21 Hair Day</b>            10:00 Top Ten exercises            11 :00 Cards—I've Got it!  <b>2:00 Birthday Party and Music with Country notes</b></p>	<p>22 10:00 Exercises            10:30 Seated Volleyball            1:00 Manicures  <b>2:00 Tea party and info with Physical relief services</b></p>	<p>23 10:00 Warm up exercises            10:30 Give your advice -cafe  <b>2: 00 Eldon House Artifact Presentation visit in activity room</b></p>	<p>24 10:00 Dominos set up to play in activity room            10:00 Traveling Tuck Cart            1:30 Physio with oliver            2:00 Popcorn and a Movie</p>
<p>25  <b>10:30 Challenger delivery</b>  <b>2:30 Elmwood Church Service</b></p>	<p>26 10:00 Morning Short Stories            10:30 Challenge Review            2:00 Pet Visits            2:00 Bingo</p>	<p>27 10:00 Physio            11:00 Mini put challenge            1:00 Granny car racing  <b>2:00 Music with Ken Lightheart</b></p>	<p>28            29 10:00 Strength Exercises            11:00 Lunch out–Hillside  <b>2:00 Outside rocket toss</b></p>	<p>29 <b>Hair Day</b>            1:00 Manicures            2:00 Match Game            3:00 Scategories  <b>6:30 Outdoor Campfie</b></p>	<p>30 10:00 Bocceball Friday            11:00 Book club            12:00 Mens lunch in  <b>2:00 Sunshine buck auction Outside!</b></p>	<p><b>31</b> 10:00 Dominos set up to play in activity room            10:00 Traveling Tuck Cart            1:30 Physio with oliver            2:00 Popcorn and a Movie</p>