

Sunday

Monday

Tuesday

Wednesday

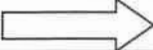
Thursday

Friday

Saturday

July 2026

Independent Living

July 2026 Independent Living				1 2 1:30- Shopping Trip to Woodgrove Center *Sign up list at reception	3 10:15 Trivia - PDR 2pm- "Yard Games" -Meet at Reception Desk	4 Saturday Ideas To Do ↓ Independence Day (U.S.)
5 2:30- CRIB & CARDS - PDR	6 10:30 – Sit & Be Fit - 2nd Floor 2pm – BINGO! – 2nd Floor	7 10:15 – Brain Games - PDR 2pm – <i>Scenic Drive</i> *Sign up list at reception	8 10:30 Fitness with Bev - 2nd Floor	9 10am - Food Committee Meeting-Dining Room 11:15 Lunch Outing to Montana's *Sign up list at reception	10 10:15 – News & Views with Shawn – 2nd Floor 2pm- <i>Happy Hour☺</i> - Dining Room	11 SCRABBLE PUZZLES
12 2:30- CRIB & CARDS - PDR	13 10:30 – Sit & Be Fit - 2nd Floor 2pm – BINGO! – 2nd Floor	14 9:45-2:30 Legion Social Bus Trip -Coffee, Games, Lunch & Guest Speaker *Sign up list at reception Bastille Day	15 10:30 Fitness with Bev - 2nd Floor 2pm – <i>Birthday Tea with Rick</i> - <i>IL Dining Room</i> 	16 2pm – BINGO! – 2nd Floor 4:30 – Dinner Outing The Bold Knight *Sign up list at reception	17 10:15 – Brain Games - PDR 2pm <i>Ice Cream Social</i> - Dining Room	18 LIBRARY WALKS
19 2:30- CRIB & CARDS - PDR Shawn away this week 	20 10:15 Trivia - PDR	21 2pm – Bocce Ball	22 10:30 Fitness with Bev - 2nd Floor	23 10:15 – Brain Games - PDR	24 2pm – Games Hour - 2nd Floor	25 CARDS BLUE JAY BASEBALL
26 2:30- CRIB & CARDS - PDR	27 10:30 – Sit & Be Fit - 2nd Floor 2pm – BINGO! – 2nd Floor	28 10:15 – Brain Games - PDR 1:30pm Crib Tournament - Dining Room	29 10:30 Fitness with Bev - 2nd Floor 2pm – <i>Gospel Sing-along with Otto</i> - Chapel	30 12:30 <i>Avalon Theatre</i> <i>"Breakfast at Tiffany's"</i> *Sign up list at reception	31 10:15 – News & Views with Shawn – 2nd Floor 2pm- <i>Happy Hour☺</i> - Dining Room	



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

1st Floor Wexford Creek

			Canada Day Ice Cream Social 3:30 Calendar Distribution Canada Day	1 9:30 Garden Club 10:00 Balloon Volleyball 11:15 One-to-one 1:15 Fill in the Blank	2 9:30 News & Views 10:00 Patio Time 11:15 Neighborhood Visits 1:30 Bingo Bonanza	3 9:30 Gardening 11:15 Patio Time 1:30 Creative Corner 6:00 Movie Night Independence Day (U.S.)	4
3:30 Bingo	5 10:00 News on the Go 2:00 Patio Social	6 9:30 News & Views 10:00 Armchair Travel 11:15 One-to-one 11:15 Billiards 6:00 Movie Night	7 9:30 Garden Club 10:00 Patio Social 11:15 Neighborhood Visits 3:30 Sing Along	8 9:30 News & Views 10:00 Music Therapy 10:30 Catholic Mass 11:15 One-to-one 1:15 Adult Colouring	9 9:30 Gardening 10:00 Patio Time 11:15 Neighborhood Visits 2:00 Music with Terry	10 9:30 News & Views 11:15 Patio Time 1:30 Creative Corner 6:00 Movie Night	11
3:30 Bingo	12 10:00 News on the Go 6:00 Movie Night	13 9:30 Gardening 10:00 Adult Colouring 11:15 One-to-one 11:15 Billiards 6:00 Movie Night Bastille Day	14 9:30 News & Views 10:00 Patio Social 11:15 Neighborhood Visits 2:00 Bus Trip 3:30 Sing Along	15 9:30 Garden Club 10:00 Balloon Volleyball 10:30 Resident Council 11:15 One-to-one 1:15 Word in a Word	16 9:30 News & Views 10:00 Patio Time 11:15 Neighborhood Visits 1:30 Bingo Bonanza	17 9:30 Gardening 11:15 Patio Time 1:30 Creative Corner 6:00 Movie Night	18
3:30 Bingo	19 10:00 News on the Go 1:30 Patio Birthday Social	20 9:30 News & Views 10:00 Armchair Travel 11:15 One-to-one 11:15 Billiards 6:00 Movie Night	21 9:30 Gardening 10:00 Patio Social 11:15 Neighborhood Visits 3:30 Sing Along	22 9:30 News & Views 10:00 Balloon Volleyball 11:15 One-to-one 1:15 Adult Colouring	23 9:30 Garden Club 10:00 Patio Time 11:15 Neighborhood Visits 1:30 Bingo Bonanza	24 9:30 News & Views 11:15 Patio Time 6:00 Movie Night	25
3:30 Bingo	26 10:00 News on the Go 2:00 Hawaiian Luau	27 9:30 Garden Club 10:00 Adult Colouring 11:15 One-to-one 11:15 Billiards 6:00 Movie Night	28 9:30 News & Views 10:00 Patio Social 11:15 Neighborhood Visits 3:30 Sing Along	29 9:30 Gardening 10:00 Balloon Volleyball 11:15 One-to-one 1:15 Fill in the Blank	30 9:30 News & Views 10:00 Patio Time 11:15 Neighborhood Visits 1:30 Bingo Bonanza	31 	

