

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




Seaforth Retirement Community

Wear Red & White 1



Happy CANADA Day!

Canada Day

2
10am- Coffee Break
10:30am- Word Board
1:30 pm- Crokinole
7 pm- Eye Glass Cleaning 
7 pm – Tuck Cart

3
10am- Coffee Break
10:30am- Word Board
10:30 am Bible Study in NH with Wally DeWolfe
1:10pm- Fitness
7 pm- Games Night

4
10am- Coffee Break
10:30am- Word Board
12:00 – BBQ on Patio
1:30pm- Jenga game
7 pm - Manicures 

Independence Day (US)

5
10am- Coffee Break
10:30am- Word Board
10:45am- Rosary
1:30 pm- Baking
7 pm- BINGO 


6
National Fried Chicken Day
10am- Coffee Break
10:30am- Word Board
1 pm – Music with “Leavin Tracks”
7 pm- Movie Night 

7
10 am- Coffee Break
10:15am- Roman Catholic Communion
2 pm - Ice Cream Sundaes
7 pm –Trivia

8
10am- Coffee Break
10:30am- Word Board
1:10 pm Fitness
7 pm- Presbyterian Church

9
10am- Coffee Break
10:30am- Word Board
1:30 pm- YAH Meeting
7 pm- Ring Toss

10
10am- Coffee Break
10:30am- Word Board
10:30 am Bible Study in NH with Wally DeWolfe
1:10pm- Fitness
7 pm- Tuck Cart

11
10am- Coffee Break
10:30am- Word Board
12:00 – BBQ on Patio
1:30pm- Bean Bags
6:30pm-Campfire 

12
10am- Coffee Break
10:30am- Word Board
10:45am- Rosary
1:30 pm- Baking
7 pm- BINGO 


13
Wear Blue for the Blue Jays
10am- Coffee Break
10:30am- Word Board
1:00 pm Blue Jay Day 
7 pm- Movie Night 

14
10 am- Coffee Break
10:15am- Roman Catholic Communion
2 pm - Church Service in NH with Pastor Laurie Morris
7 pm –Daily News


15
10am- Coffee Break
10:30am- Word Board
1:10 pm - Fitness
7 pm- Manicures 

16
10:30am- Word Board
1:00 pm- Marie & Joseph Flynn
7 pm- Patio Party with Friends of Music 


17
10am- Coffee Break
10:30am- Word Board
10:30 am Bible Study in NH with Wally DeWolfe
1:10pm- Fitness
2 pm Church Service with Pastor Ken Whiting

18
10am- Coffee Break
10:30am- Word Board
12:00 - BBQ on Patio
1:30pm- Old Maid
7 pm - Manicures 

19
10am- Coffee Break
10:30am- Word Board
10:45am- Rosary
1:30 pm- Baking
7 pm- BINGO 

20
10am- Coffee Break
10:30am- Word Board
2 pm- Social Hour in the Lounge
7 pm- Movie Night 

21
10 am- Coffee Break
10:15am- Roman Catholic Communion
2 pm - Puzzles
7 pm –Trivia


22
10am- Coffee Break
10:30am- Word Board
1:10 pm - Fitness
7 pm- Manicures 

23
10am- Coffee Break
10:30am- Summer Fun with the Pharmacy
1:30 pm- Crokinole
7 pm – Baking


24
10am- Coffee Break
10:30am- Word Board
10:30 am Bible Study in NH with Wally DeWolfe
1:10pm- Fitness
7 pm- Tuck Cart


25
Foot Care Day 9-12 Room 205
10am- Coffee Break
10:30am- Word Board
12:00 – BBQ on Patio
1:30pm- Bellz
6:30 pm –Birthday Party with 2nd Childhood

26
10am- Coffee Break
10:30am- Word Board
10:45am- Rosary
1:30 pm- Baking
7 pm- BINGO 

27
10am- Coffee Break
10:30am- Word Board
2 pm- Ice cream Sundaes
7 pm- Movie Night 

28
10 am- Coffee Break
10:15am- Roman Catholic Communion
1:30 pm - YUM Box reveal & Trivia
7 pm –Daily News

29
10am- Coffee Break
10:30am- Word Board
1:10 pm - Fitness
7 pm- Manicures 

30
10am- Coffee Break
10:30am- Word Board
1:30 pm- Ring Toss
7 pm- Tuck Cart
7 pm- Eye glass cleaning 

31
10am- Coffee Break
10:30am- Word Board
10:30 am Bible Study in NH with Wally DeWolfe
1:10pm- Fitness
7 pm- Games Night

July 2019