July 2026

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Fitness with Jocelyn 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 Canada Day Trivia	2 10:30 Fitness with Viv 12:30 Lunch/Walk Outside 1:00 Planting & Bird Feeders 1:30 Music & Music Makers	3
6	7 10:30 Movin' & Groovin 12:30 Lunch 1:30 BINGO & Ice Cream Day	8 10:30 Fitness with Jocelyn 12:30 Lunch 1:00 After Lunch Walk Outside 1:30 Big crossword	9 10:30 Fitness with Viv 12:30 Lunch/Walk Outside 1:00 Cleaning of Bird Feeders Walk Outside 1:30 Music and music makers	10
13	14 10:30 Movin' and Groovin" 12:30 Lunch 1:30 Tunes with Avril, & Friends	15 10:30 Fitness with Jocelyn 12:30 Lunch/Walk Outside 1:30 Music Trivia	16 10:30 Fitness with Viv 12:30 Lunch/Walk Outside Cleaning of Bird Feeders 1:30 Walk Outside	17
20	21 10:30 Movin' & Groovin" 12:30 Lunch & Walk Outside 1:30 BINGO! Ice Cream Garden Party	22 10:30 Fitness with Jocelyn 12:30 Lunch/Walk Outside 1:30 Trivia	23 10:30 Fitness with Viv 12:30 Lunch/Walk Outside 1:00 Cleaning of Bird Feeders 1:30 Music and music makers	24
27	28 10:30 Movin' & Groovin" 12:30 Lunch 1:30 Tunes with Avril, & Friends	29 10:30 Guitar with Donna 12:30 Lunch / Walk Outside 1:30 Trivia	30 10:30 Fitness with Viv 12:30 Lunch/Walk Outside 1:00 Cleaning of Bird Feeders 1:30 Music & Music Makers	31

Adult Day Program

*** All Programs subject to change