









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 <i>Independent Living</i>		<div>1</div>  <div>Canada Day</div>	<div>2</div> <div>10:30 – Fitness with Bev – 2nd Floor</div>	<div>3</div> <div>10:15 – Brain Games - PDR</div> <div>1:30 – Superior Farms Lantzville</div> <div>*Sign up list at reception</div>	<div>4</div> <div>10:15 – News & Views with Shawn – 2nd Floor</div> <div>2pm- Happy Hour☺ - Dining Room</div> <div>Independence Day (US)</div>	<div>5</div> <div>Saturday Ideas To Do</div> <div>↓</div>
<div>6</div> <div>2:30- CRIB & CARDS - PDR</div>	<div>7</div> <div>10:30 – Sit & Be Fit – 2nd Floor</div> <div>2pm – BINGO! – 2nd Floor</div>	<div>8</div> <div>10:15 – Brain Games - PDR</div> <div>2:00pm Giant Crossword - PDR</div>	<div>9</div> <div>10:30 – Fitness with Bev – 2nd Floor</div> <div>2:00pm – Resident Town Hall Meeting & Popsicles - Dining Room</div>	<div>10</div> <div>10am - Food Committee Meeting-Dining Room</div> <div>1:30- Shopping Trip to Woodgrove Center</div> <div>*Sign up list at reception</div>	<div>11</div> <div>10:15 Trivia - PDR</div> <div>2:30 Big Bang Cidery</div> <div>*Sign up list at reception</div>	<div>12</div> <div>SCRABBLE</div> <div>PUZZLES</div> <div>LIBRARY</div>
<div>13</div> <div>2:30- CRIB & CARDS - PDR</div>	<div>14</div> <div>10:30 – Sit & Be Fit – 2nd Floor</div> <div>2pm – BINGO! – 2nd Floor</div>	<div>15</div> <div>11:15 Lunch Outing to The Well Pub</div> <div>*Sign up list at reception</div> <div>2pm- “Yard Games” -Meet at Reception Desk</div>	<div>16</div> <div>10:30 Fitness with Bev – 2nd Floor</div> <div>2pm – Birthday Tea with Cliff – IL Dining Room</div> 	<div>17</div> <div>10:15 – Brain Games - PDR</div> <div>2:30pm Ice Cream Social IL Deck</div>	<div>18</div> <div>10:15 – News & Views with Shawn – 2nd Floor</div> <div>2pm- Happy Hour☺ - Dining Room</div>	<div>19</div> <div>WALKS</div> <div>CARDS</div> <div>BLUE JAY BASEBALL</div>
<div>20</div> <div>2:30- CRIB & CARDS - PDR</div> <div>Shawn away this week</div> <div>→</div>	<div>21</div> <div>10:15 Trivia - PDR</div>	<div>22</div> <div>2pm- Bocce Ball</div>	<div>23</div> <div>10:30 Fitness with Bev – 2nd Floor</div>	<div>24</div> <div>2pm- Travel Show “Vancouver Island’s Ecosystem” Dining Room</div>	<div>25</div> <div>2pm – Games Hour - 2nd Floor</div>	<div>26</div> 
<div>27</div> <div>2:30- CRIB & CARDS - PDR</div>	<div>28</div> <div>10:30 – Sit & Be Fit – 2nd Floor</div> <div>2pm – BINGO! – 2nd Floor</div>	<div>29</div> <div>9:30- Walking Group To Buttertubs Marsh</div> <div>*Sign up list at reception</div> <div>1:30pm – Crib Tournament Dining Room</div>	<div>30</div> <div>10:30 Fitness with Bev – 2nd Floor</div> <div>2pm- “Yard Games” -Meet at Reception Desk</div>	<div>31</div> <div>2pm – BINGO! – 2nd Floor</div> <div>4:30 – Dinner Outing to The Grand Hotel</div> <div>*Sign up list at reception</div>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>July</div> <div>2025</div> <div>COTTAGES</div> </div>		<div>1</div> <div>10:00 – Canada day</div> <div>10:00 Flower Arranging</div> <div>11:00 Gardening</div> <div>2:00 Canada day</div> <div>4:00 friendly visits</div> <div>Canada Day</div>	<div>2</div> <div>10:00 – Reminiscing</div> <div>11:00 – Active games</div> <div>1:00- Bus Trip</div> <div>1:30 St. Philips</div>	<div>3</div> <div>10:00 Music Therapy</div> <div>11:00 Sing along</div> <div>1:00 Arts corner -</div> <div>3:30 Office Time</div>	<div>4</div> <div>10:00- Spa day</div> <div>11:00 – magazine cart</div> <div>1:00- Music Program</div> <div>3:00 – Walking program</div> <div>Independence Day (US)</div>	<div>5</div> <div>1:30 Trips to the Tuck Shop</div> <div>4:00 Walking Program</div>
