

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2021

Garneau Hall Recreation Calendar

"Wear Canada Day Attire" **1**

12 Noon – 2:00
Royal Garden Lunch BBQ
Entertainer: Val Abello

Canada Day

2

3

Garneau Grill Dining Room
2:00 Saturday
Afternoon Bingo
Celebrity Caller: Sam
3:00 Lemonade Social



Independence Day (US)

4

10:00 Xfinity Dental
Presentation: Dr. Madan
10:30 Free Dental Consultation
Sign Up at the Front Desk
11:00 Royal Garden
Sunshine Seated Yoga
2:00 Royal Garden
"Festive Sardine Social"
3:00 Liberty Walking Club

5

10:00 Walk for Wellness
Indoor Walking Program
"Destination Calgary" Final Lap!
10:30 Royal Garden
Coffee & Current Events
Activity Centre Programs
2:00 PBS "Calgary
Remembered" Documentary

6

10:00 Royal Garden
Keep Fit Exercise Class
10:30 Royal Garden
Brain Games
"Canadian Trivia"
1:00 – 4:00 Virtual Calls
2:00 – 4:00 Suite #401
Tranquility Suite Sessions
By Appointment Only

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Activity Centre Programs
10:00 Brenda's Keep Fit
Exercise Class
10:30 Brain Games
"Canadian Trivia"
1:00 Introduction to Spanish
Instructor Senora Andrea
2:00 – 3:00 Afternoon Bingo
Celebrity Caller: Big Mama

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9:00 - 11:00
"Walk for Wellness"
Indoor Walking Program
2:00 Royal Garden
"Weeding" & Watering"
with Paul the Gardener
2:30 Royal Garden
Lemonade Social & "Stories
from Prince Edward Island"

9

"Open for Summer!"
Games Room
2:00 – 4:00

11

9:00 - 11:00
"Walk for Wellness"
Destination Calgary
1:30 Fresh Air Frolic
Liberty Walking Club
2:00 Royal Garden Bingo
"Lemonade Social"
3:00 - 4:00 Suite #401
Tranquility Suite Sessions

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Morning Corridor Fitness
9:00 6th Brenda's Keep Fit
10:00 3rd Brody's Exercises
10:00 4th Brenda's Keep Fit
10:30 7th Brenda's Keep Fit
11:00 5th Brody's Exercises
2:00 – 3:00 Monthly
July Birthday Party
Pianist "Andrea Ferguson"

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Beaumont Foot Care Clinic
Sign-Up at the Front Desk
10:00 Royal Garden
Seated Yoga & Meditation
10:30 Royal Garden
Coffee & Current Events
Activity Centre Programs
2:00 Netflix Movie:
A True Story "The Dig"

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Morning Corridor Fitness
9:00 3rd Brenda's Keep Fit
9:00 6th Brody's Exercises
10:00 4th Brody's Exercises
10:00 5th Brenda's Keep Fit
11:00 7th Brody's Exercises
1:00 – 4:00 Virtual Calls
2:00 – 4:00 Suite #401
Tranquility Suite Sessions

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Activity Centre Programs
10:00 – 10:30
Fit 4 Life Exercise Class
Instructor Brody Williams
10:30 – 11:00 Brain Games
Trivia Quizzes
2:00 – 3:00 Afternoon Bingo
Celebrity Caller: Brody
"Bring Your Clipboards"

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9:00 - 11:00
"Walk for Wellness"
Indoor Walking Program
Activity Room Activities
10:00 Brody's Fit 4 Life Class
10:30 Trivia Quizzes
2:00 Travelogue:
United States National Parks
Summer Adventure

17

"Open for Summer!"
Games Room
2:00 – 4:00

18

9:00 - 11:00
"Walk for Wellness"
Destination Calgary
1:30 Fresh Air Frolic
Liberty Walking Club
2:00 Royal Garden Bingo
"Lemonade Social"
3:00 - 4:00 Suite #401
Tranquility Suite Sessions

