

# July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am News & Views <b>2:00pm Canada Day Celebration with the King Mixers</b> 3:00pm 1-1 Companionship Visit <i>Happy Canada Day!</i>	2 9:00am News & Views <b>10:30am Zumba Exercise w/ Colleen</b> 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	3 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	4 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
5 9:00am News & Views <b>10:30am Music w/ Bart</b> 1:30pm Movie Matinee 2:30pm Tea Time Social	6 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Music w/ Jack</b> <b>2:30pm Birthday Social</b> 3:00pm 1-1 Companionship Visit	7 9:00am News & Views <b>10:30am Yoga w/ Anna</b> 1:30pm Beauty Hour 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	8 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling <b>1:30pm Music w/ Alyssa</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	9 9:00am News & Views 10:00am Active Games 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	10 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	11 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
12 9:00am News & Views <b>10:30am Music w/ Bart</b> 1:30pm Movie Matinee 2:30pm Tea Time Social	13 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Music w/ Jack</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	14 9:00am News & Views <b>10:30am Yoga w/ Anna</b> 1:30pm Beauty Hour <b>2:30pm Birthday Social</b> 3:00pm 1-1 Companionship Visit	15 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling <b>1:30pm Jewelry Making</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	16 9:00am News & Views <b>10:30am Zumba Exercise w/ Colleen</b> 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	17 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	18 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
19 9:00am News & Views <b>10:30am Music w/ Bart</b> 1:30pm Movie Matinee 2:30pm Tea Time Social	20 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Music w/ Jack</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	21 9:00am News & Views <b>10:30am Yoga w/ Anna</b> 1:30pm Beauty Hour <b>2:30pm Birthday Social &amp; Music with Jesse Brown</b> 3:00pm 1-1 Companionship Visit	22 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling <b>1:30pm Baking Club</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	23 9:00am News & Views 10:00am Active Games 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	24 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Music w/ Alyssa</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	25 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
26 9:00am News & Views <b>10:30am Music w/ Bart</b> 1:30pm Movie Matinee 2:30pm Tea Time Social	27 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Music w/ Jack</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	28 9:00am News & Views <b>10:30am Yoga w/ Anna</b> 1:30pm Beauty Hour <b>2:30pm Birthday Social</b> 3:00pm 1-1 Companionship Visit	29 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling <b>1:30pm Lavender Craft</b> 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	30 9:00am News & Views <b>10:30am Zumba Exercise w/ Colleen</b> 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	31 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO <b>1:30pm Armchair Travel to Japan</b> 2:30pm Tea Time Social	