

June 2021



Health & Wellness Calendar Manor AVENS Recreational Dept.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Citizens' Month 	June Birthdays: Eileen, Anne & Martin 	National Parks & Recreation Month 1 Morning Walks 11:00 Tai Chi/ Exercise Bunny Therapy 7:00 True North Rotary Bingo	Recreation Month 2 Morning News 11:00 Balloon Badminton Garden Visit & Green Thumbs * 4:15 Rosary Prayers	3 Morning Walks Garden Visit & Green Thumbs * 1:00 Board Games Bunny Therapy 7:00 Entertainment Night: Jim & Steve	4 Morning News 2:00 Bingo & Smoothies 	5 WELCOME
6	7	8	9	10	11	12
11:00 Catholic Church 	Morning News 11:00 Sing-Along/ Music 1:30 Garden Visit & Green Thumbs * 	Morning Walks 11:00 Tai Chi / Exercise Bunny Therapy 1:30 Crafts in the Garden: Painting Rocks * 7:00 Movie Night (Res BDay) 	Morning News 11:00 Golfing Garden Visit & Green Thumbs * 4:15 Rosary Prayers	Morning Walks Garden Visit & Green Thumbs * 1:00 Hand Massages Bunny Therapy 7:00 Spa Night	Morning News Picnic in the gardens * 	I ♥ DAD
13	14	15	16	17	18	19
11:00 Catholic Church 	Morning News 11:00 Sing-Along / Music 1:30 Games in the Garden: Ring Toss* (Res BDay)	Morning Walks 11:00 Tai Chi / Exercise Bunny Therapy 7:00 True North Rotary Bingo (Res BDay) 	Morning News 11:00 Balloon Badminton Garden Visit & Green Thumbs * 4:15 Rosary Prayers	Morning Walks Garden Visit & Green Thumbs * 1:00 Board Games Bunny Therapy 7:00 TBA	Morning News 2:00 Father's Day Bingo 	
20	21	22	23	24	25	26
Happy Father's Day 11:00 Catholic Church Father's Day First Day of Summer	Stat Holiday National Indigenous Peoples Day 	Morning Walks Bunny Therapy 11:00 Picnic at Yellowknife River 7:00 Movie Night 	Morning News 11:00 Bowling Garden Visit & Green Thumbs * 4:15 Rosary Prayers	Morning Walks Garden Visit & Green Thumbs * 1:00 Hand Massages Bunny Therapy 7:00 TBA	Morning News 2:00 Bingo & Lemon Aid 	
27	28	29	30	Theme of the Month: How does your garden grow? 		
11:00 Catholic Church 	Morning News 11:00 Sing-Along/ Music 1:30 Off to the horse races 	Morning Walks 11:00 Tai Chi / Exercise Bunny Therapy 7:00 True North Rotary Bingo 	Morning News 11:00 Balloon Badminton Garden Visit & Green Thumbs * 4:15 Rosary Prayers			

- Garden visits and outdoor activities if weather permitting
- Calendar activities are subject to change without notice – We apologies in advance for the inconvenience.