

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day 10:00am exercises 10:30am Men's Club - Wallace 1:30pm Canada Day Celebration - SOL	2 9:30am Coffee Time 10:30am Church Service with Judy Saunders 1:30pm Baking - SOL 3:00pm Meditation - SOL	3 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	4 10:00am Exercises - SOL 1:30pm Name that Tune - SOL
5 	6 10:30am Gardening with Plant Space - SOL 10:45am Company We Keep 1:30pm Active Games	7 10:00am Crafts - SOL 10:00am Stretch & Strength 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa 6:00pm Music with RULE62 - SOL	8 10:00am exercises 10:30am Men's Club - Wallace 1:30pm Drumfit - SOL	9 9:30am Coffee Time 10:30am Church Service with Judy Saunders 1:30pm Gospel Troop 3:00pm Meditation - SOL	10 10:00am Exercises - SOL 1:30pm Lexicon - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	11 10:00am Exercises - SOL 1:30pm Washer Toss - SOL 
12 	13 10:00am Gardening with Plant Space - SOL 10:45am Company We Keep 1:30pm Active Games	14 10:00am Friendly visits 10:00am Stretch & Strength 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa 6:00pm Music with Dave Riley - SOL	15 10:00am Chair tap - SOL 10:30am Men's Club - Wallace 1:30pm Friendly Visits - SOL	16 9:30am Coffee Time 10:30am Church Service with Rob Hankinson - SOL 1:30pm Baking - SOL 3:00pm Meditation - SOL	17 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	18 10:00am Exercises - SOL 1:30pm Word Games - SOL
19 	20 10:30am Gardening with Plant Space - SOL 10:45am Company We Keep 1:30pm Active Games 1:30pm Cultural Talks with EDAI committee -	21 10:00am Crafts - SOL 10:00am Stretch & Strength 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa 6:00pm In the Garden - Gard	22 10:00am exercises 10:30am Men's Club - Wallace 1:30pm Drumfit - SOL	23 9:30am Coffee Time 9:45am Resident Council Meeting - SOL 10:30am Church Service with Judy Saunders 1:30pm Try Virtual Reality - SOL 3:00pm Meditation - SOL	24 10:00am Exercises - SOL 1:30pm Lexicon - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	25 10:00am Exercises - SOL 1:30pm Music with Bruce Elliott 
26 	27 10:00am Chair One - SOL 10:45am Company We Keep 1:30pm Active Games 1:30pm Education -TBA - SOL	28 10:00am Friendly visits 10:00am Stretch & Strength 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa 6:00pm Music with Dave Riley - SOL	29 10:00am exercises 10:30am Men's Club - Wallace 1:30pm Chicken Soup for the Soul - SOL	30 9:30am Coffee Time 10:30am Church Service with Judy Saunders 1:30pm Trivia - SOL 3:00pm Meditation - SOL	31 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	