

July 2025 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	EDIDAV	CATIIDDAV
	_ I			FRIDAY	SATURDAY
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7	8	9	10	11	12
10:30 Strengthening Exercises 1:30 Ladder Ball	10:30 Fun & Fitness 1:30 Monthly Birthday Party w/Cal Wookey	10:30 Group Crossword Puzzle 1:30 Outdoor Lawn Darts	1:30 Rock painting 6pm Canadian Travel	10:30 Chair Yoga 1:30 Outdoor Sing-a-long	10:00 Manicures 1:30 How many words from "Summer Holidays"
14	15	16	17	18	19
10:30 Strengthening Exercises	10:30 Outdoor Walk & Gardening	10:30 Group Crossword Puzzle	1:30 Beach Volleyball	10:30 Outdoor Walk & Gardening	10:00 Manicures
1:30 Fun Facts about Canada	1:30 Guess the Song Title	1:30 Frisbee Golf	6pm Happy Hour w/Echo Valley Boys (John Chabluck)	1:30 Sing-a-long	1:30 Line Dancing with Laura
21	22	23	24	25	26
10:30 Graceful Ballet Exercises	10:30 Chair Yoga	10:30 Stretches & Mixed up Canada Day	1:30 Outdoor Walk & Gardening	10:30 Ribbon Dancing	10:30 Stretches & Canadian Geography
1:30 Bounce a Bucket of Balls	Gardening	1:30 Bocce Ball	6pm Ladder Ball	Sing-a-long	1:30 Outdoor Water & Bubble Fun
28	29	30	31	_	, MAC
10:30 Strengthening Exercises 1:30 Lawn Darts	11:30 1 st Floor (lvy & Ramblin Rose) A&W Lockport Outing	Be the sunshine	1:30 Making Banana Splits 6pm Toss the Hoop		
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