| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|---|---|---|---|--|
|   |  |   |   |   | TG 10:15 Falls Prevention 1  BT & TG 10:00 Musical Performance!   | BT 10:00 Bowling Alley TG 11:00 Bowling Alley  |
|   |  |   |   |   | BT 12:45 Falls Prevention BT 2:00 Manicures TG 3:15 Self-Care Sessions  | Come visit the courtyard cafe on the ground floor in the north tower.  |
| BT 9:30 Hymn Sing TG 11:00 Virtual Church  BT 2:00 Charades TG 3:15 Gardening               | Courtyard Cafe Social 1:30pm-3:30pm *north tower ground floor courtyard - independent*  TG 10:15 Falls Prevention BT 12:45 Falls Prevention      | BT 9:30 Darts TG 11:00 Spa Day  BT 2:00 Bingo TG 3:15 Giant Balloon Toss                    | BT 9:30 Manicures 6 TG 10:15 Falls Prevention TG 11:00 Crafting BT 12:45 Falls Prevention  2:00 Root Beer Float Day *auditorium*                  | BT 9:30 Creative Corner 7 TG 11:00 Water Colour Painting BT 2:00 Gardening TG 3:15 White Board Word Games | Courtyard Cafe Social 1:30pm-3:30pm *north tower ground floor courtyard*  TG 10:15 Falls Prevention BT 12:45 Falls Prevention                                       | 9  |
| 10  | TG 10:15 Falls Prevention  BT 12:45 Falls Prevention  BT 2:00 Jeopardy TG 3:15 Name That Tune  | TG 3:15 Bocce Ball TG 6:15 Dine-In Dinner   | TG 10:15 Falls Prevention TG 11:45 Friendly Visits BT 12:45 Falls Prevention BT 2:00 Cranium Crunches TG 3:15 Bingo                               | 14  | BT 9:30 Self-care Sessions TG 11:00 Garden Walks  BT & TG 2:00 Music performance TG 10:15 Falls Prevention  | BT 10:00 Bowling Alley TG 11:00 Bowling Alley  Come visit the courtyard cafe on the ground floor in                  |
| TG 11:00 Virtual Church  BT 2:00 Walk & Talks TG 3:15 Manicures                             | TG 10:15 Falls Prevention 18  BT 12:45 Falls Prevention  | 19 BT 9:30 Balloon Tennis TG 11:00 Darts BT 2:00 Bingo TG 3:15 Travelogue                   | BT 6:00 Dine-In Dinner  20 BT 9:30 Word Games  TG 10:15 Falls Prevention BT 12:45 Falls Prevention BT 2:00 Self-Care Spa TG 3:15 Bingo            | 21 BT 9:30 Sing Along TG 11:00 Ball Toss BT 2:00 Balloon Tennis TG 3:15 Yahtzee                           | BT 12:45 Falls Prevention  22 BT 9:30 Friendly Visits TG 10:15 Falls Prevention TG 11:00 Charades BT 12:45 Falls Prevention BT 2:00 Card Games TG 3:00 Euchre Club! | the north tower.   |
| 24  | BT 9:30 Arts & Crafts TG 10:15 Falls Prevention TG 11:00 Creative Corner BT 12:45 Falls Prevention BT 2:00 Name That Tune TG 3:00 Balloon Tennis | 26 BT 12:30 Guided Chair Yoga 2:00 Villa-wide Bingo in Auditorium TG 6:15 Champaign Concert | TG 10:15 Falls Prevention TG 11:45 Friendly Visits BT 12:45 Falls Prevention BT 2:00 Water Colouring TG 3:15 Bingo BT 6:00 Giant Snakes & Ladders | 28  | BT 9:30 Sensory Sessions TG 10:15 Falls Prevention TG 11:00 Guided Meditation BT 12:45 Falls Prevention BT 2:00 Travelogue TG 3:00 Self-Care Sessions               | BT 10:00 Bowling Alley TG 11:00 Bowling Alley  Come visit the courtyard cafe on the ground floor in the north tower. |
| BT 9:30 Virtual Church TG 11:00 Hymn Sing  BT 2:00 Balloon Badminton TG 3:15 Snoezelen Room | ***  | Legend:<br>BT = Balsam Tra<br>TG = Tulip Garde  |   | these changes   | ject to change - signs work. Thank you for your und @ 289-237-6591 or Bright with any questions.  | derstanding. Please<br>gittaFarkas@sjv.on.ca   |