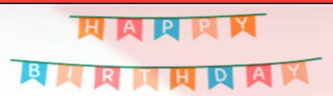
ST. MICHAEL'S CENTRE JULY 2026 CALENDAR *7451 SUSSEX AVENUE, BURNABY, BC V5J 5C2 604-434-13230*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CANADA DAY 1 	Therapies Department Mtg. 2 **11:00** Table Games **1:30** Bingo **1:30** Music visits w/Abi **3:00** Flower Arranging 	3 **9:30** Manicures **1:30** Balloon Exercises ***2:00*** *Canada Day Celebration w/ Colleen Durdon* **3:00** Fidgety Fingers	4 **9:30** Soothing Space **1:30** Sunshine & Stories Reminiscing Circle
5 **11:00** Fun & Fitness **1:30** *Worship w/ Jubilee United (CH)*	6 **9:30** Morning Stretch **11:00** Sunrise Serenade **1:30** Rehability **3:00** Balloon Exercise	7 **11:00** Fun & fitness **1:30** Lights and Aromas **3:00** Beanca's Visits	8 **9:30** Garden walks **1:30** Table Games **3:00** Keeping busy	9 **11:00** Table Games **1:30** Bingo **1:30** Music visits w/Abi **3:00** Flower Arranging	10 **9:30** Manicures **1:30** Balloon Exercises ***2:00*** *Happy Hour w/ James Burton* 	11 **9:30** Soothing Space **11:00** Fun & Fitness **1:30** Sunshine & Stories Reminiscing Circle
12 **11:00** Fun & Fitness ***1:45*** *Worship w/ All Saint's Anglican*	13 **9:30** Morning Stretch **11:00** Sunrise Serenade **1:30** Rehability **3:00** Balloon Exercise	14 **11:00** Fun & fitness **1:30** Lights and Aromas **3:00** 1:1 Visits	15 **9:30** Garden walks **9:45** Music w/ Abi **1:30** Table Games **3:00** Keeping busy	Therapies Department Mtg. 16 **11:00** Resident & Family Council Meeting **11:00** Table Games **1:30** Bingo **1:30** Music visits w/Abi **3:00** Flower Arranging	17 **9:30** Manicures **1:30** Balloon Exercises ***2:00*** *Happy Hour w/ The Timeliners*	18 **9:30** Soothing Space **11:00** Fun & Fitness **1:30** Sunshine & Stories Reminiscing Circle
19 **11:00** Fun & Fitness **2:00** *Worship w/ Wen (CH)*	20 **9:30** Morning Stretch **11:00** Sunrise Serenade **1:30** Rehability **3:00** Balloon Exercise	21  **11:00** Fun & fitness ***1:30*** *Birthday Party w/ Alastair McMurray* **3:00** 1:1 Visits	22 **9:30** Garden walks **9:45** Music w/ Abi **1:30** Table Games **3:00** Keeping busy	23 **11:00** Table Games **1:30** Bingo **1:30** Music visits w/Abi **3:00** Flower Arranging 	24 **9:30** Manicures **1:30** Balloon Exercises ***2:00*** *Booze Cruise*	25 **9:30** Soothing Space **11:00** Fun & Fitness **1:30** Sunshine & Stories Reminiscing Circle
26 **11:00** Fun & Fitness ***2:00*** *Worship w/ Newbern Alliance (CH)*	27 **9:30** Morning Stretch **11:00** Sunrise Serenade **1:30** Rehability	28 **9:30** 1:1 Visits **11:00** Fun & fitness **1:30** Arts and Crafts	29 **9:45** Music w/ Abi **1:30** Table Games **3:00** *Anointing and Communion w/ Fr. Gabriel* **3:00** Keeping busy	30 **11:00** A2 *BBQ Smokehouse Lunch (by invite only)* **1:30** Bingo **1:30** Music visits w/Abi 	31 **9:30** Manicures **1:30** Fun and Fitness ***2:00*** *FV Birthday Celebration w/ Salve & Friends* **3:00** Fidgety Fingers	**Grouse Calendar**

LEGEND: ***Fraserview Lounge (FL)*** ***Cypress Lounge (CL)*** ***Seymour (S)*** ***Chapel (CH)***

St. Michael's Centre Therapies Department – ***Adding Life to Your Years!***