

# July 2021

## Activity Calendar for Galway, Cavan, and Carlow House



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

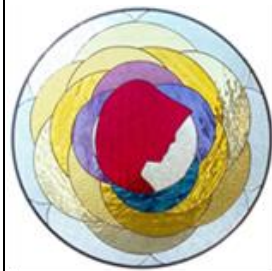
**Friday**

**Saturday**

Please Contact Recreation Staff, Liz Stevens Ext. 274 or Robert lenzi Ext. 235 for any questions!

	<p style="text-align: center;"><i>Happy Canada Day</i></p>	<p style="text-align: center;"><i>Canada Day</i></p> 	<p style="text-align: center;"><i>Canada Day</i></p> 	<p><b>1. OFF</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49</p>  <p><b>1 JULY</b> <u>Canada Day -Eh!</u></p>	<p><b>2. OFF</b> <u>Morning: 9 to 12 pm</u> Mass - Ch. 49 Exercise – Lib</p>	<p><b>3. OFF</b></p> 
<p><b>4. OFF</b> <u>Morning: 9 to 12 pm</u> Mass- Ch. 49</p> 	<p><b>5. Galway</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Manicures - SR Snoezelen - SR Drum Fit –Lib</p> <p><u>Afternoon 1 to 3 pm</u> Music &amp; Memory - R Adult Colouring/Crafts-SR Drum Fit-Lib</p>	<p><b>6. Carlow</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Montessori/Poems- SR Virtual Outdoor shows-DR Drum Fit -Lib</p> <p><u>Afternoon 1 to 3 pm</u> Music &amp; Memory-R Drum Fit -Lib Piano with Anne – Ch. 49</p>	<p><b>7. Cavan</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Short Stories-R Bingo- DR Drum Fit -Lib 2:30 Concert &amp; Care Zoom Concert 5:00 BBQ- Cavan- LKFG <u>Evening 6 to 7:30 pm</u> Virtual Yoga -DR</p>	<p><b>8. OFF</b> <u>Morning: 9 to 12 pm</u> Mass- Ch. 49 Exercise – Lib</p>  <p><u>Afternoon 1 to 3 pm</u> <b>1:30 Resident Council Meeting via Zoom – SR (by Invitation)</b></p>	<p><b>9. Galway</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Montessori- SR Drum Fit -Lib Current Events- DR Word Games- R</p> <p><u>Afternoon 1 to 3 pm</u> Short Stories- R Snoezelen -SR</p>	<p><b>10. Carlow</b> <u>Morning: 9 to 12 pm</u> Manicures -R Drum Fit -Lib</p> <p><u>Afternoon 1 to 3 pm</u> Current Events- Lib Virtual Travel Lodge- DR Men’s Group -Lib</p>

Legend: Balcony – B, Channel 49/50 – Ch. 49/50, Dining Room – DR, Harvest Room – HR, Library – Lib, Larry Kelly Family Garden – LKFG, Resident Room – R, Sunroom – SR






# July 2021

## Activity Calendar for Galway, Cavan, and Carlow House



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Please Contact Recreation Staff, Liz Stevens Ext. 274 or Robert lenzi Ext. 235 for any questions!

