

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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If I had my way, I'd remove January from the calendar altogether and have an extra July instead. - Roald Dahl

						Putting Green (3) Happy Canada Day 10:00 Sing-along (A)
Putting Green (3) 10:00 Hymn Sing (A)	7:00 Crib (2)	10:00 Carpet Bowling (3) 2:00 Bingo (2) 3:30 Crafters Club (A)	9:45 Viva La Resistance Fitness (3) 10:30 Bus Outing to Granville Island (B) 2:00 Carpet Bowling (3) 3:45 Book Club Meeting (4)	10:00 Tai Chi (3) 2:00 Bridge (2) 2:00 Having a Ball Fitness (3) 7:00 Movie Night: About My Father (C)	10:00 Yoga (3) 7:30 Evening Luau with The Peter Tam Band (A)	Putting Green (3) 9:30 Workshop Series: Living a Healthy Life with Chronic Pain (3) 10:00 Sing-along (A)
Putting Green (3) 10:00 Hymn Sing (A)	10:00 Having a Ball Fitness (3) 2:00 Butterfly Release (GAR) 7:00 Crib (2)	10:00 Carpet Bowling (3) 2:00 Bingo (2) 3:30 Crafters Club (A)	10:00 Painting (3) 2:00 Carpet Bowling (3) 10:00 Local Shuttle Service (B)	10:00 Tai Chi (3) 12:00 Canada Cup Softball Championship (B) 2:00 Bridge (2) 7:00 Movie Night: Mandela (C)	10:00 Yoga (3) 10:00 Top O' The Mornin' with Tracy Lee with Amy the Pharmacist (A) 2:00 South Africa Happy Hour (A)	Putting Green (3) 9:30 Workshop Series: Living a Healthy Life with Chronic Pain (3) 10:00 Sing-along (A)
Putting Green (3) 10:00 Hymn Sing (A)	10:00 Having a Ball Fitness (3) 2:00 Chair Line Dancing (3) 3:00 Music & Memories (2) 7:00 Crib (2)	10:00 Carpet Bowling (3) 2:00 Bingo (2) 3:30 Crafters Club (A) 3:30 Celebrate Nelson Mandela Day (GAR)	9:45 Viva La Resistance Fitness (3) 10:30 Picnic to Derby Reach (B) 2:00 Carpet Bowling (3)	10:00 Tai Chi (3) 2:00 Bridge (2) 2:00 Coffeehouse Fundraiser for Tigger's Ark (A) 7:00 Movie Night: Captain America (C)	10:00 The Crown (C) 10:00 Yoga (3) 2:00 Superheroes of PC Happy Hour with Duo Del Mar (A)	Putting Green (3) 9:30 Workshop Series: Living a Healthy Life with Chronic Pain (3) 10:00 Sing-along (A)
Putting Green (3) 10:00 Hymn Sing (A)	7:00 Crib (2)	10:00 Carpet Bowling (3) 2:00 Bingo (2) 3:30 Crafters Club (A)	10:30 Local Shuttle Service (B) 2:00 Carpet Bowling (3)	10:00 Tai Chi (3) 2:00 Bridge (2) 2:00 Having a Ball Fitness (3) 7:00 Movie Night: Big George Foreman (C)	10:00 The Crown (C) 10:00 Yoga (3) 2:00 Cheap Beer and Tattoos Happy Hour (A)	Putting Green (3) 9:30 Workshop Series: Living a Healthy Life with Chronic Pain (3) 10:00 Sing-along (A)
Putting Green (3) 10:00 Hymn Sing (A)	10:00 Having a Ball Fitness (3) 2:00 Chair Line Dancing (3) 3:00 Music & Memories (2) 7:00 Crib (2)	Locations Legend 3rd Floor Flex Space (3) Atrium (A) 2nd Floor Mezzanine (2) Cinema (C)				

