

Rosedale Recreation Activities Calendar

JULY 2021

Manor

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><u>1</u> Happy Canada Day! No recreation activities.</p>	<p><u>2</u> 10:30 Exercise 1:30 Curling</p>
<p><u>5</u> 10:30 Exercise 1:30 Craft Time</p>	<p><u>6</u> 1:30 Outdoor Walk & Talk</p>	<p><u>7</u> 10:30 Exercise 1:30 Bocce Ball</p>	<p><u>8</u> 10:00 Gentle Chair Yoga 1:30 Mental Aerobics</p>	<p><u>9</u> 10:30 Exercise 1:30 Curling</p>
<p><u>12</u> 10:30 Exercise 1:30 Craft Time</p>	<p><u>13</u> 1:30 Outdoor Walk & Talk</p>	<p><u>14</u> 10:30 Exercise 1:30 Bocce Ball</p>	<p><u>15</u> 10:00 Gentle Chair Yoga 1:30 Mental Aerobics</p>	<p><u>16</u> 10:30 Exercise 1:30 Curling</p>
<p><u>19</u> 10:30 Exercise 1:30 Craft Time</p>	<p><u>20</u> 1:30 Outdoor Walk & Talk</p>	<p><u>21</u> 10:30 Exercise 1:30 Bocce Ball</p>	<p><u>22</u> 10:00 Gentle Chair Yoga 1:30 Mental Aerobics</p>	<p><u>23</u> 10:30 Exercise 1:30 Curling</p>
<p><u>26</u> 10:30 Exercise 1:30 Craft Time</p>	<p><u>27</u> 1:30 Outdoor Walk & Talk</p>	<p><u>28</u> 10:30 Exercise 1:30 Bocce Ball</p>	<p><u>29</u> 10:00 Gentle Chair Yoga 1:30 Mental Aerobics</p>	<p><u>30</u> 10:30 Exercise 1:30 Curling</p>