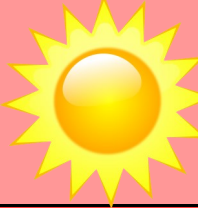




July 2026 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <i>Happy Canada Day</i> 	 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>		1   8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 The Wonders Of Canada	2 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Walk The Block 2:00 Creative Craft 3:00 Laugh Therapy	3  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Parachute 1:00 Market Place 2:00 Patio Time 	4 
5   8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church Jesus Is Lord	6  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	7  8:15 Breakfast Buddies 10:15 Trivia Time 11:15 Catholic Mass 1:00 One To One 2:00 Target Shoot  3:00 Art Walk	8  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Music History with Andy	9  8:15 Breakfast Buddies 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Jewelry Sorting 3:00 Name That Tune	10 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Choir in Elm 2:00 Movie Matinee	11 
12 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Nazarene	13  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Fill in the Blank 3:00 Paul Anka	14 8:15 Breakfast Buddies 10:00 News & Views 11:00 Tone Chimes 1:00 This Day in History 2:00 Bingo Time 3:00 Gordon Lightfoot	15  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Strawberry Tea  Celebration 	16 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Walk The Block 2:00 Creative Craft 3:00 Laugh Therapy	17  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Relay Race 1:00 Market Place 2:00 Patio Time 	18 
19  8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church	20 8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	21  8:15 Breakfast Buddies 10:00 Reminisce 11:00 Popsicles  1:00 One To One 2:00 Bocce  3:00 Art Walk	22 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Brian & Cate Canadiana	23  8:15 Breakfast Buddies 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Photoshoot 3:00 Name That Tune	24 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Fireside Movie Matinee	25 
26  Daily Chronicle 2:00 Sunday Church ShareWord Global	27  10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Horse Racing	28 8:15 Breakfast Buddies 10:00 News & Views 11:00 Porcupine Facts 1:00 This Day in History 2:00 Bingo Time	29  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Patio Time 	30 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Walk The Block 2:00 Creative Craft	31 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Music with Sweet Harmony	



July 2026 ~Meadows



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <i>Happy Canada Day</i>	 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>		1  2:00 Fresh Baked Cookies  	2 10:00 Chair Yoga 2:00 Wonders Of Canada	3  2:00 Karaoke With Dennis	4 
5  2:00  Church Service Jesus Is Lord At the Arbours	6 10:00 Country Drive 	7 10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	8 10:00 Exercise 10:30 Walk The Block 2:00 Horse Racing 	9  10:00  Chair Yoga 2:00 Fill In The Blanks	10 2:00 Wine Time With  Elvin &  Al	11 
12 2:00 Church Service Nazarene At the Arbours	13  2:00  Bingo Bonanza 	14 11:00 - 1:00 Meadows Summerfest   	15  10:00 Exercise 10:30 Walk The Block 2:00 Circle of Friends	16 10:00 Chair Yoga 2:00 Trivia  Time	17  2:00  Ice Cream Sundaes	18 
19  2:00  Church Service New Life At the Arbours	20 10:00 Country Drive 2:00  Music Bingo	21  10:00 Chair Yoga 2:00 Word In A Word	22 10:00 Exercise 10:30 Walk The Block 2:00 Travelogue "Newfoundland"	23  10:00  Chair Yoga 2:00 Dice Box 	24 2:00 Wine Time With Nigel  Cheers!	25  
26 2:00 Church Service ShareWord Global At the Arbours	27  2:00  Bingo Bonanza	28 10:00 Chair Yoga 	29  10:00 Exercise 10:30 Walk The Block	30 10:00 Chair Yoga 2:00 Fill In The Blanks	31 2:00 Memory Lane 	