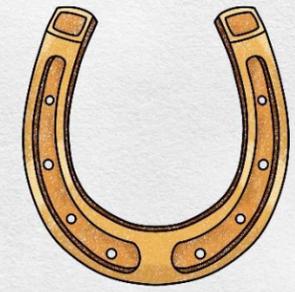


River Ridge Seniors Village, Supportive Living

July 2025

Activities May Change due to Staffing or unforeseen.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|---|
|  |  | <p>1, Stat Day, No Activities</p>  | <p>2, 10:30am Sit & Stretch in GM 10:30am Cubii Exercise 1:30pm Armchair Travel- Canada 1:00pm Undecor 3:30pm Slide Card Bingo 6:30pm Live Entertainment Rodi & the Guys</p> | <p>3, 10:30am Card Game</p>  <p>10:30am Cubii Exercise 1:30pm Walks outside 3:30pm Slide Card Bingo</p> | <p>4, 10:30am Cubii Exercise 1:30pm Rock Painting</p>  <p>3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>5, 1:00pm Afternoon Movie 1:30pm Card Game</p>  |
| <p>6</p>  | <p>7, 10:30am Card Game</p>  <p>1:30pm Rough Draft Live Entertainment</p>  <p>3:30pm Slide Card Bingo</p> | <p>8, 10:30am Plinko game 1:30pm Cookie Baking in GM</p>  <p>3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>9, Lunch at the Mall Bus loading at 10:30am</p>  <p>3:30pm Slide Card Bingo</p> | <p>10, 10:30am Drum Fit</p>  <p>1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>11, 10:30am Artist Art 1:30pm Queens of Country- Sing Song in Theatre</p>  <p>3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>12, 1:00pm Afternoon Movie 1:30pm Card Game</p>  |
| <p>13 Bake Sale July 18th</p>  <p>Please Dress up Stampede Week with Stampede Attire July 21-27</p> | <p>14, Video Chats 10:30am Cubii Exercise Clean up Day</p>  | <p>15, 10:30am Drum Fit</p>  <p>1:00pm Stamped Prep 3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>16, 10:30am Tetris Game 10:30am Cubii Exercise 1:00pm Stampede Prep 3:30pm Slide Card Bingo</p>  | <p>17, 10:30am Card Game</p>  <p>1:00pm Stampede Prep 1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>18, Bake Sale</p>  <p>10:30am Cubii Exercise 10:30am Card Game</p>  <p>10:30am Cowboy Hat prep 1:00pm Stampede Prep 3:30pm Resident House Social</p> | <p>19, 1:00pm Afternoon Movie 1:30pm Card Game</p>  |
| <p>20, Stampede Week</p>  | <p>21, Chilli Cook Off 10:30am-2pm at the Bistro</p>  <p>3:30pm Slide Card Bingo</p> | <p>22, 11:30am Stampede Parade 1:30pm Live Entertainment We Three Trio 3:30pm Resident House Social A fun Filled Hour to Reminice</p>  | <p>23, 10:30am-2pm Vintage Cars</p>  <p>1:30pm Live Country Music Willie & The Bandits in GM</p> | <p>24, Medicine Hat Stampede Parade</p>  | <p>25, 10:30am Cubii Exercise 10:30am Kings of Country- Sing Song in Theatre 1:30pm Just Dance Line Dance</p>  <p>3:30pm Resident House Social</p> | <p>26, 1:00pm Afternoon Movie, 1:30pm Card Game</p>  |
| <p>27</p>  | <p>28, Video Chats 10:30am Cubii Exercise 1:30pm Undecorating 3:30pm Slide Card Bingo</p>  | <p>29, 11:30am Mascot Parade with Monty and Marshall</p>  <p>1:30pm 60 mintue complimentary Seminar with Kare Jacoba in the Theatre 3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>30, 10:30am Sit & Stretch in GM 1:00pm Nail Care in Games Room</p>  <p>3:30pm Slide Card Bingo</p> | <p>31, 10:30am Drum Fit</p>  <p>1:30pm Birthday Social Live Entertainment with Phil Marleau</p>  |  | |

