


# July 2026

## Beech Villa

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30am Travelogue: Canada 10:00am Hulling Strawberries 2:00pm Canada Day Strawberry Social	<b>2</b> 9:45am Let's Walk and Talk 2:00pm Water Guns in the Garden	<b>3</b> 9:30am Folding Friends 10:15am Tai Chi-MPR 10:30am Stories of Canada 2:00pm Harvey & Friends Wheelchair Dancers-MPR	<b>4</b> 9:45am Saturday Stretches 10:00am Baking-MPR 10:30am Helping Hands 2:00pm Loonie Bingo-MPR
<b>5</b> 9:30am Spiritual time 10:15am Virtual Hymn Sing 1:30 - Blue Jays Baseball Game 2:00pm Church Service - Hastings Park Bible - MPR 6:30pm - Evening Trivia	<b>6</b> 9:45am Sit 'n' Get Fit 10:00am Ceramics-MPR 10:30am Summer Decorations 1:30pm Pet Therapy 2nd 2:00pm Sunrisers-Pavilion	<b>7</b> 9:45am Horse Races 10:30am Lending a Helping Hand 2:00pm Resident's Council Floor Meeting-2nd 3:30pm Animal Trivia 6:30pm Sunset Strolls	<b>8</b> 9:45am Balloon Ball 10:00am Resident's Council Meeting-MPR 2:00pm Sundae Social-Pavilion	<b>9</b> 9:45am Let's Walk and Talk 10:30am Montessori Madness 2:00pm Farm Animals-Pavilion 6:30pm Target Shooting	<b>10</b> 9:30am Folding Friends 10:30am Holy Communion & Rosary Prayer-MPR 2:00pm Cyber Training-MPR 3:15pm Friday Friendly Visits 6:30pm Manicures	<b>11</b> 9:45am Saturday Stretches 10:30am Helping Hands 2:00pm Group Trivia-MPR
<b>12</b> 9:30am Spiritual time 10:15am Virtual Hymn Sing 2:00pm Church Service - Salvation Army - MPR 2:45pm French Group-MPR 3:15pm This Day in History: July 6:30pm Movie Night	<b>13</b> 9:00am Walmart Outing* 9:45am Sit 'n' Get Fit 1:00pm Struisvogel Ranch Outing* 2:00pm Axe Throwing 6:30pm - Colouring Group	<b>14</b> 9:45am Outdoor Enjoyment 10:30am Lending a Helping Hand 2:00pm Word Games and Triva	<b>15</b> 9:45am Balloon Ball 10:00am Resident Welcome Package Review-4th 10:30am Garden Clean Up 2:00pm Music with Rick Hancox-MPR 3:30pm Friendly Visits 6:30pm Summer Colouring 7:00pm Lions Club Bingo - MPR	<b>16</b> 9:45am Let's Walk and Talk 10:30am Pet Therapy 2nd 2:00pm Bible Study-MPR 2:15pm Rock Around the Clock <b>Book Exchange</b>	<b>17</b> 9:30am Folding Friends 10:00am Communion with Hank & Marlene-MPR 11:30am Beech BBQ 2:00pm New Comers Social-MPR 3:30pm Bluejays vs Whitesox 6:30pm Roll the Dice	<b>18</b> 9:45am Saturday Stretches 10:00am Fun & Fitness-MPR 10:30am Helping Hands 2:00pm Bunko-MPR 3:30pm Friendly Visits 6:30pm Alphabet Artist
<b>19</b> 9:30am Spiritual time 10:15am Virtual Hymn Sing 2:00pm Church Service-Eastminster-MPR 3:00pm World Cup Final 6:30pm Sunset Strolls	<b>20</b> 9:45am Sit 'n' Get Fit 10:00am Chair Yoga-MPR 10:35am Finish the Phrase 2:00pm Tim Horton's Social-MPR	<b>21</b> 9:45am Hoop It Up 10:30am Lending a Helping Hand 2:00pm Music with Bill on Piano-2nd 3:30pm Garden Care 6:30pm Summer Clothesline Craft	<b>22</b> 9:45am Balloon Ball 10:30am Short Stories 2:00pm Special Event Social-Alana's Program	<b>23</b> 9:45am Let's Walk and Talk 10:30am Christmas Craft 2:00pm Bowling	<b>24</b> 9:30am Folding Friends 10:30am Holy Communion & Rosary Prayer-MPR 2:00pm Birthday Party-MPR 3:15pm Jokes 6:30pm Hand Massages	<b>25</b> 9:45am Saturday Stretches 10:15am Euchre-4th 10:30am Helping Hands 2:00pm The Young & Restless Group-Games Room 2:15pm Christmas in July 3:30pm - Outdoor Walks 6:30pm Pictionary
<b>26</b> 9:30am Spiritual time 10:15am Virtual Hymn Sing 2:00pm Church Service-Maranatha Church - MPR 3:15pm Summer Colouring 6:30pm Short Stories	<b>27</b> 9:45am Sit 'n' Get Fit 10:30am Travelogue 2:00pm Garden Clean Up	<b>28</b> 9:45am Mini Golf in the Garden 10:30am Lending a Helping Hand 2:00pm Summer Craft	<b>29</b> 9:45am Balloon Ball 10:30am Montessori Madness 2:00pm Art of Music-MPR	<b>30</b> 9:45am Let's Walk and Talk 10:30am Hymn Sing 2:00pm Music with Rich Hubick-MPR	<b>31</b> 9:30am Folding Friends 10:15am Give Me a Letter 2:00pm Karaoke-MPR	

The activity calendar is subject to change after the time of printing. When the floor(s) and/or villa(s) are in isolation according to Infection Prevention & Control protocols; daily programs will be offered as small group (up to 5 participants) and individualized activity. Please call extension 2244 for further information. Please note: there will be an \* beside programs that residents need to sign up for.