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Morning Corridor Fitness
9:00 6th Brenda's Keep Fit
10:00 3rd Brody's Exercises
10:00 4th Brenda's Keep Fit
10:30 7th Brenda's Keep Fit
11:00 5th Brody's Exercises
2:00 Royal Garden
Fun in the Sun
"Ice Cream Social"

20

10:00 Royal Garden
Seated Yoga & Meditation
10:30 Royal Garden
Coffee & Current Events
Activity Centre Programs
Historic Edmonton Week
2:00 PBS Edmonton
Remembered Documentary
3:00 Summer Refreshments

Christmas in July **21**

9:00 3rd Brenda's Keep Fit
9:00 6th Brody's Exercises
10:00 4th Brody's Exercises
10:00 5th Brenda's Keep Fit
11:00 7th Brody's Exercises
2:00 Christmas Party
"Old Smoothies" Band

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Activity Centre Programs
10:00 – 10:30 Brody's
Fit 4 Life Exercise Class
10:30 – 11:00 Brain Games
"Trivia Quizzes"
1:00 Introduction to Spanish
Instructor Senora Andrea
2:00 – 3:00 Afternoon Bingo
Celebrity Caller: Brody

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9:00 - 11:00
"Walk for Wellness"
Activity Room Activities
10:00 Brody's Fit 4 Life
Exercise Class
10:30 Brain Games
Trivia Quizzes
2:00 Travelogue:
South Africa Landmarks

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Morning Corridor Fitness
9:00 3rd Brenda's Keep Fit
9:30 4th Brenda's Keep Fit
10:00 5th Brenda's Keep Fit
10:30 6th Brenda's Keep Fit
11:00 7th Brenda's Keep Fit
1:00 – 4:00 Suite #401
Tranquility Suite Sessions
By Appointment Only

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9:00 - 11:00
"Walk for Wellness"
Destination Calgary
1:30 Fresh Air Frolic
Liberty Walking Club
2:00 Royal Garden Bingo
"Lemonade Social"
3:00 - 4:00 Suite #401
Tranquility Suite Sessions

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Morning Corridor Fitness
9:00 6th Brenda's Keep Fit
10:00 3rd Brody's Exercises
10:00 4th Brenda's Keep Fit
10:30 7th Brenda's Keep Fit
11:00 5th Brody's Exercises
2:00 Royal Garden
2021 Toyoko Japan Olympics
"Olympic Quiz & Charades"

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Wear Black & White
10:00 Royal Garden
Seated Yoga & Meditation
10:30 Royal Garden
Coffee & Current Events
Activity Centre Programs
2:00 Netflix Movie:
"The Guernsey Literary and
Potato Peel Society"

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Morning Corridor Fitness
9:00 3rd Brenda's Keep Fit
9:00 6th Brody's Exercises
10:00 4th Brody's Exercises
10:00 5th Brenda's Keep Fit
11:00 7th Brody's Exercises
1:00 – 4:00 Virtual Calls
2:00 – 4:00 Suite #401
Tranquility Suite Sessions

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Activities Centre Programs
10:00 – 10:30
Fit 4 Life Exercise Class
Instructor Brody Williams
10:30 – 11:00
Trivia Quizzes
2:00 – 3:00 *New Program*
Royal Garden Event
Shades of Fun "Happy Hour"

30

9:00 - 11:00
"Walk for Wellness"
Indoor Walking Program
Activity Room Activities
10:00 Brody's Fit 4 Life Class
10:30 Brain Games
Trivia Quizzes
2:00 Musician Biography
Canadian "Neil Young"

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Morning Corridor Fitness
9:00 3rd Brenda's Keep Fit
9:30 4th Brenda's Keep Fit
10:00 5th Brenda's Keep Fit
10:30 6th Brenda's Keep Fit
11:00 7th Brenda's Keep Fit
1:00 – 4:00 Suite #401
Tranquility Suite Sessions
By Appointment Only