

July 2026

Program Therapist: Divya
2W

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day Happy Birthday Aileen.C 1 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 2:00 Chuckles (RR) 6:30 Canada Day Celebration with Marcus Schwan (CY)	10:00 Colouring Therapy (SR) 2 11:00 Group Exercise (2WTV) 2:00 Bowling (2W s) 4:00 Would You Rather? (2W s)	10:15 Group Exercise 3 (2WTV) 11:00 Armchair Travel (2WTV) 2:00 All Unit Bingo (2WDR) 4:00 Friendly Visits/1:1s	11:00 Doll Therapy 4 (1 W) 4:00 Bird Watching (CY)
Independent Leisure 5 4:15 Daily Chronicle Delivery (RTR)	Happy Birthday Dorothy. M 6 10:45 Lucky 7 Trivia (RR) 1:30 Bible Study (GR) 3:45 Sparkling Specs (RTR)	9:30 Open Gym- Restorative (Gym) 7 9:45 Music Therapy Group (SR) 1:30 Restorative Mindful Motion: Balance (GR) 2:00 Bingo (2WDR) 3:30 DIY: Strawberry Sundae Day (GR)	9:45 Music Choir 8 (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:00 Arts and Crafts (SR)	11:00 Group Exercise 9 (2WTV) 1:30 Rosary Group (GR) 2:15 Group Crossword (SR) 6:30 Pub Night with Eric Kidd (2WDR)	10:15 Group Exercise 10 (2WTV) 2:00 All Units Bingo (2WDR) 3:30 Courtyard Social (CY) 6:15 Fancy Fingers (RTR)	10:45 Cool Down 11 Cart (RTR) 2:00 Scrabble Day (2ESR) 3:30 Resident's choice (RTR)
11:00 Sing Along 12 (CA) 1:45 Daily Chronicle Delivery (RR) 2:30 Friendly Visits/1:1s	10:00 Golden Gals: Self-Care 13 Soirée (GR) 1:30 Bible Study (GR) 3:00 Active Games (SR) 6:15 Your wish will be done (RTR)	9:30 Open Gym- Restorative (Gym) 14 9:45 Music Therapy Group (SR) 1:30 Restorative Mindful Motion: Active Games (GR) 2:00 Bingo (2WDR) 3:30 DIY: Memorial Cards (SR)	9:45 Music Choir 15 (GR) 10:30 Catholic Mass (GR) 11:00 Catholic Communion Offering (1:1) 3:15 Throw the Hat in the Ring (SR)	11:00 Group Exercise 16 (SR) 2:30 Residents Council (GR) 4:00 Hymn Sing (CA) 6:30 Courtyard Social (CY)	10:15 Group Exercise 17 (2WTV) 12:00 Meal Club: Swiss Chalet (GR) 2:00 All Unit Bingo (2WDR)	Independent Leisure 18

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Independent Leisure 19 11:00 Healthy Hands (RTR)	10:45 Bean Ball Toss (SR) 20 1:30 Bible Study (GR) 4:00 Hymn Sing (CA)	9:30 Open Gym- Restorative (Gym) 21 9:45 Music Therapy Group (SR) 1:30 Restorative Mindful Motion: Walking (GR) 2:00 Bingo (2WDR) 3:30 DIY: Bell Windchime (SR)	8:30 Fried Egg Breakfast (DR) 22 9:45 Music Choir (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 1:30 Friendly Visits/1:1s	11:00 Group Exercise (2WTV) 23 1:30 Rosary Group (GR) 3:00 Men's Group: WoodWorking (GR) 6:30 Virtual Reality (CA)	10:15 Group Exercise (2WTV) 24 2:00 All Units Bingo (2WDR) 4:00 Hymn Sing (CA) 6:15 Aromatherapy (RTR)	10:30 Sparkling Specs 25 11:00 Montessori 2:30 Oops It's Science: The Curiosity Club (CY)
10:30 Walk & Talk 26 11:00 Hymn Sing (CA) 2:00 Movie Matinee (2WDR)	1:30 Bible Study 27 (GR) 3:00 Arts and Crafts (SR) 6:15 Inspirational Reading (TV) 7:00 Sparkling Specs (RTR)	9:30 Open Gym- Restorative (Gym) 28 9:45 Music Therapy Group (SR) 1:30 Restorative Mindful Motion: Balance (GR) 2:00 Bingo (2WDR) 3:30 DIY: Friendship bracelets (SR) 6:30 Birthday Celebration with Jay Franco (CY)	10:30 Chapel Service (GR) 29 11:00 Catholic Communion Offering (1:1) 2:00 MCCC Car Show (PL)	International Day 30 of Friendship 11:00 Group Exercise (2WTV) 2:30 Friendship Day Social (GR) 6:15 What Am I (RR)	10:15 Group Exercise (2WTV) 31 11:00 Hymn Sing (CA) 2:00 All Unit Bingo (2WDR) 3:45 Calendar Delivery (RR)	

Locations Legend

- Gathering Room (GR)

Sun Room (SR)

2W Dining Room (2WDR)

2 West TV Room (2WTV)

Room to Room (RTR)

Common Area (CA)

Courtyard (CY)

Specialized/1:1 (1:1)
- Resident Room (RR)

Physiotherapy Room (Gym) (Gym)

2 west sunroom (2W s)

1 West sunroom (1 W)

2 East sun room (2ESR)

Dining Room (DR)

TV Room (TV)

Parking Lot (PL)

HAPPY BIRTHDAY
Aileen.C - July 01st
Dorothy. M - July 06th