

Rosedale Recreation Activities Calendar

JULY 2021

Estates/Park

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend:</u> ** No Recreation staff will be present. (E)- Estates (P)- Park (V)- Villa</p>	<p>Seats for <u>ALL</u> activities available on first come basis. Hand Hygiene: before and after each class. Masks will be mandatory during activities.</p>		<p>1 Happy Canada Day! No recreation activities.</p>	<p>2 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Mental Aerobics (E)</p>
<p>5 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Bocce Ball (E)</p>	<p>6 9:30 Gentle Chair Yoga (E) 1:30 Outdoor Walk & Talk (E)</p>	<p>7 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Music Social (E)</p>	<p>8 10:00 Craft Time (E) 1:30 Curling (E)</p>	<p>9 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Mental Aerobics (E)</p>
<p>12 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Bocce Ball (E)</p>	<p>13 9:30 Gentle Chair Yoga (E) 1:30 Outdoor Walk & Talk (E)</p>	<p>14 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Music Social (E)</p>	<p>15 10:00 Coloring Club (E) 1:30 Curling (E)</p>	<p>16 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Mental Aerobics (E)</p>
<p>19 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Bocce Ball (E)</p>	<p>20 9:30 Gentle Chair Yoga (E) 1:30 Outdoor Walk & Talk (E)</p>	<p>21 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Music Social (E)</p>	<p>22 10:00 Craft Time (E) 1:30 Curling (E)</p>	<p>23 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Mental Aerobics (E)</p>
<p>26 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Bocce Ball (E)</p>	<p>27 9:30 Gentle Chair Yoga (E) 1:30 Outdoor Walk & Talk (E)</p>	<p>28 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Music Social (E)</p>	<p>29 10:00 Coloring Club (E) 1:30 Curling (E)</p>	<p>30 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Mental Aerobics (E)</p>

Rosedale Recreation Activities Calendar

JULY 2021

5th Floor

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend:</u> ** No Recreation staff will be present. (E)- Estates (P)- Park (V)- Villa</p>	<p>Seats for <u>ALL</u> activities available on first come basis. Hand Hygiene: before and after each class. Masks will be mandatory during activities.</p>		<p>1 Happy Canada Day! No recreation activities.</p>	<p>2 3:00 One-on-One Activities</p>
<p>5 3:00 One-on-One Activities</p>	<p>6 10:30 Reminiscing 3:00 Walk & Talk 3:30 One-on-One Activities</p>	<p>7 1:30 Music Social (E) 3:00 One-on-One Activities</p>	<p>8 3:00 Walk & Talk</p>	<p>9 3:00 One-on-One Activities</p>
<p>12 3:00 One-on-One Activities</p>	<p>13 10:30 Reminiscing 3:00 Walk & Talk 3:30 One-on-One Activities</p>	<p>14 1:30 Music Social (E) 3:00 One-on-One Activities</p>	<p>15 3:00 Walk & Talk</p>	<p>16 3:00 One-on-One Activities</p>
<p>19 3:00 One-on-One Activities</p>	<p>20 10:30 Reminiscing 3:00 Walk & Talk 3:30 One-on-One Activities</p>	<p>21 1:30 Music Social (E) 3:00 One-on-One Activities</p>	<p>22 3:00 Walk & Talk</p>	<p>23 3:00 One-on-One Activities</p>
<p>26 3:00 One-on-One Activities</p>	<p>27 10:30 Reminiscing 3:00 Walk & Talk 3:30 One-on-One Activities</p>	<p>28 1:30 Music Social (E) 3:00 One-on-One Activities</p>	<p>29 3:00 Walk & Talk</p>	<p>30 3:00 One-on-One Activities</p>