



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
1  10:00 Liberty Trainer w. Rob (MP) 2:00 Canada Day Cake (BI) 3:30 Billiards Social (L3)	2  3:00 Knitting Social (L2)	3 <i>*Hairdresser Hilary*</i> 10:00 Stretch & Strength (MP) 11:00 Billiards Social (L3) 11:00 Gardening Club (MP) 1:30 Pharmacy/Tuck Shoppe Grand Opening 2:30 Scrabble (BI) 3:30 BINGO (MP)	4 10:00 Chair Cardio (MP) 10:30 Talk, Show and Share (CA) 2:00 Balance/Stability w AQUI (MP) 2:30 Yoga with AQUI (MP) 3:00 Iced Treats in the Gazebo (GZ) 6:00 Netflix/YouTube Feature (LO)	5 <i>*Manis and Pedis w Monika*</i> 10:00 Stretch & Strength (MP) 11:00 Billiards Social (L3) 1:30 Art Class with Niina (L2) 2:00 Ladder Ball (MP) 3:30 Scrabble (BI)	6 10:00 Sit and Stand Fitness (MP) 11:00 Ping Pong (MP) 2:00 Bocce (MP) 3:30 Scrabble (BI) 6:30 Whist with Eleanor (BI)	7 10:00 Bands & Beachballs (MP) 10:30 Card Craft Social (L2) 11:00 Derby Walk (LB) 1:30 Televised Christian Service (L5) 2:00 Music with Samuel Teo (LO) 6:30 Movie - The Witness (LO)														
8 10:00 Balance/Stability w AQUI (MP) 10:30 Yoga with AQUI (MP) 2:00 Movie Matinee - Johnny Guitar (CA) 3:30 Billiards Social (L3)	9 <i>*Hairdresser Hilary*</i> 10:00 Chair Cardio (MP) 10:45 Ladder Ball (MP) 1:30 Play Crib with Barb (BI) 2:30 Billiards (L3) 3:00 Knitting Social (L2) 3:30 History of Music w/Michael (LO)	10 10:00 Stretch & Strength (MP) 11:00 Billiards Social (L3) 11:00 Gardening Club (MP) 1:30 Short Story Club (L4) 2:30 Scrabble (BI) 3:30 BINGO (MP)	11 10:00 Chair Cardio (MP) 10:30 Talk, Show and Share (CA) 1:30 Mall Shuttle-Royal City 2:00 Balance/Stability w AQUI (MP) 2:30 Yoga with AQUI (MP) 3:30 Live Music-Old Friends (LO) 6:00 Netflix/YouTube Feature (LO)	12 10:00 Stretch & Strength (MP) 10:30 Adaptive Clothing Show & Sale (LO) 11:00 Billiards Social (L3) 1:30 Art Class with Niina (L2) 1:30 Outing-Scenic Drive To Deep Cove	13 10:00 Sit and Stand Fitness (MP) 1:30 Mall Shuttle-Royal City 3:30 Mexican Train Dominoes (BI) 6:30 Whist with Eleanor (BI)	14 10:00 Bands & Beachballs (MP) 1:30 Televised Christian Service (L5) 2:00 Billiards Social (L3) 6:30 Movie - Silence of the Lambs (LO)														
15 10:00 Balance/Stability w.AQUI-MP 10:30 Yoga with AQUI (MP) 2:00 Movie Matinee - The Third Man (CA) 3:30 Billiards Social (L3)	16 10:00 Chair Cardio (MP) 10:45 Ping Pong (MP) 1:30 Play Crib with Barb (BI) 2:30 Billiards (L3) 3:00 Knitting Social (L2) 3:30 Board Games (BI)	17 10:00 Stretch and Strength (MP) 10:30 Blood Pressure Drop In (L4) 11:00 Gardening Club (MP) 11:00 Billiards Social (L3) 2:00 Resident Forum (LO) 3:30 BINGO (MP)	18 10:00 Chair Cardio (MP) 10:30 Talk, Show and Share (CA) 1:30 Outing-Krause Berry Farm 2:00 Balance/Stability w AQUI (MP) 2:30 Yoga with AQUI (MP) 6:00 Netflix/YouTube Feature (LO)	19 10:00 Stretch & Strength (MP) 10:30 Physio Seminar & Assessments (LO) 11:00 Billiards Social (L3) 1:30 Outing-Scenic Drive to Barnet Marine Park 1:30 Art Class with Niina (L2) 3:30 Scrabble (BI) 6:30 Social Hour-Peter Mason (BI)	20 10:00 Sit and Stand Fitness (MP) 1:30 Mall Shuttle-Royal City 3:30 Mexican Train Dominoes (BI) 6:30 Whist with Eleanor (BI)	21 10:00 Bands & Beachballs (MP) 10:30 Card Craft Social (L2) 1:30 Televised Christian Service (L5) 2:00 Billiards Social (L3) 6:30 Movie - Last Tango in Paris (LO)														
