

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2026

## Assisted Living Calendar

	<h1>July 2026</h1> <h2>Assisted Living Calendar</h2>					<p>9:30 Morning Exercise 1 10:00 Mr. Bean Show 3:30 Documentary: Inside Canada (GR)</p> <p>Canada Day</p>	<p>9:30 Walking Club 2 10:15 Roman Catholic Church Service (GR) 1:00 Friendly Visits 3:00 Pet Visits w/Marla &amp; Ernie! 3:30 Can Stack Game 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 3 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 4 10:30 Activity Booklet (Available at reception) 3:30 Music on the patio 4:00 Watering the Plants</p>
<p>10:30 Activity Booklet 5 (Available at reception) 2:00 Church Service w/Richard Saunders (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)</p>	<p>9:30 Morning Exercise 6 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants</p>	<p><b>Vendor: Express Fashions</b> 7 9:15 Guided Meditation 10:00 National Geographic 1:00 Friendly Visits 3:30 Balloon Tennis 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 8 10:00 Mr Bean Show <b>2:00 Lemonade Social w/Steel Pan Drummer (BP)</b> 4:00 Watering the Plants</p>	<p>9:30 Walking Club 9 1:00 Friendly Visits 3:00 Pet Visits w/Marla &amp; Ernie! 3:30 Blowing Bubbles 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 10 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants</p>	<p>10:30 Activity Booklet 11 (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) <b>3:00 Piano w/Amala (CR)</b></p>			
<p>10:30 Activity Booklet 12 (Available at reception) 2:00 Church Service w/ St James Apostle Church (L) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)</p>	<p>9:30 Morning Exercise 13 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants</p>	<p>9:15 Guided Meditation 14 1:00 Friendly Visits <b>2:00 Chair Yoga w/Simone (CR)</b> 4:00 Watering the Plants</p>	<p>9:30 Bowling 15 10:00 Mr Bean Show <b>12:00 Depart for outing to Snug Harbour - by sign up</b> 1:00 Friendly Visits 3:30 Sing Along on the Patio 4:00 Watering the Plants</p>	<p>9:30 Walking Club 16 10:15 Roman Catholic Church Service (GR) 1:00 Friendly Visits 3:00 Pet Visits w/Marla &amp; Ernie! 4:00 Watering the Plants <b>7:00 Entertainment w/ Lenny Graf Band (BP)</b></p>	<p><b>Vendor: Cavery Clothing</b> 17 9:30 Morning Exercise 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 18 10:30 Activity Booklet (Available at reception) 3:30 Music on the patio 4:00 Watering the Plants</p>			
<p>10:30 Activity Booklet 19 (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)</p>	<p>9:30 Morning Exercise 20 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants</p>	<p>9:15 Guided Meditation 21 10:00 National Geographic <b>12:00 Departing for Picnic at Gage Park - by sign up</b> 1:00 Friendly Visits 3:30 Balloon Tennis 4:00 Watering the Plants</p>	<p><b>Vendor: Avon</b> 22 9:30 Dart Game 10:00 Mr Bean Show 1:00 Friendly Visits 3:30 Blowing Bubbles 4:00 Watering the Plants</p>	<p>9:30 Walking Club 23 1:00 Friendly Visits 3:00 Pet Visits w/Marla &amp; Ernie! 3:30 Can Stack Game 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 24 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants</p>	<p>10:30 Activity Booklet 25 (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) <b>3:00 Piano w/Amala (CR)</b></p>			
<p>10:30 Activity Booklet 26 (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)</p>	<p>9:30 Morning Exercise 27 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants</p>	<p>9:15 Guided Meditation 28 10:45 Monthly Calendar Meeting (CR) <b>2:00 Birthday Bash w/Marcus Schwan (CR)</b> 3:00 Afternoon Teatime + Birthday Cake (CR) 4:00 Watering the Plants</p>	<p>9:30 Ring Toss 29 10:00 Mr Bean Show 1:00 Friendly Visits 3:30 Word Games 4:00 Watering the Plants</p>	<p>9:30 Walking Club 30 1:00 Friendly Visits 3:00 Pet Visits w/Marla &amp; Ernie! 3:30 Ball Games 4:00 Watering the Plants</p>	<p>9:30 Morning Exercise 31 11:30 Tuck Shop (HK) 1:00 Friendly Visits <b>2:00 Food Meeting (CR)</b> 3:30 Movie Matinee 4:00 Watering the Plants</p>	<p><b>Room Location Legend:</b> HK- Hobby Kitchen CR- Canada Room GR- TV &amp; Games Room DTD- Door to Door LL- Lower Level CH- Chapel L- Library BP- Back Patio</p>			