	<div>6</div> <div>1:00 Friendly Visits</div>	<div>7</div> <div>10:00 Snoezelen</div> <div>11:00 Gardening</div> <div>1:15 Bingo</div> <div>3:00 Popsicles & Patio</div> <div>4:00 Friendly Visits</div>	<div>8</div> <div>10:00 Flower Arranging</div> <div>1:15 sit & be fit</div> <div>3:00 Reminiscing</div>	<div>9</div> <div>10:00 Short stories</div> <div>11:00 Active Games</div> <div>1:30 Montessori</div> <div>4:00 friendly visits</div>	<div>10</div> <div>10:00-Catholic Mass</div> <div>1:15 Aqua fun</div> <div>3:30 Office Time</div> <div>4:00- friendly visits</div>	<div>11</div> <div>10:00- Spa day</div> <div>11:00 Gardening</div> <div>1:15 walking program</div> <div>3:00 ice cream social</div> <div>4:00 friendly visits</div> <div>1:30 Trips to the Tuck Shop</div> <div>4:00 Walking Program</div>
	<div>13</div> <div>1:00 Friendly Visits</div>	<div>14</div> <div>10:00 Snoezelen</div> <div>11:00 Gardening</div> <div>1:15 magazine cart</div> <div>3:00 coffee & connection</div> <div>4:00 Friendly visits</div>	<div>15</div> <div>10:00 Flower Arranging</div> <div>1:15 Bingo</div> <div>2:15 Active Games/ Table games</div> <div>4:00 friendly visits</div>	<div>16</div> <div>10:00 Short stories</div> <div>11:00 Active Games</div> <div>1:00 Montessori</div> <div>4:00 Friendly visits</div>	<div>17</div> <div>10:00 Music Therapy</div> <div>10:30 Resident Council Meeting</div> <div>11:00 Office time</div> <div>2:00 Birthday Social</div>	<div>18</div> <div>10:00 Spa Day</div> <div>11:00 Gardening</div> <div>1:15 – Walking program</div> <div>3:00 Patio social & music</div> <div>4:00 Friendly visits</div> <div>1:30 Trips to the Tuck Shop</div> <div>4:00 Walking Program</div>
	<div>20</div> <div>1:00 Friendly Visits</div>	<div>21</div> <div>10:00 Snoezelen</div> <div>11:00 Gardening</div> <div>1:15 Active games</div> <div>3:00 Music & motion</div> <div>4:00 Friendly Visits</div>	<div>22</div> <div>10:00 Flower Arranging</div> <div>11:00 Active Games/ Table Games</div> <div>1:15 Armchair travel</div> <div>2:00 Coffee & Connection</div>	<div>23</div> <div>10:00 Short stories</div> <div>11:00 Active games</div> <div>1:00 Bus trip</div> <div>4:00 Friendly Visits</div>	<div>24</div> <div>10:00 short stories</div> <div>11:00 Active Games</div> <div>1-3:00 Musical Entertainment with Keith</div> <div>3:30 office time</div>	<div>25</div> <div>10:00 spa day</div> <div>1:15 walking prog.</div> <div>3:00 patio social & Music</div> <div>4:00 Friendly visits</div> <div>1:30 Trips to the Tuck Shop</div> <div>4:00 Walking Program</div>
	<div>27</div> <div>1:00 Friendly Visits</div>	<div>28</div> <div>10:00 Bingo</div> <div>11:00 Gardening</div> <div>1:15 Arts corner</div> <div>3:00 Popsicles & Patio</div> <div>4:00 Friendly Visits</div>	<div>29</div> <div>10:00 Flower Arranging</div> <div>11:00 Active Games/ Table games</div> <div>1:15 Gardening</div> <div>3:00 Music & Patio Time</div>	<div>30</div> <div>10:00 Short stories</div> <div>1:00 Montessori</div> <div>4:00 Friendly Visits</div>	<div>31</div> <div>10:00 Music Therapy</div> <div>11:00 Gardening</div> <div>1:15 Armchair travel</div> <div>3:30 Office Time</div>	<div>Programs subject to change.</div> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1ST FLOOR	July 2025	10:00 Calendar Distribution 1 2:00 Canada Day Celebration  4:00 Friendly Visits	10:00 BINGO 2 1:30 JW Meeting 3:00 Sing Along 4:00 Friendly Visits	10:00 Chair Exercises 3 11:00 Team Meeting 2:00 Birthday Social  4:00 Spa Day	10:15 Name that Tune 4 1:30 Trips to the Tuck Shop 2:30 Ice Cream and Music 4:00 Friendly Visits <small>Independence Day (US)</small>	5 2:30 Ice Cream, Music & Games
