

Sunday

Monday

Tuesday

Wednesday

Thursday

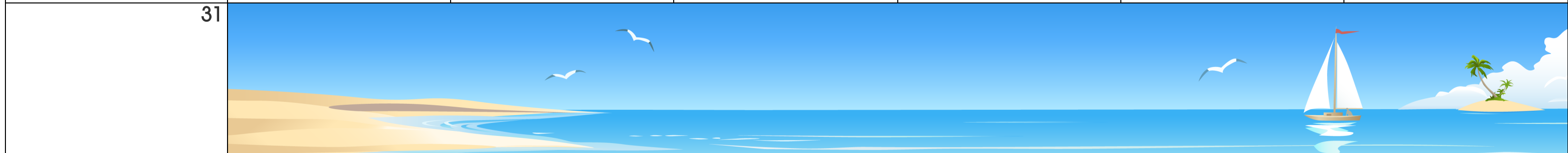
Friday

Saturday



<p><b>CLOSED CANADA DAY</b></p> <p>Canada Day</p>	<p>1</p> <p><b>Community Outreach</b> 519-236-4373 Ext. 632</p>	<p>2</p>
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<p>3</p> <p><b>Home Support Exercise</b> @ 10:30am - MW</p> <p><b>Grocery Delivery</b> 2:00 - 3:00 pm</p> <p>Independence Day (US)</p>	<p>4</p> <p><b>EX &amp; Falls Prevention</b> @ 10am - MW</p> <p><b>Chap Blood Pressure - BW</b> 2:00 - 3:00pm</p>	<p>5</p> <p><b>EX &amp; Falls Prevention</b> @ 9:30 am - BWFHT (every other)</p> <p><b>*Cards BW - 2pm*</b></p>	<p>6</p> <p><b>Home Support Exercise</b> @ 10am - MW</p>	<p>7</p> <p><b>Home Support Exercise</b> @ 10am - MW</p>	<p>8</p> <p><b>Home Support Exercise</b> @ 10am - BW</p> <p><b>*Frozen Meal Orders Due*</b></p>	<p>9</p>
<p>10</p> <p><b>Home Support Exercise</b> @ 10:30am - MW</p> <p><b>Grocery Delivery</b> 2:00 - 3:00 pm</p> <p><b>*Community Meal Delivery Order DUE*</b></p>	<p>11</p> <p><b>Home Support Exercise</b> @ 10am - MW</p> <p><b>BINGO BW - 2pm</b></p>	<p>12</p> <p><b>Home Support Exercise</b> @ 10am - BW</p> <p><b>Frozen Meal Delivery - Back in Time morning delivery 9am - 10am</b></p> <p><b>Community Meal Delivery - Sunshine Restaurant, Zurich</b></p>	<p>13</p> <p><b>Home Support Exercise</b> @ 10am - MW</p>	<p>14</p> <p><b>Home Support Exercise</b> @ 10am - MW</p>	<p>15</p> <p><b>Home Support Exercise</b> @ 10am - BW</p>	<p>16</p>
<p>17</p> <p><b>Home Support Exercise</b> @ 10:30am - MW</p> <p><b>Grocery Delivery</b> 2:00 - 3:00 pm</p> <p><b>*Community Meal Delivery Order for 21st &amp; 27th DUE*</b></p>	<p>18</p> <p><b>EX &amp; Falls Prevention</b> @ 10am - MW</p> <p><b>BINGO MW - 2pm</b></p>	<p>19</p> <p><b>EX &amp; Falls Prevention</b> @ 9:30 am - BWFHT (every other)</p> <p><b>Table Top Shuffleboard BW - 2pm</b></p>	<p>20</p> <p><b>Home Support Exercise</b> @ 10am - MW</p>	<p>21</p> <p><b>Table Top Shuffleboard - MW - 2pm</b></p> <p><b>Community Meal Delivery - Paul's Diner, Dashwood</b></p>	<p>22</p> <p><b>Home Support Exercise</b> @ 10am - BW</p>	<p>23</p>
<p>24</p> <p><b>Home Support Exercise</b> @ 10:30am - MW - Cancelled</p> <p><b>Grocery Delivery</b> 2:00 - 3:00 pm</p>	<p>25</p> <p><b>Home Support Exercise</b> @ 10am - MW</p> <p><b>Fit Stix - 1pm (Outside Pavilion)</b></p>	<p>26</p> <p><b>Home Support Exercise</b> @ 10am - BW</p> <p><b>Community Meal Delivery - Jerry Radar Market, Zurich</b></p>	<p>27</p> <p><b>Fit Stix - 10am - MW</b></p>	<p>28</p> <p><b>Chap Blood Pressure - MW</b> 1:00 - 3:00pm</p>	<p>29</p> <p><b>Home Support Exercise</b> @ 10am - BW</p>	<p>30</p>



LEGEND: MW - Maplewood's , BW - Birchwood's, CW - Cedarwoods, RR - Risi Room, OP - Outdoor Pavilion, BWFHT - Bluewater Family Health Team