




# July 2025 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS</b>		 <div>OFFICE CLOSED</div>	 Be the sunshine			
<b>6</b> <b>“AWAKEN THE SUNSHINE WITHIN YOU”</b>	<b>7</b> 10:30 Strengthening Exercises 1:30 Ladder Ball	<b>8</b> 10:30 Fun & Fitness 1:30 Monthly Birthday Party w/Cal Wookey	<b>9</b> 10:30 Group Crossword Puzzle 1:30 Outdoor Lawn Darts	<b>10</b> 1:30 Rock painting 6pm Canadian Travel	<b>11</b> 10:30 Chair Yoga 1:30 Outdoor Sing-a-long	<b>12</b> 10:00 Manicures 1:30 How many words from “Summer Holidays”
<b>13</b> 10:15 Worship Service 1:30 Washer Toss	<b>14</b> 10:30 Strengthening Exercises 1:30 Fun Facts about Canada	<b>15</b> 10:30 Outdoor Walk & Gardening 1:30 Guess the Song Title	<b>16</b> 10:30 Group Crossword Puzzle 1:30 Frisbee Golf	<b>17</b> 1:30 Beach Volleyball 6pm Happy Hour w/Echo Valley Boys (John Chabluck)	<b>18</b> 10:30 Outdoor Walk & Gardening 1:30 Sing-a-long	<b>19</b> 10:00 Manicures 1:30 Line Dancing with Laura
<b>20</b> 10:15 Worship Service 1:30 Toss the Hoop Alfred P. – B-Day	<b>21</b> 10:30 Graceful Ballet Exercises 1:30 Bounce a Bucket of Balls	<b>22</b> 10:30 Chair Yoga 1:30 Outdoor Walk & Gardening	<b>23</b> 10:30 Stretches & Mixed up Canada Day 1:30 Bocce Ball	<b>24</b> 1:30 Outdoor Walk & Gardening 6pm Ladder Ball	<b>25</b> 10:30 Ribbon Dancing 1:30 Outdoor Sing-a-long	<b>26</b> 10:30 Stretches & Canadian Geography 1:30 Outdoor Water & Bubble Fun
<b>27</b> 10:15 Worship Service 1:30 Baseball Toss	<b>28</b> 10:30 Strengthening Exercises 1:30 Lawn Darts	<b>29</b> 11:30 1 <sup>st</sup> Floor (Ivy & Ramblin Rose) A&W Lockport Outing	<b>30</b> Be the sunshine	<b>31</b> 1:30 Making Banana Splits 6pm Toss the Hoop		

\*PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES\*