6 2:30 Bingo	10:00 Strolls 11:00 Reminiscing 7 2:00 Friendly Visits	10:00 Chair Exercises 8 1:30 Friendly Visits 2:30 Java Music Club 4:00 Card Games	10:00 BINGO 9 1:30 JW Meeting 1:30 Bus Outing 4:00 Friendly Visits	10:00 Music Therapy 10 10:00 Catholic Mass 11:15 Armchair Travel  4:00 Spa Day	10:15 Patio Meditation 11 1:30 Trips to the Tuck Shop 2:30 Ice Cream and Music 4:00 Friendly Visits	12 2:30 Ice Cream, Music & Games
13 2:30 Bingo	10:00 Fresh Air Walks 11:00 News on the Go 14 1:15 Patio Social	10:00 Chair Exercises 15 1:30 Friendly Visits 2:30 Java Music Club 4:00 Card Games	10:00 BINGO 16 1:30 JW Meeting 3:00 Sing Along 4:00 Friendly Visits	10:30 Resident Council Meeting 17 11:15 Armchair Travel  4:00 Spa Day	10:00 Art Corner 18  2:00 Music Entertainment with Greg 4:00 Friendly Visits	19 2:30 Ice Cream, Music & Games
20 2:30 Bingo	11:15 News on the Go 21 1:30 Outside Games 3:00 Word Games	10:00 Chair Exercises 22 1:30 Friendly Visits 2:30 Java Music Club 4:00 Card Games	10:00 BINGO 23 1:30 JW Meeting 3:00 Sing Along 4:00 Friendly Visits	10:00 Music Therapy 24 10:30 Chair Exercises 1:30 Friendly Visits 2:30 Armchair Travel 4:00 Spa Day	10:00 Chair Exercise 25  4:00 Friendly Visits	26 2:30 Ice Cream, Music & Games
27 2:30 Bingo	10:00 Chair Chi 28 2:30 Montessori	10:00 Chair Exercises 29 1:30 Friendly Visits 2:30 Java Music Club 4:00 Card Games	10:00 BINGO 30 1:30 JW Meeting 1:30 Bus Outing 4:00 Friendly Visits	10:00 Chair Exercises 31 1:30 Friendly Visits 2:30 Armchair Travel 4:00 Spa Day	Wexford Creek 1ST FLOOR 	



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday															
<div>July 2025</div> <div>Wexford Creek 2nd Floor</div>				9:30 Armchair Travel CANADA 11:00 Friendly Visits		1		10:00 Bingo		2		10:15 Balloons & Tunes 11:00 Team Meeting		3		10:15 Name that Tune 11:00 Strolls		4		10:00 Music Program		5					
				Canada Day				1:30 JW Meeting				12:50 Rehab				Independence Day (US)											
10:30 Sunday Morning Connection		6		10:00 Active Games 11:00 Brain Games 1:15 Colouring 2:30 Singalong 3:00 Games		7		9:30 Spa Day 11:00 Friendly Visits		8		10:00 Bingo		9		10:00 Bingo 11:00 Music Therapy 11:00 Friendly Visits 12:50 Rehab G 2:00 Birthday Social		10		10:15 Patio Meditation 11:00 Tuck shop		11		10:00 Armchair Travel		12	
10:30 Sunday Morning Connection		13		10:00 Active Games 11:00 Brain Games 1:15 Spa Day 3:00 Friendly Visits		14		9:30Montessori 11:00 Friendly Visits		15		10:00 Bingo		16		10:15 Patio Meditation 10:30 Resident Council Meeting 12:50 Rehab		17		10:15 Art Corner 11:15 Strolls		18		10:00 Music Program		19	
10:30 Sunday Morning Connection		20		10:00 Exercises 10:00 Active Games 11:00 Brain Games 1:15 Colouring 2:30 Singalong		21		9:30 Armchair Travel 11:00 Friendly Visits		22		10:00 Bingo		23		10:00 Bingo 11:00 Music Therapy 11:00 Friendly Visits 12:50 Rehab		24		10:15 Chair Chi 11:00 Strolls 2:00 Musical Entertainment with Marty		25		10:00 Armchair Travel		26	
10:30 Sunday Morning Connection		27		10:00 Active Games 11:00 News on the Go 11:00 Brain Games 1:15 Montessori 2:30 Reminiscing		28		9:30 Spa Day 11:00 Friendly Visits		29		10:00 Bingo		30		10:15 Aqua Paints 11:00 Friendly Visits 12:50 Rehab		31		Programs subject to change.							
										1:30 JW Meeting																	