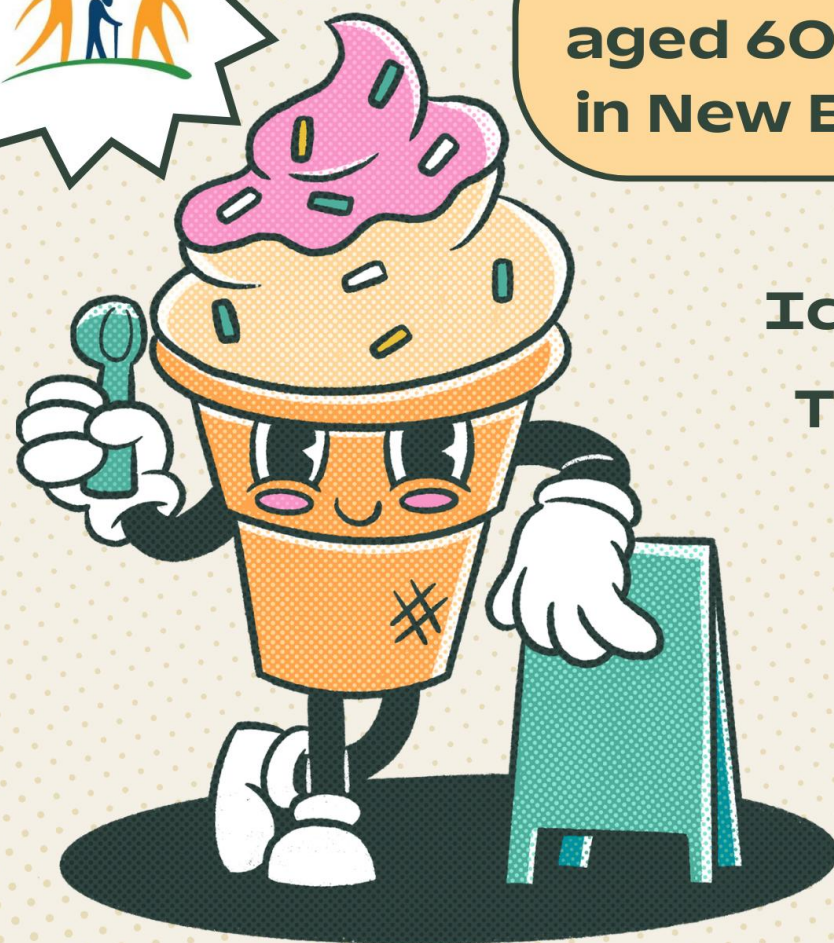


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 All events take place at 165 Main Street in the Drew's Coates Lounge, unless otherwise noted.			1 No Walk & Wheel or baths today. Office closed for Canada Day. 	2 Tea & Talk 9:30 to 10:45 a.m.	3 Scheduled home visits and enrolment Gentle Chair Fitness Session 10:30 to 11:30 a.m.	4
5	6 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	7 Scheduled home visits and enrolment	8 Walk & Wheel Wednesday with Irene 10:00 to 11:00 a.m. Meeting at the Waterfowl Park entrance beside the Drew	9 Tea & Talk 9:30 to 10:45 a.m.	10 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visits and enrolment	11
12	13 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled administration	14 Scheduled home visits	15 Walk & Wheel Wednesday 10:00 to 11:00 a.m. Meeting at the Waterfowl Park entrance beside the Drew Scheduled administration	16  Summer Social at Trueman's 2:00 to 4:00 p.m. 255 Etter Ridge Road Aulac, NB RSVP for your free ice cream, train ride, and/or U-pick berries: 506-688-4688	17 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled meeting	18
19	20 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	21 Scheduled home visits and enrolment	22 Walk & Wheel Wednesday 10:00 to 11:00 a.m. Hair Cuts at the Drew 1:00 to 4:00 p.m. Spaces limited. Please reserve your spot: 506-688-4688	23 Outdoor Tea & Talk  9:30 to 10:45 p.m. Front patio at the Drew	24 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled home visit and enrolment	25
26	27 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	28 Scheduled home visits and enrolment	29 Errands Day – last Wednesday of the month – Please reach out to us by the 24th to book transportation to Sackville and/or Amherst for grocery shopping and errands. RSVP: 506-364-4900 (ext. 6)	30 Tea & Talk 9:30 to 10:45 a.m.	31 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	

RSVP: NHWW TANTRAMAR OR STRAIT SHORES
506-688-4688 OR 506-538-1904

Summer Social!



**Free for individuals
aged 60+ who live
in New Brunswick**

Ice cream

Train ride

U-pick

Music

Thursday, July 16 — 2:00 to 4:00 p.m.

Trueman Blueberry Farm
255 Etter Ridge Rd Aulac, NB