























JULY 2025



	Location Key		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
	MR - Multipurpose Room	TH - Theatre	10:00 SAIL Exercises (Livia) (MR)	9:30 Java Group (L)	10:00 Chair Pilates - Lauren (Video) (MR)	10:00 Chair Exercises (Bailey) (MR)	10:00 Chair Weights - Lauren (MR)
	DR - Dining Room	TS - Tuck Shop	 Canada Day BBQ Lunch	10:00 Weighted Exercises (Livia) (MR)	Walmart/Westshore Mall	1:00 Tuck Shop Open (TS)	Nail Technician Bushra 10:00am - 3:00pm
	FL - Fireside Lounge	VL - Village Lobby	11:00am-1:00pm in the Back Patio	1:00 Tuck Shop Open (TS)	9:30am - 11:30am 	1:00 Knitting Crew (MR)	2:00 Movie Matinee: (TH)
	P - Back Patio	LL - Lodge Lobby	Canada Day Party 	1:00 Bingo (MR)	1:00 Rummikub (L)	Staff Care-aoke For Hospice	"Willy Wonka and the Chocolate Factory"
VP - Village Pub	VC - Village Courtyard	2:00pm in the Village Courtyard	2:30 Resident Calendar Planning Meeting	2:00 Music Bingo (MR)	2:30pm on the Village Patio	6:00 Board Games (MR)	
CF - Cafe	L - Library	3:00 Documentary: "History of Canada" (TH)	6:00 Board Games (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)	6:30 Movie Night: (TH)	
		6:00 Board Games (MR)		 Monthly Fire Alarm Testing	3:30pm - 5:30pm Pub Happy Hour	"Willy Wonka and the Chocolate Factory"	
		Canada Day					
Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	
10:00 Mobility Exercises (Livia) (MR)	10:00 Chair Zumba (Livia) (MR)	10:00 SAIL Exercises (Livia) (MR)	9:30 Java Group (L)	Calgary Stampede Day	10:00 Stand & Fit - Josh (MR)	10:00 Chair Weights - Lauren (MR)	
2:00pm - 4:00pm Pub Happy Hour (VP)	1:00 Tuck Shop Open (TS)	2:00 Documentary: "The Ancient History of Chocolate" (TH)	10:00 Chair Yoga (Livia) (MR)	10:00 Line Dancing with Donna (MR)	1:00 Tuck Shop Open (TS)	Nail Technician Bushra 10:00am - 3:00pm	
2:00 Movie Matinee: (TH)	1:00 Jacko (MR)	1:00 Jeopardy with Livia (VP)	1:00 Tuck Shop Open (TS)	 Chuck Wagon Lunch 	1:00 Knitting Crew (MR)	2:00 Movie Matinee: (TH)	
"Willy Wonka and the Chocolate Factory"	Cycle Of Life Tour Meet & Greet Riders	2:00 Blood Pressure Clinic  (MR)	1:00 Bingo (MR)	At Regular Lunch Seatings	Spinathon for Cycle Of Life Tour	"Wicked"	
2:00 Music with Mervin  (MR)	11:30am in the Village Courtyard	3:00 Garden Club Meeting (VL)	3:30pm-5:30pm Pub Happy Hour	Country Music with Joyz and the Boyz	10:30am - 1:00pm in the Village Lobby	6:00 Board Games (MR)	
6:00 Board Games (MR)	Chocolate Truffle Bar 	6:00 Board Games (MR)	6:00 Board Games (MR)	2:00pm in the Dining Room	3:30pm - 5:30pm Pub Happy Hour		
	2:30pm in the Fire side Lounge			1:00 Bible Study (L)	6:00 Board Games (MR)		
	6:00 Board Games (MR)			1:00 Rummikub (MR)	6:30 Movie Night: (TH)		
World Fried Chicken Day	World Chocolate Day			6:00 Board Games (MR)	"Wicked"		
Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	
10:00 Stand & Fit - Josh (MR)	10:00 Ball & Band Exercises (Livia) (MR)	10:00 SAIL Exercises (Livia) (MR)	9:30 Java Group (L)	10:00 Chair Pilates - Lauren (Video) (MR)	10:00 Stand & Fit - Josh (MR)	10:00 Chair Weights - Lauren (MR)	
2:00pm - 4:00pm Pub Happy Hour (VP)	1:00 Tuck Shop Open (TS)	 Strawberry Tea 	10:00 Weighted Exercises (Livia) (MR)	1:00 Rummikub (MR)	1:00 Tuck Shop Open (TS)	Nail Technician Bushra 10:00am - 3:00pm	
