

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RED: Music BLUE: Active PURPLE: Meeting GREEN: Crafts Black: General	<i>N= Complex care North</i> <i>S= Complex care South</i> <i>AL= Assisted living</i>	<i>Activities subject to change without notice</i>	Michelle away ALL of July			
			1 Canada Day Hayley off 10:45 Residents choice 1:30 Residents choice	2 Hayley off 10:45 Mental Aerobics 1:30 Music with Patrick (AL)	3 Hayley off 12:30-1:00 Exercises with Shannon 1:00Scrabble with Val (AL)	4 Hayley off
5 10:45 Residents choice 1:30 Cards	6 10:45 Residents choice 1:30 Ice cream social	7 10:45 Curling 1:30 Music with Shelley Vaags (AL)	8 10:45 News & Views Resident Council meeting 2pm AL Everyone Welcome	9 10:45 Arts and Crafts (S) 1:30 Quiddler	10 10:45 Balloon Volley ball 1:30 One-ones 1:00Scrabble with Val (AL)	11 10:45 Bean Bag Toss (S) 1:30 Residents choice
12 10:45 Residents choice 1:30 Cards	13 10:45 Residents choice 1:30 Church service (S)	14 10:45 Bouquet Making 1:30 Skip– BO	15 10:45 Relax & Reminisce 1:30 Music with Michael Majocho (AL)	16 10:45 Curling 1:30 Music with Victor Wells (AL)	17 10:45 Ladder ball 12:30-1:00 Exercises with Shannon 1:30 one-ones 1:00Scrabble with Val (AL)	18 10:45 Bean Bag Toss (S) 1:30 Residents choice
19 10:45 Residents choice 1:30 Cards	20 10:45 Residents choice 1:30 Ice cream social	21 10:45 Balloon Volley ball (N) 1:30 Music with Joan Songhurst (AL)	22 10:45 Yahtzee (S) 1:30 Music with Steve Peabody (AL)	23 10:45 Manicures 1:30 Summer music bingo (AL)	24 10:45 Curling (S) 1:30 One-ones 1:00Scrabble with Val (AL)	25 10:45 Bean Bag Toss (S) 1:30 Residents choice
26 10:45 Residents choice 1:30 Cards	27 10:45 Residents choice 1:30 Cards	28 10:45 Mental Aerobics (S) 1:30 Music with Matt Price (AL)	29 10:45 Wordle word game 1:30 Quiddler	30 10:45 Curling (S) 1:30 Music with The Encores (AL)	31 10:45 Ladder ball 12:30-1:00 Exercises with Shannon 1:30 one-ones 1:00Scrabble with Val (AL)	