

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy Canada Day</i> BBQ & Live Music	2 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	3 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 3:00 Reflections	4 2:30 Ice Cream Saturday
5 11:00 Utube Church Service	6 10:00 Mind & Body Reset Meditation 11:00 Tai Chi 1:30 Magic with Matty 3:00 Hymn Sing <i>Happy Birthday Peggy D.</i>	7 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks <i>Happy Birthday Pat C.</i>	8 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Glorious Gardeners 3:00 Movie & Popcorn	9 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	10 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 3:00 Reflections <i>Happy Birthday Dr. Ken D.</i>	11 2:30 Ice Cream Saturday
12 11:00 Utube Church Service	13 10:00 Mind & Body Reset Meditation 11:00 Tai Chi 1:30 Visit with Kate & Jill 3:00 Hymn Sing	14 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	15 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Glorious Gardeners 3:00 Movie & Popcorn	16 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	17 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 3:00 Reflections	18 2:30 Ice Cream Saturday
19 11:00 Utube Church Service	20 10:00 Mind & Body Reset Meditation 11:00 Tai Chi 1:30 Visit with Kate & Jill 3:00 Hymn Sing	21 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	22 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Glorious Gardeners 3:00 Movie & Popcorn	23 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	24 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 3:00 Reflections	25 <i>1:30 Music with Daivin</i> 2:30 Ice Cream Saturday
26 11:00 Utube Church Service	27 10:00 Mind & Body Reset Meditation 11:00 Tai Chi 1:30 Visit with Kate & Jill 3:00 Hymn Sing	28 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 2:30 Birthday Party - AR 3:00 Walks	29 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Glorious Gardeners 3:00 Movie & Popcorn	30 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	31 10:00 Music Memory 11:00 Jive to Thrive 1:30 Darts 3:00 Reflections <i>Happy Birthday Sharon D.</i>	