2:00 Movie Matinee: (TH)	1:00 Jacko (MR)	2:00pm in the Dining Room	1:00 Tuck Shop Open (TS)	Mini Golf at City Centre Park 	1:00 Knitting Crew (MR)	2:00 Movie Matinee: (TH)	
"Wicked"	Dream Catcher Craft 	with the Voice of The Heart Performing	1:00 Bingo (MR)	1:45pm - 3:30pm	3:30pm - 5:30pm Pub Happy Hour	"The Choice"	
6:00 Board Games (MR)	with Shana from Comfort Keepers	3:00 Documentary: "Wild Babies: New Arrivals" (TH)	3:30pm - 5:30pm Pub Happy Hour	6:00 Board Games (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)	
Hearing Aid Clinic with Ajit 	2:30pm in the Multi-Purpose Room	"Wild Babies: New Arrivals"	 Burger and Brew 		6:30 Movie Night: (TH)		
2:00pm in the Multi-Purpose Room	6:00 Board Games (MR)	6:00 Board Games (MR)	4:00pm - 6:00pm in the Village Pub		"The Choice"		
Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	
10:00 Mobility Exercises (Livia) (MR)	10:00 Chair Zumba (Livia) (MR)	10:00 SAIL Exercises (Livia) (MR)	9:30 Java Group (L)	10:00 Chair Pilates - Lauren (Video) (MR)	10:00 Stand & Fit - Josh (MR)	10:00 Chair Weights - Lauren (MR)	
Outing to Cycle of Life Finish Line 	1:00 Tuck Shop Open (TS)	2:00 Resident Meeting (MR)	10:00 Chair Yoga (Livia) (MR)	Physiocare a Home Presentation	Walmart/Westshore Mall 	Nail Technician Bushra 10:00am - 3:00pm	
2:00pm - 4:00pm	1:00 Jacko (MR)	3:00 Documentary: "Wild Babies: Home Alone" (TH)	1:00 Tuck Shop Open (TS)	10:30am in the Multi-Purpose Room	9:30am - 11:30am	2:00 Movie Matinee: (TH)	
2:00pm - 4:00pm Pub Happy Hour (VP)	 Diner en Blanc 	6:00 Board Games (MR)	1:00 Bible Study (L)	1:00 Rummikub (MR)	1:00 Tuck Shop Open (TS)	"Rescued By Ruby"	
2:00 Movie Matinee: "The Choice" (TH)	During Regular Dinner Seatings		1:00 Bingo (MR)	 July Birthday Tea 	1:00 Knitting Crew (MR)	6:00 Board Games (MR)	
6:00 Board Games (MR)	6:00 Board Games (MR)		2:30 Darts with Jojan (VP)	2:00pm in the Dining Room	2:30 Bean Bag Toss (P)	6:30 Movie Night: (TH)	
			3:30pm - 5:30pm Pub Happy Hour	with Whisky Jack Entertaining	3:30pm - 5:30pm Pub Happy Hour		
			6:00 Board Games (MR)	6:00 Board Games (MR)	6:00 Board Games (MR)		
Ice Cream Day				International Self Care Day	"Rescued By Ruby"		
Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	<div><div></div><div>Sign-Up Sheets</div><div>A star beside an activity or outing on this calendar indicates <u>sign-up is required</u>. The Activities binder is located by Village elevator in the main building.</div></div>		
10:00 Mobility Exercises (Livia) (MR)	10:00 Ball & Band Exercises (Livia) (MR)	10:00 SAIL Exercises (Livia) (MR)	9:30 Java Group (L)	10:00 Chair Pilates - Lauren (Video) (MR)	<div><div></div><div>Beacon Hill Outing</div><div>Petting Zoo and Goat Run</div><div>9:30am - 11:30am</div></div>		
1:30 Open Painting (MR)	1:00 Tuck Shop Open (TS)	2:00 Bocce Ball (MR)	10:00 Weighted Exercises (Livia) (MR)				
2:00pm - 4:00pm Pub Happy Hour (VP)	1:00 Jacko (MR)	2:00 Documentary: "Wild Babies: On The Move" (TH)	 Fish and Chips Lunch 				
2:00 Movie Matinee: "Rescued By Ruby" (TH)	6:00 Board Games (MR)	6:00 Board Games (MR)	11:00am - 1:00pm in the Village Pub	1:00 Rummikub (MR)			
6:00 Board Games (MR)			1:00 Tuck Shop Open (TS)	6:00 Board Games (MR)			
			1:00 Bingo (MR)				
			6:00 Board Games (MR)				