

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 EAST						
						
5 9:45 Chair Exercises (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Word Games (EDR)	6 Staisha S & Jessie B Birthday 10:00 Colouring and Music (S) 12:00 Stampede BBQ with Laurie and the Boys (EDR) 1:30 Men's Club (S) 3:00 Table Curling (S)	7 9:45 Chuck Wagon Decorating (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Butterfield Acres Farm Petting Zoo (P) 3:15 Fresh Bread Social (EDR) 6:45 Pals Visit (W)	8 8:30 Stampede Breakfast with the Smokin' toad Revival (EDR) 9:45 Chair Yoga (EDR) 10:30 Sensory Time (W) 1:30-3:30 Stampede Games Day (BY)	9 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Chuck Wagon Races (DR) 2:45 Saloon Sunrise (Peach Strawberry Smoothie) (EDR)	10 9:45 Brain Games (EDR) 11:00 Memory Moments (S) 2:00 Cow Patty Bingo (EDR)	11 9:45 Home Makers Club (EDR) 11:00 Walking Club (W)
12 1:30 Chair Exercises (EDR) 2:30 Peace Lutheran Church (CH) 2:45 Java Club (S)	13 10:00 Colouring and Music (S) 11:00 Building Club (EDR) 1:30 Men's Club (S) 2:30 Balloon Bop (EDR)	14 9:45 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club (S) 2:45 Shut the Box (S)	15 9:45 Chair Yoga (EDR) 10:30 Music from Les (EDR) 11:00 Group Meditation (CH) 1:30 Baking Time: Devilled Strawberries (S) 2:45 Garden Club (S)	16 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Cherry Limeade Social (EDR) 2:45 Ball Games (EDR)	17 9:45 Vegetable Prep (EDR) 11:00 Memory Moments (S)	18 1:30 Home Makers Club (EDR) 2:45 Walking Club (W)
19 Rene B Birthday 9:45 Chair Exercises (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Word Games (EDR)	20 10:00 Colouring and Music (S) 11:00 Balloon Bop (EDR) 1:30 Hymn Sing (EDR)	21 9:45 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club: PB & J Sandwich's (S) 2:45 Fresh Bread Social (EDR) 6:45 Pals Visit (W)	22 9:45 Chair Yoga (EDR) 10:30 Sensory Time (W) 1:30 Trivia (S) 3:00 East Bible Study (S)	23 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Birthday Party with the Gregory Brothers (EDR) 2:45 Stretch and Flex (S)	24 9:45 Brain Games (EDR) 11:00 Memory Moments (S)	25 9:45 Home Makers Club (EDR) 11:00 Walking Club (W)
26 Staisha S Birthday 1:30 Chair Exercises (EDR) 2:30 St. Pauls Anglican (CH) 2:45 Java Club (S)	27 10:00 Colouring and Music (S) 11:00 Building Club (EDR) 1:30 Balloon Bop (EDR) 2:15 Music with Lori (EDR)	28 9:45 Spa Time (EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 11:00 Friendship Visits (W) 1:30 Home Makers Club (S) 2:45 Cards (S)	29 9:45 Chair Yoga (EDR) 10:30 Sensory Time (W) 11:00 Group Meditation (CH) 1:30 Country Drive: McDonalds Ice cream (O)	30 9:15 Hot Towel Service(EDR) 10:00 Doll Therapy(EDR) 10:45 Rosary(CH) 11:00 Mass (CH) 1:30 Friendship Visits (W)	31 9:45 Brain Games (EDR) 11:00 Memory Moments (S) 3:45 Calendar Distribution (W)	

The calendar is subject to change. Please check the whiteboard for the most up to date information

EDR-East Dining Room DR-Dining Room S-Sunroom L-Lobby W-Walk through
O-Outing NDR-North Dining Room **Bold**- Special Event