

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 1st Floor Calendar			10:15 – Garden Walks 2:00 – 1:1 Visits Canada Day	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 2:00 – Canada Day Celebration	10:30 – Sing Along Volunteer Group (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour Independence Day (U.S.)
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 – Birthday Celebration with live Entertainment 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Tea & Trivia	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	*Staff education in the morning 12:00 – Meal Assist 2:00 – Word Games 3:00 – Creative Corner	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Tea & Trivia	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Men’s Group 3:30 - Heart for Music Bastille Day	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Trivia	10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Love & Marriage	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Tea & Trivia	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Trivia	10:15 – Chair Yoga 11:00 – Word Games 1:30 – Church Service 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 visit	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Tea & Trivia	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:30 - Heart for Music	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Café Chez Nous 3:30 – 1:1 visit	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 2nd Floor Calendar			1 10:15 – Garden Walks 2:00 – 1:1 Visits Canada Day	2 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Canada Day Celebration 3:00 – 1:1 visit	3 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Manicure(B&C) 3:30 – Match that picture!	4 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:00 – Sing along (A) Independence Day (U.S.)
5 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	6 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	7 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure (A)	8 *Staff education in the morning 12:00 – Meal Assist 2:00 – Cooking Program 3:00 – 1:1 visit	9 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 visit	10 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Lunch IN 2:30 – High Tea Social 3:30 – Table Games	11 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Movie Afternoon 3:30 – 1:1 visit
12 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	13 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	14 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Men’s Group 3:00 – Sing Along (A) Bastille Day	15 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Creative Corner 3:00 – 1:1 visit	16 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Love & Marriage	17 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Soccer 3:30 – Drum Playing (A)	18 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:00 – Manicures (A)
19 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	20 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	21 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – 5 Card Bingo (B&C) 3:00 – Sensory Simulation (A)	22 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Cookie Decorating 3:00 – 1:1 visit	23 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Word Games 3:00 – Drum Playing (A)	24 10:15 – Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Bowling 3:30 – Match that picture (A)	25 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:00 – Sensory Stimulation
26 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit	27 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	28 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	29 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Café Chez Nous 3:30 – 1:1 visit	30 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Poetry Club 3:00 – Table Games (A)	31 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Tables Games 3:30 – Active Games (A)	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 3rd Floor Calendar			10:15 – Garden Walks 1 2:00 – 1:1 Visits Canada Day	10:15 - Weighted Fitness (B) 2 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Canada Day Celebration 3:00 – 1:1 visit	10:15 - Morning Fitness 3 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance	10:15 – Balloon Toss 4 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo Independence Day (U.S.)
5 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	6 10:15 – Weighted Fitness (B) 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing Along	7 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	8 *Staff education in the morning 12:00 – Meal Assist 2:00 – Word Games 3:00 – Creative Corner	9 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Baking Program 3:30 – 1:1 visit	10 10:15 - Morning Fitness (B) 12:00 – Special Lunch In 2:30 - Social Tea 3:30 – Sing Along	11 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo
12 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – High Tea Social	13 10:15 – Weighted Fitness (B) 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	14 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures Bastille Day	15 10:15 – Fitness & Fun 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	16 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Love & Marriage	17 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance	18 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo
19 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit	20 10:15 – Weighted Fitness (B) 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing Along	21 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	22 10:15 – Fitness & Fun 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	23 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Smoothie Program 3:30 – 1:1 visit	24 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Sing Along	25 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo
26 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – High Tea Social	27 10:15 – Weighted Fitness (B) 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Reminiscing Program 3:00 – Salsa Dance	28 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	29 10:15 – Fitness & Fun 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Café Chez Nous 3:30 – 1:1 visit	30 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	31 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance	

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