

# July 2025

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

11:00 Exercise **1**  
 12:00 Canada Day Lunch  
 1:00 Canada Trivia  
 2:00 Maple Colouring  
 2:30 Maple Tea  
 3:00 Tabletop Curling  
 4:00 Canadian Sing Along  
 5:00 Dinner  
 6:00 News / Colouring

### Canada Day

11:00 Exercise **2**  
 12:00 Lunch  
 1:00 Bean Bags  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Nail Care

11:00 Exercise **3**  
 12:00 Lunch  
 1:00 Beading Craft  
 2:00 Walking Club  
 2:30 Tea Time  
 3:00 The Price is Right  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Puzzles

11:00 Walking **4**  
 12:00 Lunch  
 1:00 Scrabble  
 2:30 Tea Time  
 3:00 Puzzles  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News

11:00 Exercise **5**  
 12:00 Lunch  
 1:00 Bean Bag Toss  
 2:30 Tea Time  
 3:00 Word Puzzles  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie Night

11:00 Church **6**  
 12:00 Lunch  
 1:00 Ring Toss  
 2:30 Tea Time  
 3:00 Colouring  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie Night

11:00 Exercise **7**  
 12:00 Lunch  
 1:00 Golf Toss  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Walking Club

**10:30 Therapy Dog Visit** **8**  
 12:00 Lunch  
 1:00 Bean Bag Toss  
 2:00 Berry Trivia  
 2:30 Blueberry Tea Time  
 3:00 Scrabble  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Puzzles

11:00 Exercise **9**  
 12:00 Lunch  
 1:00 Bocce Ball  
 2:30 Tea Time  
 3:00 Roll 21  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Nail Care

11:00 Exercise **10**  
 12:00 Lunch  
 1:00 Bowling  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Walking Club

11:00 Walking **11**  
 12:00 Lunch  
 1:00 Word Puzzles  
 2:30 Tea Time  
 3:00 Colouring  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News

11:00 Zumba **12**  
 12:00 Lunch  
 1:00 Flower Craft  
 2:30 Tea Time  
 3:00 Bean Bag Toss  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie / Walking

11:00 Church **13**  
 12:00 Lunch  
 1:00 Spa Afternoon  
 2:30 Tea Time  
 3:00 Summer This or That  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie Night

11:00 Exercise **14**  
 12:00 Lunch  
 1:00 Bowling  
 2:30 Tea Time  
 3:00 Horse Racing  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Puzzles

11:00 Exercise **15**  
 12:00 Lunch  
 1:00 Ring Toss  
 2:00 Walking Club  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Nail Care

**11:00 Arlene Quinn Morning** **16**  
 12:00 Lunch  
 1:00 Vintage Hollywood Glam afternoon  
 2:30 Tea time  
 3:00 Bean Bag Toss  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Craft

### Vintage Hollywood Glam

11:00 Exercise **17**  
 12:00 Lunch  
 1:00 Felt Craft  
 2:00 Emoji Scavenger hunt  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Baking

11:00 Walking Club **18**  
 12:00 Lunch  
 1:00 Scrabble  
 2:30 Tea Time  
 3:00 Musical Afternoon  
 5:00 Dinner  
 6:00 News

11:00 Walking Club **19**  
 12:00 Lunch  
 1:00 Reading/Puzzles  
 2:30 Tea Time  
 3:00 Horse Racing  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie Night

11:00 Church **20**  
 12:00 Lunch  
 1:00 Bocce Ball  
 2:00 Walking Club  
 2:30 Tea Time  
 3:00 Word Puzzles  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 Movie Night

11:00 Exercise **21**  
 12:00 Lunch  
 1:00 Bean Bag Toss  
 2:30 Tea Time  
 3:00 Nostalgia Candy Quiz  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Nail Care

**10:30 Therapy Dog Visit** **22**  
 12:00 Lunch  
 1:00 Bowling  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Puzzles

10:30 Church **23**  
 11:30 Walking Club  
 12:00 Lunch  
**1:00 Arm Chair Travel: Sweden**  
 2:30 Ice Cream Social  
 3:00 Summer Pictionary  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Baking

11:00 Exercise **24**  
 12:00 Lunch  
 1:00 Ring Toss  
**2:30 Carmel's Birthday Tea**  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Walking

### Carmel's Birthday

11:00 Walking Club **25**  
 12:00 Lunch  
 1:00 Colouring  
 2:30 Tea Time  
 3:00 Christmas in July Movie  
 5:00 Dinner  
 6:00 News

11:00 Exercise **26**  
 12:00 Lunch  
 1:00 Golf Toss  
 2:00 Waking Club  
 2:30 Tea Time  
 3:00 BINGO  
 4:00 Sing Along  
 5:00 Dinner  
 6:00 News / Scrabble

### Jing's Birthday

11:00 Church **27**  
 12:00 Lunch  
 1:00 Spa Afternoon  
 2:30 Tea Time  
 3:00 Bowling

11:00 Exercise **28**  
 12:00 Lunch  
 1:00 Ring Toss  
 2:00 Chocolate Trivia  
 2:30 Chocolate Tea Time

11:00 Exercise **29**  
 12:00 Lunch  
 1:00 Bean Bag Toss  
 2:30 Tea Time  
 3:00 BINGO

11:00 Exercise **30**  
 12:00 Lunch  
 1:00 Bowling  
 2:30 Tea Time  
 3:00 Scrabble

11:00 Exercise **31**  
 12:00 Lunch  
 1:00 Craft  
 2:30 Tea Time  
 3:00 Animal Trivia

4:00 Sing Along  
5:00 Dinner  
6:00 Movie Night

3:00 Wedding Reminisce  
4:00 Sing Along  
5:00 Dinner  
6:00 News / Baking

4:00 Sing Along  
5:00 Dinner  
6:00 News / Walking Club

4:00 Sing Along  
5:00 Dinner  
6:00 News / Puzzles

4:00 Sing Along  
5:00 Dinner  
6:00 News / Colouring