River Ridge Seniors Village, Long Term Care

July 2025

Activities May Change due to Staffing or unforeseen.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|--|
|  |  | <p>1, Stat Day, No Activities</p>  | <p>2, 9:30am Balloon Fit 10:30am Aqua Painting 1:30pm Armchair Travel- Canada 3:30pm Slide Card Bingo 6:30pm Live Entertainment Rodi & the Guys</p> | <p>3, 9:30am Balloon Fit 10:30am Nail Care</p>  <p>3:30pm Slide Card Bingo</p> | <p>4, 9:30am Balloon Fit 10:30am Rock Painting</p>  <p>3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>5, 1:30pm One on One visit</p> |
| <p>6</p>  | <p>7, 9:30am Balloon Fit 1:30pm Rough Draft Live Entertainment</p>  <p>3:30pm Slide Card Bingo</p> | <p>8, 9:30am Balloon Fit 10:30am Plinko game in GM 1:30pm Cookie Baking in GM</p>  <p>3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>9, 9:30am Balloon Fit Lunch at the Mall Bus loading at 10:30am</p>  <p>3:30pm Slide Card Bingo</p> | <p>10, 11:00am Drum Fit</p>  <p>1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>11, 9:30am Balloon Fit 10:30am Trivia 1:30pm Queens of Country- Sing Song in Theatre</p>  <p>3:30pm Resident House Social</p> | <p>12, 1:30pm One on One visit</p> |
| <p>13 Bake Sale July 18th</p>  <p>Please Dress up Stampede Week with Stampede Attire July 21-27</p> | <p>14, 9:30am Video Chats Clean up Day</p>  | <p>15, 9:30am Balloon Fit 11:00am Drum Fit</p>  <p>1:00pm Stampede Prep 3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>16, 9:30am Balloon Fit 10:30am Tetris Game 1:00pm Stampede Prep 3:30pm Slide Card Bingo</p>  | <p>17, 9:30am Balloon Fit 10:30am Nail Care</p>  <p>1:00pm Stampede Prep 1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>18, Bake Sale</p>  <p>9:30am Balloon Fit 10:30am Cowboy Hat prep 1:00pm Stampede Prep 3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>19, 1:30pm One on One visit.</p> |
| <p>20, Stampede Week</p>  | <p>21, Chilli Cook Off 10:30am-2pm</p>  <p>3:30pm Slide Card Bingo</p> | <p>22, 9:30am Balloon Fit 10:30am Stampede Parade 1:30pm Live Entertainment We Three Trio 3:30 Resident House Social</p>  | <p>23, 9:30am Balloon Fit 10:30am-2pm Vintage Cars</p>  <p>1:30pm Live Country Music Willie & The Bandits in GM</p> | <p>24, Medicine Hat Stampede Parade</p>  | <p>25, 9:30am Balloon Fit 10:30am Kings of Country- Sing Song in Theatre 1:30pm Just Dance Line Dance</p>  <p>3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>26, 2:00pm Ice Cream Cart</p> |
| <p>27,</p>  | <p>28, 9:30am Video Chats 1:30pm Undecorating 3:30pm Slide Card Bingo</p>  | <p>29, 10:30am Mascot Parade with Monty and Marshall</p>  <p>1:30pm 60 mintue complimentary Seminar with Kare Jacoba in the Theatre 3:30pm Resident House Social</p> | <p>30, 9:30am Balloon Fit 10:30am Nail Care</p>  <p>3:30pm Slide Card Bingo</p> | <p>31, 11:00am Drum Fit</p>  <p>1:30pm Birthday Social Live Entertainment with Phil Marleau</p>  |  | |