Programs subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 2nd Floor Wexford Creek			1 10:15 Canada Day Ice Cream Social (1st & 2nd) 2:00 Canada Day Bus Trip 3:30 Calendar Distribution 6:00 Bingo Night Canada Day	2 10:15 Bingo 3:00 Creative Corner	3 10:15 Balloons & Tunes 3:00 Reminiscing on the Patio	4 10:00 Fun & Fitness 3:00 Walks & Talks 4:15 Crafts Independence Day (U.S.)
5 1:30 Bingo	6 10:15 Patio Social/Body Stretch 3:00 Friendly Visits 6:00 Movie Night	7 10:00 Armchair Travel 2:00 Seated Volleyball Games 3:15 Sing Along	8 10:15 Bingo 11:15 News on the Go 6:00 Bingo Night	9 10:00 Patio Social/Trivia 11:00 Music Therapy 3:00 Word in a Word	10 10:15 Sing Along 3:00 Patio Time	11 10:00 Fun & Fitness 3:00 Walks & Talks 4:15 Crafts
12 1:30 Bingo	13 10:15 Patio Social 3:00 Friendly Visits 6:00 Movie Night	14 10:00 Armchair Travel 2:00 Seated Volleyball Games 3:15 Sing Along Bastille Day	15 10:15 Bingo 11:15 News on the Go 6:00 Bingo Night	16 10:00 Patio Social/Games 11:00 Resident Council 3:00 Creative Corner	17 10:15 Chair Chi 3:00 Patio Party	18 10:00 Fun & Fitness 3:00 Walks & Talks 4:15 Crafts
19 1:30 Bingo	20 10:15 Patio Social/Chair Chi 3:00 Friendly Visits 6:00 Movie Night	21 10:00 Armchair Travel 2:00 Seated Volleyball Games 3:15 Sing Along	22 10:15 Bingo 11:15 News on the Go 2:00 Bus Trip 6:00 Bingo Night	23 10:00 Patio Social/Trivia 11:00 Music Therapy 3:00 Fill in the Blank	24 10:15 Exercise 2:00 Music with Rick	25 10:00 Fun & Fitness 3:00 Walks & Talks 4:15 Crafts
26 1:30 Bingo	27 10:15 Patio Social 3:00 Friendly Visits 6:00 Movie Night	28 10:00 Armchair Travel 2:00 Seated Volleyball Games 3:15 Sing Along	29 10:15 Bingo 11:15 News on the Go 6:00 Bingo Night	30 10:00 Patio Social/Word Games 3:00 Creative Corner	31 10:15 Exercise 3:00 Reminiscing on the Patio	Wexford Creek 2nd Floor 

Programs subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15 Seated Ball Games 1:30 Calendar Distribution Canada Day	2 10:00 Music Therapy 11:15 Walks 4:00 Walks & Talks	3 11:15 Balloon Volleyball 11:15 Walks 4:00 News & Views	4 11:15 Tuck shop & Walks Birthday Social 1:30-3:00 Independence Day (U.S.)
5 4:15 Walking Program	6 11:15 Tuck shop 1:30 Active Games 4:15 Spa Day	7 1:15 Walking Program (C2) 4:15 Flower Arranging (C1)	8 11:15 Seated Ball Games 2:00 Bus Trip	9 11:15 Trivia 4:00 Adult Colouring	10 11:15 Balloon Volleyball 11:15 Walks 4:00 News & Views	11 Patio Social Water and Popsicle Weekend
12 4:15 Walking Program	13 11:15 Tuck shop 1:30 Active Games 4:15 Spa Day	14 1:15 Walking Program (C2) 4:15 Flower Arranging (C1) Bastille Day	15 11:15 Seated Ball Games	16 10:00 Music Therapy 11:15 Walks 4:00 Sing Along	17 11:15 Balloon Volleyball 11:15 Walks 4:00 News & Views	18 Patio Social Ice Cream Weekend
19 4:15 Walking Program	20 11:15 Tuck shop 1:30 Active Games 4:15 Spa Day	21 1:15 Walking Program (C2) 4:15 Flower Arranging (C1)	22 11:15 Seated Ball Games	23 11:15 Trivia 4:00 Adult Colouring	24 11:15 Balloon Volleyball 11:15 Walks 4:00 News & Views	25 11:15 Tuck Shop & Walks
26 4:15 Walking Program	27 11:15 Tuck shop 1:30 Active Games 4:15 Spa Day	28 1:15 Walking Program (C2) 4:15 Flower Arranging (C1)	29 11:15 Seated Ball Games 2:00 Bus Trip	30 10:00 Music Therapy 11:15 Walks 1:00 Music with Keith 4:00 Walks	31 11:15 Balloon Volleyball 11:15 Walks 4:00 News & Views	

Programs subject to change.