

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy Canada Day! 8:45am Chicken Feeding and Egg Collecting 9:30am Canada Fact and Trivia 10:30am Pet Therapy 1:30pm Live Music with Mark 3:00pm Canada Day Bingo 3:30pm 1-1 Companionship Visits	2 8:45am Chicken Feeding and Egg Collecting 9:30am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Fruit Picture Quiz 3:30pm 1-1 Companionship Visits	3 8:45am Chicken Feeding and Egg Collecting 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Creative Art Quiz 3:00pm Word Games 3:30pm 1-1 Companionship Visits	4 8:30am Chicken Feeding and Egg Collecting 10:15am Ball toss 11:00am Board Games 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
5 8:30am Chicken Feeding and Egg Collecting 9:15am Balloon Badminton 10:00am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits	6 8:45am Chicken Feeding and Egg Collecting 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Kitchen Science Experiment 3:00pm Patio Socials 3:30pm 1-1 Companionship Visits	7 8:45am Chicken Feeding and Egg Collecting 9:30am Beauty Hour 10:30am Pick a Stick " Me Too" Game 1:30pm Bingo 3:00pm Light Therapy 3:30pm 1-1 Exercise	8 National Blueberry Day! 8:45am Chicken Feeding and Egg Collecting 9:30am Football Toss Game 10:30am Pet Therapy 1:30pm Baking 3:00pm Trivia 3:30pm 1-1 Companionship Visits	9 8:45am Chicken Feeding and Egg Collecting 9:30am Reading Group 10:30am Basketball 1:30pm Happy Hour with Sing Along 3:00pm Colour by Numbers 3:30pm 1-1 Exercise	10 8:45am Chicken Feeding and Egg Collecting 9:30am Gardening 10:30am Seated Yoga With Anna 1:30pm Accordion Music with Eugene 3:00pm Jenga 3:30pm 1-1 Companionship Visits	11 8:30am Chicken Feeding and Egg Collecting 11:00am Board Games 11:00am Bowling 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
12 8:30am Chicken Feeding and Egg Collecting 9:15am Balloon Badminton 10:00am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits	13 8:45am Chicken Feeding and Egg Collecting 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts 3:00pm Movie Matinee 3:30pm 1-1 Companionship Visits	14 8:45am Chicken Feeding and Egg Collecting 9:30am Gardening 10:30am Team Cup Stack 1:30pm Music Therapy 3:00pm Bird Watching 3:30pm 1-1 Companionship Visits	15 National Tapioca Pudding Day! 8:45am Chicken Feeding and Egg Collecting 9:30am Improvised Air Hockey 10:30am Pet Therapy 1:30pm Bingo 3:00pm Trivia 3:30pm 1-1 Exercise	16 8:45am Chicken Feeding and Egg Collecting 9:30am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Finish the Phrase 3:30pm 1-1 Companionship Visits	17 8:45am Chicken Feeding and Egg Collecting 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Collage and Scrapbooking 3:00pm Jigsaw Puzzles 3:30pm 1-1 Companionship Visits	18 8:30am Chicken Feeding and Egg Collecting 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
19 8:30am Chicken Feeding and Egg Collecting 9:15am Balloon Badminton 10:00am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits	20 8:45am Chicken Feeding and Egg Collecting 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Live Music with Mark 3:00pm Flower Arranging 3:30pm 1-1 Companionship Visits	21 8:45am Chicken Feeding and Egg Collecting 9:30am Beauty Hour 10:30am Armchair Athletes Exercise 1:30pm Music Bingo 3:00pm Memory Games 3:30pm 1-1 Companionship Visits	22 8:45am Chicken Feeding and Egg Collecting 9:30am Bean Bag Toss 10:30am Pet Therapy 1:30pm Kindness Rocks 3:00pm Guess the Cookie 3:30pm 1-1 Companionship Visits	23 National Vanilla Ice Cream Day! 8:45am Chicken Feeding and Egg Collecting 9:30am Reading Group 10:30am Basket Pong Game 1:30pm Happy Hour Sunshine in a Glass Cocktail 3:00pm Missing Letter Visual Quiz 3:30pm 1-1 Companionship Visits	24 8:45am Chicken Feeding and Egg Collecting 9:30am Walking Group 10:30am Seated Yoga With Anna 1:30pm Accordion Music with Eugene 3:00pm Jenga 3:30pm 1-1 Companionship Visits	25 8:30am Chicken Feeding and Egg Collecting 10:15am Ball Toss 11:00am Bowling 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits
26 8:30am Chicken Feeding and Egg Collecting 9:15am Balloon Badminton 10:00am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits	27 8:45am Chicken Feeding and Egg Collecting 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts 3:00pm Have You Ever-Penny, Penny out Game 3:30pm 1-1 Companionship Visits	28 8:45am Chicken Feeding and Egg Collecting 9:30am Beauty Hour 10:30am Scarf Exercises for Coordination & Movement 1:30pm Music Therapy 3:00pm Alphabet Artist 3:30pm 1-1 Exercise	29 8:45am Chicken Feeding and Egg Collecting 9:30am Bowling 10:30am Pet Therapy 12:00pm Diner's Club 2:30pm Cupcake Decorating 3:30pm 1-1 Companionship Visits	30 8:45am Chicken Feeding and Egg Collecting 9:30am Walking Group 10:30am Charades 1:30pm Live Music with Ian 3:00pm Birthday Cake Celebration 3:30pm 1-1 Companionship Visits	31 8:45am Chicken Feeding and Egg Collecting 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Patio Socials 3:00pm Word Games 3:30pm 1-1 Companionship Visits	