

JULY 2025 - PROVITALIA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		12:00 Canada Day BBQ	01:15 Pet therapy	01:30 Chair yoga	02:00 All in songs	
		01	02	03	04	05
	01:00 Painting workshop with Patricia	01:00 Music with Paul Gaudet	01:15 Pet therapy	01:30 Chair yoga		
06	07	08	09	10	11	12
12:00 Brunch	02:00 Ball game	10:30 Exercises 01:00 Music with Paul Gaudet	10:00 Coloring by number 01:15 Pet therapy	01:30 Chair yoga	02:00 Sandbags	
13	14	15	16	17	18	19
	02:00 Creative workshop	10:30 Exercises 01:00 Music with Paul Gaudet	01:15 Pet therapy	01:30 Chair yoga	01:00 Music with Paul Gaudet- Monthly birthdays	
20	21	22	23	24	25	26
		10:30 Exercises 01:00 Music with Paul Gaudet	10:00 Coloring by number 01:15 Pet therapy	01:30 Chair yoga		
27	28	29	30	31		