

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H – Hybrid (both online and in person) I – In person O - Online			 <b>Centre is closed</b>	<b>2</b> 11:00 Exercise (O) 1:00 B-I-N-G-O (H)
<b>5</b> 11:00 Exercise (O) 1:00 Music w/ <b>Alex</b> (H)	<b>6</b> 11:00 Exercise (H) 1:00 Dominoes (I)	<b>7</b> 11:00 Exercise (H) 1:00 Lucky Dice (I)	<b>8</b> 11:00 Exercise (H) 1:00 Hangman (I)	<b>9</b> 11:00 Exercise (H) 1:00 B-I-N-G-O (H)
<b>12</b> 11:00 Exercise (H) 1:00 Name that tune (H)	<b>13</b> 11:00 Exercise (H) 1:00 Balloon badminton(I)	<b>14</b> 11:00 Exercise (H) 1:00 Penny Ante (I)	<b>15</b> 11:00 Exercise (H) 1:00 Craft (I)	<b>16</b> 11:00 Exercise (H) 1:00 Price is Right (H)
<b>19</b> 11:00 Exercise (H) 1:00 B-I-N-G-O (H)	<b>20</b> 11:00 Exercise (H) 1:00 Lucky Dice (I)	<b>21</b> 11:00 Exercise (H) 1:00 Dominoes (I)	<b>22</b> 11:00 Exercise (H) 1:00 Memory Game (I)	<b>23</b> 11:00 Exercise (H) 1:00 Name that tune (H)
<b>26</b> 11:00 Exercise (H) 1:00 Cooking Demo(H)	<b>27</b> 11:00 Exercise (H) 1:00 Penny Ante (I)	<b>28</b> 11:00 Exercise (H) 1:00 Craft (I)	<b>29</b> 11:00 Exercise (H) 1:00 <b>Music w/ Helen (H)*</b>	<b>30</b> 11:00 Exercise (H) 1:00 Music w/ <b>Carol (H)</b>

\*Special music performance. Come join us online

### Announcement!

The wait is finally over! Let's congratulate our cook Justin for the new addition in his family. We are thrilled to welcome Levi Chang. He was born on June 14<sup>th</sup>, 2021 weighing 3.22Kg/7.1 lbs. "Ten little fingers, ten perfect toes, fill our hearts with love that overflows."

We are opening for full in-person services from Monday to Friday starting July 9<sup>th</sup> (Friday). Clients should contact us as soon as possible if they want to return. Our nurse will walk you through the process of returning.

Our online programs will continue.

- All morning exercises will be hybrid (online and in-person).
- Afternoon programs will all start at 1:00pm. Mondays and Fridays will now be hybrid. Zoom in and join our programs with the clients here at ASK. The Zoom link is provided below.

Zoom Link Exercise Daily at 11:00am

<https://us02web.zoom.us/j/86538661040>

Zoom Link Afternoon Activity at 1:00pm

<https://us02web.zoom.us/j/84656101558>

星期一	星期二	星期三	星期四	星期五
H: 在綫混合 (實體+網上) I: 實體 O: 網上			7月1日  加拿大國慶日 中心休息一天	2 11:00長者運動(O) 1:00 賓果遊戲(O)
5 11:00長者運動(O) 1:00 Alex玩音樂(O) (英)	6 11:00長者運動(H) 1:00 多米諾骨牌(I)	7 11:00長者運動(H) 1:00 幸運骰子(I)	8 11:00長者運動(H) 1:00 猜字遊戲(I)	9 11:00長者運動(H) 1:00 賓果遊戲(H)
12 11:00長者運動(H) 1:00 猜猜歌曲名稱(H)	13 11:00長者運動(H) 1:00 氣球羽毛球(I)	14 11:00長者運動(H) 1:00 一分錢賭注(I)	15 11:00長者運動(H) 1:00 工藝美術(I)	16 11:00長者運動(H) 1:00 正確價錢(H)
19 11:00長者運動(H) 1:00 賓果遊戲(H)	20 11:00長者運動(H) 1:00 幸運骰子(I)	21 11:00長者運動(H) 1:00 多米諾骨牌(I)	22 11:00長者運動(H) 1:00 記憶體遊戲(I)	23 11:00長者運動(H) 1:00 猜猜歌曲名稱(H)
26 11:00長者運動(H) 1:00 烹飪節目(H)	27 11:00長者運動(H) 1:00 一分錢賭注(I)	28 11:00長者運動(H) 1:00 工藝美術(I)	29 11:00長者運動(H) 1:00 Helen玩音樂(H)*	30 11:00長者運動(H) 1:00 Carol玩音樂(H)

\*特別音樂表演。歡迎網上參加。

漫長的等待終於結束了！讓我們祝賀我們的廚師Justin為他的家庭增添了新成員。我們很高興歡迎 Levi Chang。他出生於 2021年6月14日，體重3.22公斤/7.1 磅。“十個小手指，十個完美的腳趾，讓愛充滿我們的心。”

從7月9日（星期五）開始，我們將在星期一至星期五提供全面的實體服務。如果你或你家人想回到中心，請盡快與我們聯繫。我們的護士將會向您解釋返回中心的新程序。

我們的網上節目將繼續進行。

- 所有早操都是混合的（實體和網上）。
  - 下午節目將在下午一時開始。星期一和星期五節目現在將是混合的。請上網與ASK的朋友一起玩遊戲聽音樂。
- 以下是網上節目的Zoom Link：

Zoom Link 早上11:00 運動

<https://us02web.zoom.us/j/86538661040>

Zoom Link 下午茶1:30 活動

<https://us02web.zoom.us/j/84656101558>