









Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Centre Closed 	4 Summer Programs Start 9:00 Van Trip - St. Jacob's Market (Spanish group) 11:30 Light Lunch	5 11:30 Lunch program 	6 11:30 Light Lunch 12:00 Dancing NEW Rivers of Wellbeing	7 9:00 Grocery Shopping 10:00 Legacy Scrapbooking 11:30 Soup Lunch	8 
9 	10 9:00 Massage Clinic 11:30 Lunch program 11:30 Van Trip - Summerlicious Lunch out @ Aviv Mediterranean	11 9:00 Van Trip - St. Jacob's Market 11:30 Light Lunch 1:30 Cook With Me - GUYANA	12 8:45 Foot Clinic 9:00 Casino Rama 10:30 Waist Watchers 11:30 Lunch program	13 11:30 Light Lunch 12:00 Dancing NEW Rivers of Wellbeing	14 10:00 Legacy Scrapbooking 11:30 Soup Lunch	15
16	17 11:15 Van Trip - Summerlicious Lunch out @ Epic at Fairmont Royal York 11:30 Lunch program	18 9:00 Van Trip - St. Jacob's Market 11:30 Light Lunch 		20 9:30 Diabetes Clinic 11:30 Light Lunch 12:00 Dancing NEW Rivers of Wellbeing	21 9:00 Grocery Shopping 10:00 Legacy Scrapbooking 11:15 Van Trip - Summerlicious Lunch out @ Fred's Not Here 11:30 Soup Lunch	22
23	24 11:30 Lunch program 	25 9:00 HOPE Annual Get together 9:00 Van Trip - St. Jacob's Market 11:30 Light Lunch 1:30 Cook With Me - TRINIDAD	26 10:30 Conversation in Italian Workshop 10:30 Waist Watchers 10:30 Van Trip - Cloverdale Mall 11:30 Lunch program	27 11:30 Light Lunch 	28 10:00 Legacy Scrapbooking 11:30 Soup Lunch	29 9:30 Book Club @ Weston Library
30	31 11:30 Lunch program	Coming up in August August 1 - Fall registration begins 				