River Ridge Seniors Village, Paradise Lane

July 2025

Activities May Change due to Staffing or unforeseen.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|--------------------------------------|
|  |  | <p>1, Stat Day, No Activities</p>  | <p>2, 10:30am Sit & Stretch in GM 1:30pm Armchair Travel- Canada 1:00pm Undecor 3:30pm Slide Card Bingo 6:30pm Live Entertainment Rodi & the Guys</p> | <p>3, 9:00am Sit & Stretch 10:30am Card Game</p>  <p>10:30am Cubii Exercise 1:30pm Walks outside 3:30pm Slide Card Bingo</p> | <p>4, 9am Walks outside 10:30am Cubii Exercise 1:30pm Rock Painting</p>  <p>3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>5, 2:30pm Cubii exercise</p> |
| <p>6,</p>  | <p>7, 9:00am Sit & Stretch 1:30pm Rough Draft Live Entertainment</p>  <p>3:30pm Slide Card Bingo</p> | <p>8, 9:00am Sit & Stretch 10:30am Plinko game in GM 1:30pm Cookie Baking in GM</p>  <p>3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>9, 9am walks outside Lunch at the Mall Bus loading at 10:30am</p>  <p>3:30pm Slide Card Bingo</p> | <p>10, 9:00am Sit & Stretch 10:30am Drum Fit</p>  <p>1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>11, 9am Trivia 10:30am Artistic Art 1:30pm Queens of Country- Sing Song in Theatre</p>  <p>3:30pm Resident House Social</p> | <p>12, 2:30pm Cubii exercise</p> |
| <p>13 Bake Sale July 18th</p>  <p>Please Dress up Stampede Week with Stampede Attire July 21-27</p> | <p>14, 9:30am Video Chats Clean Up Day</p>  | <p>15, 9:00am Walks Outside 10:30am Drum Fit</p>  <p>1:00pm Stampede Prep 3:30 Resident House Social A fun Filled Hour to Reminice</p> | <p>16, 9:00am Walks Outside 10:30am Tetris Game 1:00pm Stampede Prep 3:30pm Slide Card Bingo</p>  | <p>17, 9:00am Sit & Stretch 10:30am Nail Care</p>  <p>1:30pm Horse Racing</p>  <p>3:30pm Slide Card Bingo</p> | <p>18, Bake Sale</p>  <p>9:00am Sit & Stretch 10:30am Cowboy Hat prep 1:00pm Stampede Prep 3:30pm Resident House Social A fun Filled Hour to Reminice</p> | <p>19, 2:30pm Cubii exercise</p> |
| <p>20, Stampede Week</p>  | <p>21, Chilli Cook Off 10:30am-2pm</p>  <p>3:30pm Slide Card Bingo</p> | <p>22, 9:00am Sit & Stretch 11:00am Stampede Parade 1:30pm Live Entertainment We Three Trio 3:30pm Resident House Social</p>  | <p>23, 10:30am-2pm Vintage Cars</p>  <p>1:30pm Live Country Music Willie & The Bandits in GM</p> | <p>24, Medicine Hat Stampede Parade</p>  | <p>25, 9:00am Sit & Stretch 10:30am Kings of Country- Sing Song in Theatre 1:30pm Just Dance Line Dance</p>  <p>3:30pm Resident House Social</p> | <p>26, 1:30pm Ice Cream Cart</p> |
| <p>27,</p>  | <p>28, 9:30am Video Chats 10:30am Cubii Exercise 1:30pm Undecorating 3:30pm Slide Card Bingo</p>  | <p>29, 11:00am Mascot Parade with Monty and Marshall</p>  <p>1:30pm 60 minute complimentary Seminar with Kare Jacoba in the Theatre 3:30pm Resident House Social</p> | <p>30, 9:00am Walks Outside 1:30pm Nail Care in Games Room</p>  <p>3:30pm Slide Card Bingo</p> | <p>31, 10:30am Drum Fit</p>  <p>1:30pm Birthday Social Live Entertainment with Phil Marleau</p>  |  | |