

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2022

## Garneau Hall Recreation Calendar

						
 <p>2022 Theme: "Finding Inspiration That Moves You!"</p>	<p>10:30 Band Exercises Instructor Tracey 11:00 Brain Games 1:00 Reading Group Reader: Helen McLean 2:15 "Senior Games"</p>	<p>10:30 Finding Balance Instructor Brenda 11:00 Current Events 2:00 Seniors' Week Event "Rock &amp; Roll" Live Entertainment</p>	<p>10:30 Seated Yoga Instructor Brenda 11:00 The 7 Dimensions of Health &amp; Wellness 1:30 PBS "Edmonton Remembered"</p>		<p>10:30 Fit 4 Life Class 11:00 Brain Games 2:00 Travels with Tracey "Taiwan" 6:00 Friday Night at the Movies</p>	<p>9:30 Dr. Farhat Clinic By Appointment Only 11:00 Current Events News &amp; Views 1:30 "Bingo" Celebrity Caller: Big Mama <small>Shavuot Begins</small></p>
<p>9:00 Wellness Walk Indoor Program 2:00 Royal Garden Fresh Air Frolic 6:00 Games Night "Bridge &amp; Cribbage"</p>	<p>10:30 Band Exercises Instructor Tracey 11:00 Brain Games 1:00 Reading Group Reader: Helen McLean 2:15 "Shuffleboard"</p>	<p>Beaumont Foot Care Clinic "Jill Restau" 10:30 Keep Fit 11:00 Current Events 1:30 "Bingo" Celebrity Caller: Big Mama <small>Flag Day (US)</small></p>	<p>10:30 Gentle Fitness 11:00 Benefits of Horticulture Therapy 1:30 Tracey's Craft Corner "Clay Works" 6:00 "Adam Project"</p>	<p>10:00 Who, What, Where &amp; Discussion 10:30 Sunshine Walking Club 2:00 Birthday Party Pianist "Matt Day"</p>	<p>10:30 Staying Alive 11:00 Brain Games 2:00 Royal Garden "National Garden Day" 6:00 Friday Night at the Movies</p>	<p>9:30 Dr. Farhat Clinic By Appointment Only 11:00 Current Events News &amp; Views 1:30 "Bingo" Celebrity Caller: Big Mama</p>
 <p>12 Noon – 1:00 PM BBQ Burgers &amp; Beer! Singer "Val Abello" Live Entertainment <small>Father's Day</small></p>	<p>10:30 Band Exercises Instructor Tracey 11:00 Brain Games 1:00 Reading Group Reader: Helen McLean 2:15 "Horse Races"</p>	<p>10:30 Finding Balance Instructor Brenda 11:00 Current Events 1:30 National Indigenous Peoples Day "Smudging Ceremony" <small>Summer Begins</small></p>	<p>10:00 – 3:30 Outing-Day Trip "River Cree Casino" \$5.00 Free Play Tasty Free Lunch Sign-Up Required</p>	<p>10:00 Who, What, Where &amp; Discussion 10:30 Sunshine Walking Club 2:00 Royal Garden "Pink Patio Social"</p>	<p>10:30 Fit 4 Life Class 11:00 Brain Games 1:30 "Spring Flower Gardening" with Tracey 6:00 Friday Night at the Movies</p>	<p>9:00 Wellness Walk Indoor Program 11:00 Current Events News &amp; Views 1:30 "Bingo" Celebrity Caller: Big Mama</p>
<p>9:00 Wellness Walk Indoor Program 2:00 Royal Garden Fresh Air Frolic 6:00 Games Night "Bridge &amp; Cribbage"</p>	<p>10:30 Band Exercises Instructor Tracey 11:00 Brain Games 1:00 Reading Group Reader: Helen McLean 2:15 "Summer Games"</p>	<p>10:30 Keep Fit Instructor Brenda 11:00 Current Events News &amp; Views 1:30 "Bingo" Celebrity Caller: Big Mama</p>	<p>10:30 Gentle Fitness Instructor Brenda 11:00 Mend Your Mental Health 1:30 "Royal Garden Club" Meeting</p>	<p>Canada Day BBQ! 12 Noon – 1:00 PM Canadian Accordionist "Denis Bourdon" 1:00 Brenda Edmonds "Canada Day" Show</p>	<p><b>Alberta Seniors' Week</b> is a time to celebrate and honour the important contribution seniors make to our province. Seniors' are an inspiration, an example, and a link to our shared past. Alberta is home to over 700,000 seniors, with another Albertan turning 65 every 14 minutes!</p>	