<p><b>11. Galway</b> <u>Morning: 9 to 12 pm</u> Gentle Touch- SR Balloon Toss/Drum fit- Lib Mass- Ch. 49</p> <p><u>Afternoon 1 to 3 pm</u> Virtual Music- Lib Card Games-DR Coffee Chat -DR Arts &amp; Craft -DR</p>	<p><b>12. Cavan</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Word Games- DR Drum Fit -Lib Virtual Pet Visit-R <b>Tattoos &amp; Brews</b>- Garden</p> <p><u>Afternoon 1 to 3 pm</u> Drum Fit -Lib Montessori-R Arts &amp; Craft -DR</p>	<p><b>13. OFF</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Jam with Jim – Ch. 49</p> 	<p><b>14. Galway</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Drum Fit-DR 2:30 Concert &amp; Care Zoom Concert – Ch. 50</p> <p><u>Evening 6 to 7:30 pm</u> Movie Night- DR</p>	<p><b>15. Carlow</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Manicures -R Ball Toss/Drum fit- SR</p> <p><u>Afternoon 1 to 3 pm</u> Drum Fit -Lib Music &amp; Memory- R Arts &amp; Craft -DR</p>	<p><b>16. Galway</b> <u>Morning: 9 to 12 pm</u> Mass – Ch. 49 Exercise – Lib Montessori -SR Drum Fit- Lib</p> <p><u>Afternoon 1 to 3 pm</u> Arts &amp; Craft- DR Music &amp; Memory- R Friendly Visiting-R Adult Colouring-DR Walk the Wire Concert-Ch.49 <b>Tattoos &amp; Brews</b> -Garden</p>	<p><b>17. Cavan</b> <u>Morning: 9 to 12 pm</u> Snoezelen/Drum fit Memory Moments</p> <p><u>Afternoon 1 to 3 pm</u> Picture This! Arts &amp; Crafts Men’s Group</p>
<p><b>18. Carlow</b> <u>Morning: 9 to 12 pm</u> Gentle Touch Scavenger Hunt Mass- Ch. 49 Drum Fit</p> <p><u>Afternoon 1 to 3 pm</u> Picture That! Craft Workshop Tea &amp; Talk</p>	<p><b>19. Cavan</b> <u>Morning: 9 to 12 pm</u> Meaningful Tasks Daily Chronicles/Drum Fit Mass - Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Knit &amp; Chat/Drum fit Virtual Outdoor Shows Word Games or Crafts</p>	<p><b>20. OFF</b> <u>Morning: 9 to 12 pm</u> Mass - Ch. 49 Exercise – Lib</p> 	<p><b>21. Carlow</b> <u>Morning: 9 to 12 pm</u> Mass- Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Drum fit Knit &amp; Chat 2:30 Concert &amp; Care Zoom Concert -Ch. 50</p> <p><u>Evening 6 to 7:30 pm</u> Virtual Mediation-1<sup>st</sup> &amp; 2<sup>nd</sup></p>	<p><b>22. Cavan</b> <u>Morning: 9 to 12 pm</u> Meaning full Tasks Reminiscing/Drum fit Mass- Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Music &amp; Memory Daily Chronicle Drum fit Short Stories or Crafts</p>	<p><b>23. Carlow</b> <u>Morning: 9 to 12 pm</u> Manicures/Drum fit Word Games Mass - Ch. 49 Exercise – Lib</p> <p><u>Afternoon 1 to 3 pm</u> Balloon toss Current Events or Crafts</p>	<p><b>24. OFF</b></p> 

Legend: Balcony – B, Channel 49/50 – Ch. 49/50, Dining Room – DR, Harvest Room – HR, Library – Lib, Larry Kelly Family Garden – LKFG, Resident Room – R, Sunroom – SR



**July 2021**

**Activity Calendar Cavan and Carlow**



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Those Lazy-Hazy-Crazy Days of Summer... 🎵

**25. Off**  
Morning: 9 to 12 pm  
Mass- Ch. 49



**26. Cavan**  
Morning: 9 to 12 pm  
Montessori  
Meaningful tasks  
Short Stories  
Drum fit  
Mass – Ch. 49  
Exercise – Lib  
Afternoon 1 to 3 pm  
Snoezelen  
Balloon toss or Crafts  
Drum Fit  
Knit & Chat or Manicures

**27. Carlow**  
Morning: 9 to 12 pm  
Snoezelen  
Word Games  
News & Views  
Drum Fit  
Mass – Ch. 49  
Exercise – Lib  
Afternoon 1 to 3 pm  
Montessori  
Drum Fit  
Music & Memory  
Virtual Pet Visit-2<sup>nd</sup>

**28. Cavan**  
Morning: 9 to 12 pm  
Mass – Ch. 49  
Exercise – Lib  
  
Afternoon 1 to 3 pm  
Bingo or Drum fit  
**House Reflection**  
  
Evening 6 to 7:30 pm  
Arts & Craft – 1<sup>st</sup> & 2<sup>nd</sup>

**29. Carlow**  
Morning: 9 to 12 pm  
Manicures or Friendly Visit  
**House Reflections**  
Drum fit  
Mass- Ch. 49  
Exercise – Lib  
  
Afternoon 1 to 3 pm  
Music & Memory  
Knit & Chat or Gentle  
Touch  
Drum fit

**30. OFF**  
Morning: 9 to 12 pm  
Mass - Ch. 49  
Exercise – Lib  
  
Afternoon 1 to 3 pm  
Walk on the Wire -Ch.49

**31. Cavan**  
Morning: 9 to 12 pm  
Friendly Visiting  
Drum Fit  
  
Afternoon 1 to 3 pm  
Coffee Chat  
Men's Group

