



July 2025 ~Meadows

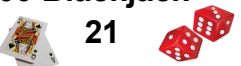


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2:00  Canadian Trivia & Treats	2  2:00  Music Appreciation with Dennis	3 2:00  Tai Chi with Dave 4th Floor	4  10:00 Fun & Fitness at the Arbours 2:00 Circle of Friends	5 
6  2:00  Church Service St Andrew's Presbyterian at the Arbours	7 10:00 Fun & Fitness at the Arbours 2:00  Horse Races	8  11:15 Catholic Mass @ Arbours	9 2:00  Watermelon Wednesday	10  2:00  Meditation with Gae 4th Floor	11 10:00 Fun & Fitness at the Arbours 2:00 Word In A Word 	12 
13 2:00  Church Service St John's Anglican at the Arbours	14  10:00 Fun & Fitness at the Arbours 2:00 	15  9:30  Strawberry Tea Breakfast 	16  2:00  Music with Ken  &  Banana Splits	17 2:00  Tai Chi with Dave 4th Floor	18  10:00 Fun & Fitness at the Arbours 2:00 Dice Box 	19 
20  2:00  Church Service New Life at the Arbours	21  2:00 Target Shoot	22  2:00  Bailey's & Ice Cream	23  Meadows BBQ Lunch	24  2:00  Where In The World & Time Guesser	25 10:00 Fun & Fitness at the Arbours 2:00 Afternoon Movie	26 
27  2:00  Church Service ShareWord Global at the Arbours	28 10:00 Fun & Fitness at the Arbours 2:00 	29  11:00 - 1:00  Meadows Summerfest 	30  2:00  Music with Jan & Drumsticks	31 2:00  Tai Chi with Dave	 A member of the Park Place family	



July 2025 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <i>Happy Canada Day</i>		1 8:15 Morning Greetings 10:00 Canadian Trivia   2:00 Canada Day Bingo	2  9:30 Walk The Block 10:00 Balloon Volleyball  2:00 Canadiana with Brian & Cate	3 8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Jewelry Club 	4  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside  2:00 Annual Strawberry Tea 	5 
6   Daily Chronicle 2:00 Sunday Church St Andrew's Presbyterian	7 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Fill In The Blank 	8  8:15 Morning Greetings 11:15 Catholic Mass  2:00 Bowling at Sunridge Lanes	9 8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Watermelon Wednesday 	10  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Creative Corner 	11 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites  Daily Chronicle	12 
13 Daily Chronicle 2:00  Sunday Church St John's Anglican	14  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Popsicle Parade  Daily Chronicle	15 8:15 Morning Greetings 10:00 Where In The World  2:00 Bingo Bonanza 	16  9:30 Walk The Block 10:00 Balloon Volleyball  2:00 Summerfest with Just Jim 	17 8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Target Shoot 	18  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Summer Photoshoot  Daily Chronicle	19 
20  Daily Chronicle 2:00  Sunday Church New Life	21 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Word In A Word  Daily Chronicle	22  8:15 Morning Greetings 10:00 News & Views  2:00 Bocce Ball 	23 8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Watermelon Wednesday 	24  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Blackjack 	25 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites  Daily Chronicle	26 
27  Daily Chronicle 2:00 Sunday Church ShareWord Global	28  10:00 Fun & Fitness In the Fireside 2:00 Jam Factory In the Fireside 	29 8:15 Morning Greetings 10:00 Do you Recall? 2:00 Bingo Bonanza 	30  10:00 Balloon Volleyball  2:00 Creative Corner 	31  10:00 Mindful Meditation 2:00 Neighbourhood Visits	 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>	