

## July 2023 Rankin - 55 Rankin



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
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2	3	4	5	6		7	8
		10am Smartphone Support	11am Walking Group		1pm PGAF Lunch \$7		
		11am Arts & Crafts	1pm Stitchers Club		4		
	CENTRE CLOSED	1pm Karaoke & Dance	2pm Senior Exercise				
		230pm Bingo	3pm Senior Exercise				
	10	11	12	10		11	15
9		11	12	13		14	15
	11am Second Harvest Pickup	10am Smartphone Support	11am Walking Group		11am Senior Zumba		
=	2pm Senior Exercise	11am Arts & Crafts	1pm Stitchers Club		12pm Chair Yoga		
	3pm Senior Exercise	1pm Karaoke & Dance	2pm Senior Exercise		\&^\circ\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		
	Spiri Seriioi Exercise (0 %)	230pm Bingo	3pm Senior Exercise		₩ #5		
16	17	New! 18	19	20		21	22
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<u>-</u>	11am Second Harvest Pickup	10am Sharing Dance	Fallsview Casino		1pm PGAF Lunch \$7		
_rQ=	·	11am Arts & Crafts / Smartphone Support	\$20		<b>#</b> (E)4		
	2pm Senior Exercise 3pm Senior Exercise	1pm Karaoke & Dance	Bus departs 9:30AM				
	Spiri Seriioi Exercise	230pm Bingo	***Pre- Registration Required!***				
23	24	25	26	27		28	29
	11am Second Harvest	10am Sharing Dance	11am Nutrition Presentation		11am Senior Zumba		
<u>-</u>	Pickup	11am Arts & Crafts /	1pm Stitchers Club		¹1pm Chair Yoga		
	2pm Senior Exercise	Smartphone Support	2pm Senior Exercise	Schedule	1000		
	3pm Senior Exercise	1pm Karaoke & Dance 🕻 🤝	3pm Senior Exercise	Change			
		230pm Bingo	·				
30	31	•					
	11am Second Harvest						
=	Pickup						
	2pm Senior Exercise						
	3pm Senior Exercise						



## **July 2023**

## Doug Saunders – 1775 Eglinton Ave W



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	CENTRE CLOSED		- <u>-</u> -	10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitchers Club 3pm Karaoke & Dance	10am Walking Group 1130am Games & Cards 1pm Arts & Crafts 230pm Bingo	
9	10	11	12	13	14	15
			<u>-</u> -[♣	10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitchers Club 3pm Karaoke & Dance	10am Chair Yoga 1130am Games & Cards 1pm Zumba 230pm Bingo	
16	17	18	19	20	21	22
			Fallsview Casino \$20  Bus departs 8:30AM ***Pre- Registration Required!***	10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitchers Club 3pm Karaoke & Dance	10am Walking Group 1130am Games & Cards 1pm Arts & Crafts 230pm Bingo	
23	24	25	26	27	28	29
			( <u></u>	10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitchers Club 3pm Karaoke & Dance	10am Chair Yoga  11am Nutrition Presentation  1pm Zumba  230pm Bingo	
30	31					