

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

			1 10:30 Fitness with Jocelyn 1:30 Canada Day Trivia 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn <small>Happy Canada Day!</small>	2 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	3 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	4 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley <small>Independence Day (U.S.)</small>
5 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks, Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	6 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	7 10:30 Movin' & Groovin' 1:30 Ice Cream Garden Party! 3:00 Walks, Talks	8 10:30 Fitness with Jocelyn 10:30 Scenic Drive 1:30 Big Crossword 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 5:45 Twilight Time with Mary D	9 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Mary D	10 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Jocelyn	11 NO ACTIVITIES
12 10:30 Fitness with Viv 1:30 Lift your Spirit 3:00 Walks, Talks/ Busy Hands (GL)	13 10:30 Jammin with John (GL) 1:30 Hymn Sing 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	14 10:30 Movin & Groovin 1:30 Tunes with Avril & Friends 3:00 Walks, Talks/ Busy Hands (GL) 5:45 Twilight Time with Jocelyn <small>Bastille Day</small>	15 10:30 Fitness with Jocelyn 1:30 Music Trivia 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn	16 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Mary D	17 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Mary D	18 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL)
19 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks, Talks/ Busy Hands (GL)	20 10:30 Jammin with John 1:30 Fun & Game 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Jocelyn	21 10:30 Movin' & Groovin' 1:30 Ice Cream Garden Party! 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	22 10:30 Fitness with Jocelyn 10:30 Scenic Drive 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 5:45 Twilight Time with Shirley	23 10:30 Fitness with Viv 1:30 Music & Music Makers 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	24 10:30 Sue on Science 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	25 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL)
26 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks, Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	27 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	28 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	29 10:00 Guitar with Donna 1:30 Trivia 3:00 Busy Hands (GL) Jocelyn away 5:45 Twilight Time with Shirley (Residents Council)	30 10:30 Fitness with Viv 1:30 Music & Music Makers 2:30 Monthly Birthday cake 3:00 Walks & Talks/ Busy Hands (GL)	31 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	Outdoors as much as possible weather permitting <small>Special Event Monthly Program</small>