Programs are subject to change. Please check the board beside the front desk for daily updated programs or call Social Director Taylor Debattista ext 2240.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2026</h1>			10:15 Sit & Stretch (CR) 1 10:45 Blackjack (CR) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 3:30 Documentary: Inside Canada (GR)  Canada Day	10:15 Roman Catholic Church Service (GR) 2 10:15 Shuffleboard (LL) 10:45 Walking Club (LL) 2:00 Dominoes (CR) 3:00 Afternoon Teatime (CR) 3:00 Pet Visits w/Marla & Ernie! 7:00 Poker (CR)	9:45 & 10:15 Morning Exercise (CR) 3 10:45 Jeopardy: Canada Theme (cafe) 11:30 Tuck Shop (HK) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:15 Sit & Stretch (CR) 4 10:30 Activity Booklet (Available at reception) 10:45 Lifesize Connect 4 (cafe) 2:00 Card Games (CR) 3:00 Afternoon Teatime (CR)
10:30 Activity Booklet (Available at reception) 5 2:00 Church Service w/Richard Saunders (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	9:45 & 10:15 Morning Exercise (CR) 6 10:45 Rummy-O (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	<b>Vendor: Express Fashions</b> 7 10:15 Guided Meditation (GR) 10:45 Beach Ball Game (CR) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 8 10:45 Wonders of Greece (GR) <b>2:00 Lemonade Social w/Steel Pan Drummer (BP)</b> 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 9 10:15 Shuffleboard (LL) 10:45 Walking Club (LL) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 3:00 Pet Visits w/Marla & Ernie!	9:45 & 10:15 Morning Exercise (CR) 10 10:45 Word Chain (cafe) 11:30 Tuck Shop (HK) 2:00 Hangman (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:30 Activity Booklet (Available at reception) 11 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) <b>3:00 Piano w/Amala (CR)</b>
10:30 Activity Booklet (Available at reception) 12 2:00 Church Service w/ St James Apostle Church (L) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	9:45 & 10:15 Morning Exercise (CR) 13 10:45 Manicure Monday (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	10:15 Guided Meditation (GR) 14 10:45 Rebus (cafe) <b>2:00 Chair Yoga w/Simone (CR)</b> 3:00 Afternoon Teatime (CR) 3:15 Concern on Screen: Tina Turner (GR)	9:45 & 10:15 Morning Exercise (CR) 15 10:45 Blackjack (CR) <b>12:00 Depart for outing to Snug Harbour - by sign up</b> 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	10:15 Roman Catholic Church Service (GR) 16 10:15 Shuffleboard (LL) 10:45 Walking Club (LL) 2:00 Poker (CR) 3:00 Afternoon Teatime (CR) 3:00 Pet Visits w/Marla & Ernie! <b>7:00 Entertainment w/ Lenny Graf Band (BP)</b>	<b>Vendor: Cavery Clothing</b> 17 9:45 & 10:15 Morning Exercise (CR) 10:45 Skip-BO (CR) 11:30 Tuck Shop (HK) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:15 Sit & Stretch (CR) 18 10:30 Activity Booklet (Available at reception) 10:45 Lifesize Connect 4 (cafe) 2:00 Card Games (CR) 3:00 Afternoon Teatime (CR)
10:30 Activity Booklet (Available at reception) 19 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	9:45 & 10:15 Morning Exercise (CR) 20 10:45 UNO (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	10:15 Guided Meditation (GR) 21 10:45 Darts (GR) <b>12:00 Departing for Picnic at Gage Park - by sign up</b> 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	<b>Vendor: Avon</b> 22 9:45 & 10:15 Morning Exercise (CR) 10:45 Baking (HK) 2:00 Mocktails on the Patio (LL) 3:00 Afternoon Teatime (CR)	10:15 Shuffleboard (LL) 23 10:45 Walking Club to Susan Fennell Sports Complex (LL) 2:00 Poker (CR) 3:00 Afternoon Teatime (CR) 3:00 Pet Visits w/Marla & Ernie!	9:45 & 10:15 Morning Exercise (CR) 24 10:45 Chai Time (HK) 11:30 Tuck Shop (HK) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:30 Activity Booklet (Available at reception) 25 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) <b>3:00 Piano w/Amala (CR)</b>
10:30 Activity Booklet (Available at reception) 26 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	9:45 & 10:15 Morning Exercise (CR) 27 10:45 Manicure Monday (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	10:15 Guided Meditation (GR) 28 <b>10:45 Monthly Calendar Meeting (CR)</b> <b>2:00 Birthday Bash w/Marcus Schwan (CR)</b> 3:00 Afternoon Teatime + Birthday Cake (CR)	9:45 & 10:15 Morning Exercise (CR) 29 10:45 Tech Time Presentation! (CR) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	10:15 Shuffleboard (LL) 30 10:45 Walking Club (LL) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 3:00 Pet Visits w/Marla & Ernie!	9:45 & 10:15 Morning Exercise (CR) 31 10:45 Charades (cafe) 11:30 Tuck Shop (HK) <b>2:00 Food Meeting (CR)</b> 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	<b>Room Location Legend:</b> HK- Hobby Kitchen CR- Canada Room GR- TV & Games Room DTD- Door to Door LL- Lower Level CH- Chapel L- Library BP- Back Patio  

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