




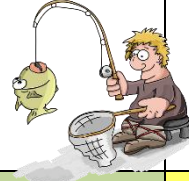

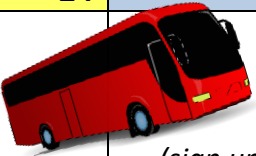

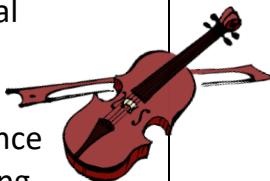





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY CANADA DAY  ADP Closed Statutory Holiday	2  Breakfast Social SteadyFeet® PM Strawberry Social Card & Bookmark Making	3 Breakfast Social SteadyFeet® PM Saul's Music Jenga Challenge 	4 Breakfast Social SteadyFeet® PM Afternoon Bingo Shell Painting
7	8	9	10	11
Breakfast Social SteadyFeet®/Tai Chi PM Carnival Games Dominoes	 Breakfast Social SteadyFeet® PM Afternoon Bingo Rock Painting	Breakfast Social SteadyFeet® PM Grocery Scavenger Hunt Afternoon Baking	Breakfast Social SteadyFeet® PM Monopoly Game "What If? Discussion"	Breakfast Social SteadyFeet® PM 411 Filipino Ukulele Group Snakes & Ladders Game
14	15	16	17	18
Breakfast Social SteadyFeet® PM Zoo Animal Matching Game Table Games	Breakfast Social SteadyFeet® PM Monopoly Game Spa Day	Breakfast Social SteadyFeet®/ Tai Chi PM Fishing Game  Mahjong	Breakfast Social SteadyFeet® Bus Outing <i>(sign up available/space limited)</i> PM Table Bowling	Breakfast Social SteadyFeet® PM Strawberry Social "Have You Ever?" Discussion
21	22	23	24	25
Breakfast Social SteadyFeet® PM Monopoly Game  Sun Catchers	Breakfast Social SteadyFeet® PM Ice Cream Social Shut the Box Game	Breakfast Social SteadyFeet® PM Happy Group Singers Uzzle Puzzle Game	Breakfast Social SteadyFeet® PM Pool Noodle Games "Sounds A Bit Fishy" Quiz 	Breakfast Social SteadyFeet® Bus Outing <i>(sign up available/space limited)</i> PM Monopoly Game
28	29	30	31	
Breakfast Social SteadyFeet® PM Singing with Mac Mahjong	Breakfast Social SteadyFeet® PM  Violin Performance Afternoon Baking	Breakfast Social SteadyFeet® PM Table Bowling Dominoes	Breakfast Social SteadyFeet® PM  Birthday Ice Cream Social	



Lourdes

Thomas



July
Birthday
Celebrants

6th – Hannah

7th – Fraser

9th – Jeanette

14th – Leonard

20th – In Lin

20th – Marko

21st – Mary

27th – Iris

30th - Michael

Mark Your
Calendar

ADP Closed
Statutory Holidays

Tuesday, July 1st

Canada Day



Beat the Heat Tips

Clothing

- Wear loose fitting, light coloured, natural fibre clothing such as cotton

Hydrate

- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty.



Reduce Indoor Heat

- Daytime: cool living areas by closing windows and use window coverings, air conditions and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

Avoid Sun Exposure

- Wear wide-brimmed breathable hat or use umbrella
- Avoid/limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen



June Memorable Moments



Paper Roll Race Challenge



Tuesday Group Summer Painting