22 10:00 Balance/Stability w AQUI-MP 10:30 Yoga w. AQUI (MP) 2:00 Movie Matinee - Shadow of a Doubt (CA) 3:30 Billiards Social (L3)	23 10:00 Chair Cardio (MP) 10:45 Ping Pong (MP) 1:30 Play Crib with Barb (BI) 2:30 Billiards (L3) 3:00 Knitting Social (L2)	24 <i>*Hearing Clinic*</i> 10:00 Stretch and Strength (MP) 10:30 SAS Shoes Sale (LO) 11:00 Billiards Social (L3) 11:00 Gardening Club (MP) 1:30 Short Story Club (L4) 2:30 Scrabble (BI) 3:30 BINGO (MP)	25 10:00 Chair Cardio (MP) 10:30 Talk, Show and Share (CA) 1:30 Outing-Scenic Drive to Buntzen Lake in Anmore 2:00 Balance/Stability w AQUI (MP) 2:30 Yoga with AQUI (MP) 6:00 Netflix/YouTube Feature (LO)	26 <i>*Footcare with Regina*</i> 10:00 Stretch & Strength (MP) 10:30 SAS Shoes (LO) 11:00 Billiards Social (L3) 1:30 Mall Shuttle to Metrotown 1:30 Art Class with Niina (L2) 3:30 Scrabble (BI) 6:30 Social Night with Side by Side Piano Duo Performance (LO)	27 10:00 Sit and Stand Fitness (MP) 1:30 Mall Shuttle-Royal City 3:30 Mexican Train Dominoes (BI) 6:30 Whist with Eleanor (BI)	28 10:00 Bands & Beachballs (MP) 1:30 Televised Christian Service (L5) 2:00 Billiards Social (L3) 6:30 Movie - The Dirty Dozen (LO)														
29 10:00 Balance/Stability w AQUI-MP 10:30 Yoga w. AQUI (MP) 2:00 Movie Matinee - The Bad and the Beautiful (CA) 3:30 Billiards Social (L3)	30 <i>*Hairdresser Hilary*</i> 10:00 Chair Cardio (MP) 10:45 Wii Sports (LO) 1:30 Play Crib with Barb (BI) 2:30 Billiards (L3) 3:00 Knitting Social (L2)			<p style="text-align: center;">LEGEND</p> <table> <tr> <td>BI - Bistro</td> <td>L2 - Arts & Crafts</td> </tr> <tr> <td>CA - Café</td> <td>L3 - Billiards</td> </tr> <tr> <td>DK - Deck (LL outside)</td> <td>L4 - Reading/Study</td> </tr> <tr> <td>GZ - Gazebo</td> <td>L5 - 5th Floor Amenity</td> </tr> <tr> <td>LB - Lobby</td> <td>MP - Multi-purpose Room</td> </tr> <tr> <td>LO - Lounge</td> <td>PT - Patio (Dining Room)</td> </tr> <tr> <td>TS - Tuck Shop</td> <td>SA - Salon (Lower Level)</td> </tr> </table>		BI - Bistro	L2 - Arts & Crafts	CA - Café	L3 - Billiards	DK - Deck (LL outside)	L4 - Reading/Study	GZ - Gazebo	L5 - 5th Floor Amenity	LB - Lobby	MP - Multi-purpose Room	LO - Lounge	PT - Patio (Dining Room)	TS - Tuck Shop	SA - Salon (Lower Level)	
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What's New and Happening at Derby Manor in July:

1. **Pharmacy/Tuck Shoppe Grand Opening-** Come by at 1:30pm on July 3rd to see the new store and meet the staff Cathy, Natasha and Monika
2. **Iced Treats in the Gazebo-** Come out and enjoy summer and some sweet treats in the gazebo.
3. **Live Music with Old Friends-** This duo consists of Clarence Levesque as the fiddle player and Bryan Pickering as the singer and guitar player. Clarence Levesque is an accomplished musician and has also won many BC Championship Fiddling contests. Bryan Pickering has made a career as a musician and was inducted into the BC Country Music Hall of Fame.
4. **SAS Shoes Sale-** Join Sas Shoes in the Piano Lounge at 10:30 am on July 24th to check out their collection of quality footwear. Receive \$15 off if you purchase one pair and \$40 off if you purchase two pairs. On July 26th, delivery of orders will be made at 10:30 am.
5. **Social Hour and Music with Peter Mason-** Join us in the Bistro on July 19th for snacks, soft drinks and live music. You are welcome to BYOB.
6. **Social Night with Side by Side Piano duo-** Come to the Bistro on July 26th at 6:30 for snacks and soft drinks. You are welcome to BYOB. Join us then in Piano Lounge for an hour of delightful piano music.
7. **Let's Talk, Share and Listen** will be called **Let's Talk, Show and Share** in the month of July. Bring along something that tells us about you. An award or trophy. A picture or keepsake. A memento or souvenir from a place you have travelled to....and tell us a bit about it.
8. **Adaptive Clothing Show and Sale-** Come and browse and shop in the comfort of your home, in the Piano Lounge on July 12th at 10:30-1:30. Adaptive clothing is specially designed to be easy to put on, comfortable to wear and easy to remove.