



July 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are Subject to Change**

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