



Join us for our events throughout July

**Yoga w/ Yvonne**

**Thursday 4<sup>th</sup> + 18<sup>th</sup>**

We have our lovely Yvonne coming along to Canmore so that our residents can find their inner Chi.

**Fitcare**

**Thursday 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup>**

Our residents love our Fitcare and having the opportunity to keep fighting fit.

**Bernie Hewitt**

**Wednesday 17<sup>th</sup>**

The lovely Bernie Hewitt is coming to play some good old Scottish classics for us!

**Nelson Mandela International Day**

**Thursday 18<sup>th</sup>**

We are going to have a chat about the great things that Nelson Mandela has done for Human Rights History and have seen some of his famous quotes over the years.

**Anniversary of Moon Landing 1969**

**Saturday 20<sup>th</sup>**

We are going to test the resident's knowledge on the famous moon landing, nothing like a bit of trivia every once in a while.

**Vintage Bus Museum / Kingdom classic auto show**


**Sunday 21<sup>st</sup>**

Some of our lucky residents are getting the chance to go and see another show at the Vintage Bus Museum. Gotta love a classic.

**Canmore Olympics**

**Friday 26<sup>th</sup>**

Canmore is holding our very own Olympic games! This is to celebrate the Olympic games which are starting in Paris on this day, and just a wee bit of fun for the residents!



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