

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Hebert Health Rehabilitation - Activity Calendar

July 2022

Day	Time	Activity
Sunday	8:00	News/Coffee-A
	9:00	Leisure activity-A
	10:40	Kick Ball-A
Monday	8:00	Coffee /News -A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
Tuesday	8:00	Coffee /News -A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
Wednesday	8:00	Coffee /News -A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
Thursday	8:00	Coffee /News -A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
Friday	8:00	Coffee /News -A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
Saturday	8:00	News/Coffee-A
	10:00	Exercise Class -A
	10:40	Kick Ball-A

July is the time for...

Summer Fun Back Yard BBQs

Fireworks & Parades Ice Cream

KEY

Activity room.....A

All Units.....AU

Main Dining room.....MD

Bus Trip.....BT

Mail Delivered Monday-Saturday

* Meals Times are approximate

Breakfast-6:15 AM

Lunch-12:15 noon

Dinner-5:15 PM