

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 North Shore, West Shore, Lakeview Residents		10:00-Sit- N- Fit-PR 1 1:30-Exercise Canada Day	10:00-Sit- N- Fit-PR 2	9:00- Exercise 3 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 4 Happy Independence Day Independence Day (US)	5
	10:00-Apostolic Church-CH/Ch.2 6	10:00-Sit- N- Fit-PR 7 1:30-Exercise	10:00-Sit- N- Fit-PR 8	9:00- Exercise 10 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 11	12
	10:00-Apostolic Church-CH/Ch.2 13	10:00-Sit- N- Fit-PR 14 1:30-Exercise	10:00-Sit- N- Fit-PR 15	9:00- Exercise 17 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 18	19
	10:00-Apostolic Church-CH/Ch.2 20	10:00-Sit- N- Fit-PR 21 ***Shipshewana Show and lunch if you RSVP/ Paid by June 30 th !!***	10:00-Sit- N- Fit-PR 22	9:00- Exercise 24 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 25	26
	10:00-Apostolic Church-CH/Ch.2 27	10:00-Sit- N- Fit-PR 28 1:30-Exercise	10:00-Sit- N- Fit-PR 29	9:00- Exercise 31 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH		