



July 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are Subject to Change**

			1 HAPPY CANADA DAY! NO RECREATION	2 9:30 Canadian Travelogue 11:00 Exercise 2:00 Sippin' Pretty Drink Social! 3:30 Easy Listening Music 6:30 Q-tip Painting	3 9:30 News Flash 11:00 Exercise 2:00 Bingo 3:30 Puzzles 5:30 Roughrider vs Ottawa Redblacks Game 6:15 RC Rosary and Prayer Group	4 11:00 Exercise 2:00 Bucket Ball 3:30 Family Feud
5 11:00 Exercise 1:00 RC Lay Service 2:30 Music Mapping 3:30 Noodle Games	6 9:30 What Am I? 11:00 Exercise 2:00 Bingo 3:30 Walking 6:30 Bocce Ball	7 9:30 Guess the Object 11:00 Exercise 2:00 Floor Curling 3:30 Gentle Stretches 6:30 Hand Bells	8 8:30 -10:00 TREAT SHOP 10:00 RC Communion 11:00 Exercise 1:30 Qu'Appelle Quartet 3:30 Walking 6:30 Bowling	9 9:30 Wordle 11:00 Exercise 2:00 Singalong with Marilyn Phillips 3:30 Card Games 7:00 Seated Dance	10 9:30 Name That Tune! 11:00 Exercise 2:30 Pina Colada Social 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 LRC Dice Game	11 11:00 Exercise 2:00 Carpet Golf 3:30 Fact or Fiction
12 11:00 Exercise 2:00 Bingo 3:30 Short Stories on the Patio 5:00 Roughrider vs Hamilton Tigercats Game	13 9:30 Riddles 10:00 Jet the Dog 11:00 Exercise 2:00 Summer Manicures! 3:30 Walking 6:30 Chair Volleyball	14 9:30 Hangman 11:00 Exercise 2:00 Rob Young 3:30 Gentle Stretches 6:30 Cirque De Soliel Show	15 9:30 Guess the Flag 11:00 Exercise 2:00 Bean Bag Toss 3:30 Walking 6:30 Chair Yoga	16 9:30 Snake Trivia 11:00 Exercise 2:00 Bingo 3:30 Easy Listening Music 6:30 Movie Night!	17 9:30 News Flash 11:00 Exercise 2:00 Ice Cream Sundae Social 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 Yahtzee!	18 10:00 RC Mass and Confession 11:00 Exercise 2:00 Bean Bag Toss 3:30 Word Puzzles
19 11:00 Exercise 2:00 Nature Documentary 3:30 Make a Word	20 9:30 Price is Right! 10:00 Jet the Dog 11:00 Exercise 2:00 Ring Toss on the Patio 3:30 Walking 6:30 Bowling	21 9:30 Guess the Year 11:00 Exercise 2:00 Summer Craft! 3:30 Gentle Stretches 6:30 Sing-along with Nick	22 9:30 Tongue Twisters 11:30 QH Auxiliary KFC Lunch 2:00 Colouring 3:30 Walking 6:30 Pictionary	23 9:30 Reminiscing 11:00 Exercise 2:00 Heaven's Bound 3:30 Easy Listening Music 6:30 Scattergories 7:00 Roughrider vs Edmonton Elks Game	24 9:30 Who am I? 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 Tic-Tac Toe Bean Bag Toss	25 11:00 Exercise 2:30 Chair Soccer 3:30 Vinyl Radio Show
26 11:00 Exercise 2:00 Bingo 3:30 Me Too! Game	27 9:30 Would you Rather? 10:00 Jet the Dog 11:00 Exercise 2:00 Jeopardy 3:30 Walking 7:00 Balloon Badminton	28 9:30 Where in the World is That? 11:00 Exercise 2:00 July Happy Hour! 3:30 Gentle Stretches 6:30 Steal the Bundle Card Game	29 8:30 -10:00 TREAT SHOP 11:00 Exercise 2:30 Parachute Games 3:30 Walking 6:30 TV Time: The Lucy Show	30 9:30 Word Games 11:00 Exercise 2:00 Memory Laine 3:30 Easy Listening Music 6:30 Chair Soccer	31 9:30 News Flash 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 UNO!	