

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Daily Gratitude Calendar</b> <i>This month's non-denominational spiritual activity is about the importance of being grateful. Taking the time to express gratitude as part of our daily routine can help make us healthier, happier, and stronger—both emotionally and spiritually.</i></p>			<p><b>1</b> I am grateful for the many greens of spring and summer 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 11:00am 1:1 &amp; Sensory <b>1:30pm BINGO! on 3rd</b> 3:00pm Sing-A-Long on 3rd</p>	<p><b>2</b> I am grateful for the person who is ready to lend a hand <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Cycling Without Age 1:30pm 1:1 &amp; Sensory <b>1:30pm Cycling Without Age</b> 3:00pm Arm Chair Travel on 1st</p>	<p><b>3</b> I am grateful for peace-wherever we may find it 9:30am Chair Fit-Theatre 10:00am Morning Music on 4th <b>10:15am Daily Gratitude</b> 11:00am 1:1 Getting to Know You <b>1:30pm Games in the Garden</b> 3:30pm Walks with Friends</p>	<p><b>4</b> I am grateful for jokes 9:30am Chair Fit-Theatre 10:00am Move to Music on 4th <b>10:15am Daily Gratitude</b> 1:30pm Cycling Without Age 1:30pm Walks with Friends 3:00pm Manicures <b>3:00pm Book-Mobile on 1st</b></p>
<p><b>5</b> I am grateful for the words "I love you" 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:45am Sunday Spiritual Hour-Theatre <b>1:30pm Music Bingo on 3rd</b> 3:30pm 1:1 and Sensory</p>	<p><b>6</b> I am grateful for the kindness of strangers 9:30am Drumming Circle in Theatre 10:00am Move to Music 1st <b>10:15am Daily Gratitude</b> 10:30am Crosswords on 1st 11:00am 1:1 &amp; Sensory 1:30pm Coffee Chat on 3rd 1:30pm Knitting Social 2nd <b>2:30pm Live Music with Bill Kent-Theatre</b></p>	<p><b>7</b> I am grateful for people who love their work 9:00am <b>Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Helping Hands on 1st <b>1:30pm Book-Mobile on 1st</b> <b>2:00pm Bowling in Theatre</b> 3:30pm Manicures 3:30pm 1:1 Getting to Know You</p>	<p><b>8</b> I am grateful for the many colours of flowers 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Sew-A Needle Pulling Thread-3rd 11:00am 1:1 &amp; Sensory <b>1:30pm BINGO! on 3rd</b> 3:00pm Sing-A-Long on 3rd</p>	<p><b>9</b> I am grateful for people who remember my name <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Cycling Without Age 1:30pm 1:1 &amp; Sensory <b>1:30pm Cycling Without Age</b> 3:00pm Arm Chair Travel on 1st</p>	<p><b>10</b> I am grateful for the strength to get through hardship 9:30am Chair Fit-Theatre 10:00am Morning Music on 4th <b>10:15am Daily Gratitude</b> 11:00am 1:1 Getting to Know You <b>1:30pm Games in the Garden</b> <b>3:00pm Book-Mobile on 2nd</b> 3:30pm Walks with Friends</p>	<p><b>11</b> I am grateful for a sunny disposition 9:30am Chair Fit-Theatre 10:00am Move to Music on 4th <b>10:15am Daily Gratitude</b> 1:30pm 1:1 and Sensory <b>2:00pm Father's Day Car Show</b> 3:30pm 1:1 Getting to know you</p>
<p><b>12</b> I am grateful for forgiveness 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:45am Sunday Spiritual Hour-Theatre <b>1:30pm Music Bingo on 2nd</b> 3:30pm 1:1 and Sensory</p>	<p><b>13</b> I am grateful for opportunities of kindness 9:30am Drumming Circle in Theatre 10:00am Move to Music 1st <b>10:15am Daily Gratitude</b> 10:30am Crosswords on 1st 11:00am 1:1 Getting to Know You <b>1:30pm Creating for Fun-4th</b> 1:30pm Knitting Social 2nd 3:30pm Visits with Friends</p>	<p><b>14</b> I am grateful for a windy day <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Helping Hands on 1st <b>1:30pm Book-Mobile on 2nd</b> <b>2:00pm Bowling in Theatre</b> 3:30pm Manicures 3:30pm 1:1 Getting to Know You</p>	<p><b>15</b> I am grateful for sunshine and blue skies 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Sew-A Needle Pulling Thread-3rd 11:00am 1:1 &amp; Sensory <b>1:30pm BINGO! on 3rd</b> 3:00pm Sing-A-Long on 3rd</p>	<p><b>16</b> I am grateful for new friends-and old <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Cycling Without Age 1:30pm 1:1 &amp; Sensory <b>1:30pm Cycling Without Age</b> <b>2:30pm Michael Majocho Live Music-Theatre</b></p>	<p><b>17</b> I am grateful for people who follow the Golden Rule 9:30am Chair Fit-Theatre 10:00am Morning Music on 4th <b>10:15am Daily Gratitude</b> 11:00am 1:1 Getting to Know You <b>1:30pm Games in the Garden</b> 3:30pm Walks with Friends</p>	<p><b>18</b> I am grateful for surprises- big or little 9:30am Chair Fit-Theatre 10:00am Move to Music on 4th <b>10:15am Daily Gratitude</b> 1:30pm Cycling Without Age <b>1:30pm Plant Care Club</b> 3:00pm Manicures <b>3:00pm Book-Mobile on 3rd</b></p>
<p><b>19</b> I am grateful for comfortable slippers 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:45am Sunday Spiritual Hour-Theatre <b>1:30pm Music Bingo on 4th</b> 3:30pm 1:1 and Sensory</p>	<p><b>20</b> I am grateful for morning birdsong 9:30am Drumming Circle in Theatre 10:00am Move to Music 1st <b>10:15am Daily Gratitude</b> 10:30am Crosswords on 1st 11:00am 1:1 &amp; Sensory <b>1:30pm Creating for Fun-4th</b> 1:30pm Knitting Social 2nd 3:30pm Visits with Friends</p>	<p><b>21</b> I am grateful for birthdays and other holidays <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Helping Hands on 1st <b>1:30pm Book-Mobile on 3rd</b> <b>2:30pm Michael Langley Live Music-Theatre</b></p>	<p><b>22</b> I am grateful for the brilliance of a starry sky 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Sew-A Needle Pulling Thread-3rd 11:00am 1:1 &amp; Sensory <b>1:30pm BINGO! on 3rd</b> 3:00pm Sing-A-Long on 3rd</p>	<p><b>23</b> I am grateful for evergreen trees <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Cycling Without Age 1:30pm 1:1 &amp; Sensory <b>1:30pm Cycling Without Age</b> 3:00pm Arm Chair Travel on 1st</p>	<p><b>24</b> I am grateful for guiding lights 9:30am Chair Fit-Theatre 10:00am Morning Music on 4th <b>10:15am Daily Gratitude</b> 11:00am 1:1 Getting to Know You 1:30pm 1:1 &amp; Sensory <b>2:30pm June Birthday Party-Theatre- Live Music "Two Among Friends"</b></p>	<p><b>25</b> I am grateful for children's laughter 9:30am Chair Fit-Theatre 10:00am Move to Music on 4th <b>10:15am Daily Gratitude</b> 1:30pm Cycling Without Age <b>1:30pm Plant Care Club</b> 3:00pm Manicures <b>3:00pm Book-Mobile on 4th</b></p>
<p><b>26</b> I am grateful for the words "I appreciate you." 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:45am Sunday Spiritual Hour-Theatre <b>1:30pm Music Bingo on 1st</b> 3:30pm 1:1 and Sensory</p>	<p><b>27</b> I am grateful for the wisdom that comes with time 9:30am Drumming Circle in Theatre 10:00am Move to Music-1st <b>10:15am Daily Gratitude</b> 10:30am Crosswords on 1st <b>1:30pm Crafting Your Life Stories-3rd</b> 1:30pm Knitting Social 2nd 3:30pm Visits with Friends</p>	<p><b>28</b> I am grateful for fun hobbies <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Helping Hands on 1st <b>1:30pm Book-Mobile on 4th</b> <b>2:30pm Happy Hour in Theatre</b></p>	<p><b>29</b> I am grateful for the majesty of a snow-capped peak 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Sew-A Needle Pulling Thread-3rd 11:00am 1:1 &amp; Sensory <b>1:30pm BINGO! on 3rd</b> 3:00pm Sing-A-Long on 3rd</p>	<p><b>30</b> I am grateful for home <b>9:00am Video Calls</b> 9:30am Chair Fit-Theatre 10:00am 1:1 Getting to Know You <b>10:15am Daily Gratitude</b> 10:30am Cycling Without Age 1:30pm 1:1 &amp; Sensory <b>1:30pm Cycling Without Age</b> <b>2:30pm Ice Cream Trolley</b> 3:30pm 1:1 &amp; Sensory</p>	<p>Any program that shows no location indicates that Recreation Department will assess and deliver program in multiple locations as appropriate  **all programs are subject to change</p>	<p><b>Daily Gratitude</b>=every day in June, Recreation Department will read the daily gratitude and invite conversation around the question included for each day- <i>What are you grateful for today? How can you express your gratitude?</i></p>

