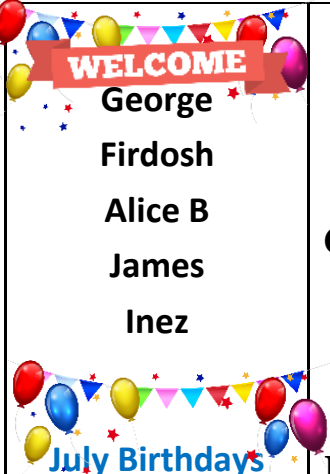




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
Breakfast Social SteadyFeet® PM Scavenger Hunt Dumpling Making	Breakfast Social SteadyFeet® PM Singing with Mac Dominoes	Breakfast Social SteadyFeet®/Tai Chi PM Matching Game Smell & Guess Challenge	Breakfast Social SteadyFeet® PM Minute to Win It Afternoon Trivia	Breakfast Social SteadyFeet® PM Saul's Music Yes or No Game
13	14	15	16	17
 Breakfast Social SteadyFeet® PM Afternoon Bingo Pipe Cleaner Flower Craft	Breakfast Social SteadyFeet® PM Table Bowling Puzzle Group Activity	Breakfast Social SteadyFeet®/Tai Chi PM Making Spring Rolls Dominoes	Breakfast Social SteadyFeet® PM Making Sushi Pipe Cleaner Flower Craft	Breakfast Social SteadyFeet® PM Filipino Ukulele Strummers Baking Snickers Date Bar
20	21	Hawaiian Day 22	23	24
Breakfast Social SteadyFeet® PM Happy Group Singers Dominoes	Breakfast Social SteadyFeet® PM Target Knockdown Baking Cookies	Breakfast Social Hawaiian Dancers Performance PM Hawaiian Matching Game	Breakfast Social SteadyFeet® PM Afternoon Bingo Jenga	Breakfast Social SteadyFeet® PM World Cup Wrap Up Crafts Relay
27	28	29	30	31
Breakfast Social SteadyFeet®/Tai Chi PM Brain Game Card Deck Racing Game	Breakfast Social SteadyFeet® PM Hand Eye Coordination Challenge Tables Games	Breakfast Social SteadyFeet® PM Ping Pong Challenge Mahjong	 Breakfast Social SteadyFeet® PM Campfire Sing-along Making Roses	Breakfast Social SteadyFeet® PM Carnival Games Pipe Cleaner Flower Craft



WELCOME

**George
Firdosh
Alice B
James
Inez**

July Birthdays

9th – Jeanette

20th – In Lin

21st – Ramon

21st – Mary

21st – Francisco

28th - Joe N.

30th - Michael

[Mark Your
Calendars](#)

**ADP Closed
Statutory Holidays**

**Wednesday, July 1st,
2026**

 **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
- *We encourage you to bring a small water bottle to the program. We will be happy to refill it so you can stay hydrated on your ride home by car or Handy Dart.*

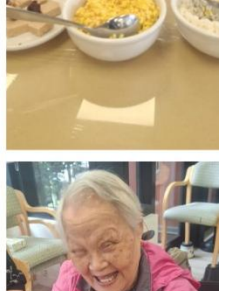
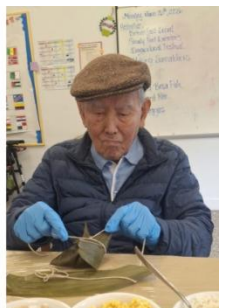
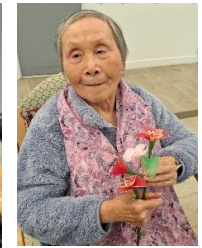


Reduce Indoor Heat

- 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



The month of June was filled with fun and cultural traditions. The participants enjoyed the excitement of the FIFA World Cup by cheering for Team Canada. They expressed their creativity through arts and crafts activities and celebrated the Dragon Boat Festival by making rice dumplings.