July 2026

WEST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1 JULY HAPPY CANADA DAY!	**2** **Stampede Decorating Day** 10:45 Rosary (CH) 11:00 Mass (CH) 3:00 Social Hour (L)	**3** **8:45 Calgary Stampede Parade on TV** 9:30 Friendship Visits (W) 10:30 Coffee and News (S) **1:30 Stampede kick Off: Taste of Stampede (DR)** 3:45 Friendship Visits (W)	**4** 9:45 Stretch and Flex (WDR) 11:00 Library Cart (W) 1:30 Resident Run Saturday Cinema (S) Independence Day (U.S.)
5 10:30 Sunday Cinema (S) 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Chair Exercise (WDR) 1:30 Resident Run Knitting (S) 2:45 Name That Tune (WDR)	**6** **10:00 Drum Circle (DR)** 1:30 Knitting and Colouring (WDR) Resident Run 1:30 Hymn Sing (WDR) 3:00 Musical Bingo (WDR)	**7** **9:00 Stampede Breakfast with The Cole Briggs Duo (DR)** 10:30 Java Club (S) 10:45 Rosary (CH) 11:00 Mass (CH) **2:30 Butterfield Acres Farm Petting Zoo (P)** 3:30 Balloon Bop (WDR) 6:15 Pals Visit (W)	**8** **10:30 Stampede Chuck Wagon Decorating (WDR)** **1:30-3:30 Stampede Games Day (BY)**	**9** 10:30 Doll Therapy (WDR) 10:45 Rosary (CH) 11:00 Mass (CH) **1:30 Chuck Wagon Races (DR)** **3:00 Social Hour at the Good Times Saloon (L)** 3:30 Independent Activity Rounds (W)	**10** **Agnes P Birthday** 10:30 Coffee and News (S) **12-1 Stampede BBQ (DR)** 2:00 Cow Patty Bingo (DR) 3:45 Friendship Visits (W)	**11** **Tammy W Birthday** 10:30 Resident Run Saturday Cinema (S) 1:30 Armchair Travel (S) 2:45 Trivia (WDR)
12 **Staisha S Birthday** 9:45 Group Sensory (WDR) 10:45 Spelling Bee (S) 1:30 Resident Run Sunday Cinema (S) 2:30 Peace Lutheran Church (CH)	**13** 1:30 Knitting and Colouring (WDR) Resident Run **1:30 Art With Giselle (DR)** **2:15 Music with Lori (WDR)**	**14** **Marg W Birthday** 10:30 Java Club (S) 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Garden Club (S) 3:30 Table Curling (S) Bastille Day	**15** 9:30 Spa Time (WDR) 11:00 Group Meditation (CH) 1:30 Musical Bingo (WDR) 3:00 West Bible Study (CH) 3:15 Outdoor Walks (W)	**16** 10:30 Doll Therapy (WDR) 10:45 Rosary (CH) 11:00 Mass (CH) **1:30 Bowling (L)** 3:00 Social Hour (L) 3:30 Independent Activity Rounds (W)	**17** 10:30 Coffee and News (S) 2:00 Bingo (DR) 3:45 Friendship Visits (W)	**18** **9:45 Triple Berry Cheesecake Fruit Salad Prep (WDR)** 11:00 Library Cart (W) 1:30 Resident Run Saturday Cinema (S)
19 10:30 Sunday Cinema (S) 10:45 Rosary (CH) 11:00 Mass (CH) **1:30 Triple Berry Cheesecake Fruit Salad Tasting (WDR)** 1:30 Resident Run Knitting (S) 2:45 Balloon Bop (WDR)	**20** 1:30 Knitting and Colouring (WDR) Resident Run 3:15 Fresh Bread Social (WDR)	**21** 10:30 Java Club (S) 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Garden Club (S) 3:30 Crossword (S) 6:15 Pals Visit (W)	**22** 9:30 Spa Time (WDR) **12:15 Order in Day: Dairy Queen (S)** **3:00 Social Hour (L)** 3:30 Walking Club (W)	**23** 10:30 Doll Therapy (WDR) 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Word Games (WDR) **2:45 Birthday Party with The Gregory Brothers (WDR)** 3:30 Independent Activity Rounds (W)	**24** 10:30 Coffee and News (S) 2:00 Bingo (DR) 3:45 Friendship Visits (W)	**25** **Dave Ra Birthday** 10:30 Resident Run Saturday Cinema (S) 1:30 Armchair Travel (S) 2:45 Trivia (WDR)
26 9:45 Group Sensory (WDR) 10:45 Spelling Bee (S) 1:30 Resident Run Sunday Cinema(S) 2:30 St. Paul's Anglican (CH)	**27** 10:30 Men's Meet Up(S) **1:15 Art Class with Katerina (BR)** 1:30 Colouring (WDR) Resident Run 2:30 Social Dance(WDR)	**28** 10:30 Java Club (S) 10:45 Rosary (CH) 11:00 Mass (CH) 1:30 Garden Club (S) 3:30 Balloon Bop (WDR)	**29** **9:30 Brunch Club: Crepes (please sign up)** 11:00 Group Meditation (CH) 1:30 Creative Arts (S) **3:00 Social Hour (L)**	**30** **10:30 Picnic and Walk at Fish Creek Park (O)** 10:45 Rosary (CH) 11:00 Mass (CH) 3:30 Independent Activity Rounds (W)	**31** 10:30 Coffee and News (S) 2:00 Bingo (DR) 3:45 Calendar Distribution (W)	

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

WDR-West Dining Room DR-Dining Room S-Sunroom L-Lobby W-Walk through
O-Outing **Bold**- Special Event