

July 2026

2nd Floor Spruce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Travelogue: Canada 10:00am Hulling Strawberries 2:00pm Canada Day Strawberry Social 3:30pm Canada Day Crafts 6:30pm Name that Tune	2 9:30am Balloon Baseball 2:00pm Canadian Garden Bingo 3:30pm Puzzle Palooza 6:30pm Short Stories	3 9:00am Hands At Work 9:30am Friday Fitness 10:15am Tai Chi-MPR 2:00pm Harvey & Friends Wheelchair Dancers-MPR 3:30pm Dice Games 6:30pm Paint Night	4 10:00am Baking-MPR 10:15am Coffee & News 2:00pm Loonie Bingo-MPR 2:00pm Popsicles on The Patio 3:30pm Grocery List Prep 6:30pm Colouring Group
5 9:30am Spiritual Hour 10:45am Virtual hymn sing 1:00pm Lawrence Welk 2:00pm Yarn Sticks Craft 2:00pm Church Service - Hastings Park Bible - MPR 3:30pm Ball Toss 6:30pm Friendly Visits	6 9:30am Monday Movement! 10:00am Ceramics-MPR 1:30pm Pet Therapy 2nd 2:00pm Sunrisers-Pavilion 3:30pm Garden Care 6:30pm Colouring & Crafts	7 9:45am Can You Guess The Chocolate? 10:45am Garden Walks 2:00pm Resident's Council Floor Meeting-2nd	8 9:30am Sunshine Movers 10:00am Old Wives Tales 10:00am Resident's Council Meeting-MPR 10:45am Colouring Group 2:00pm Sundae Social-Pavilion 3:45pm Bluejays vs Giants 6:30pm 70's Tunes	9 9:30am Balloon Baseball 10:00am Garden Rock Painting 11:00am Tables Tasks 2:00pm Farm Animals-Pavilion	10 9:00am Hands At Work 9:30am Friday Fitness 10:30am Holy Communion & Rosary Prayer-MPR 2:00pm Cyber Training-MPR 2:00pm Outdoor Enjoyment 3:30pm Word Games 6:30pm Sunset Bingo	11 9:30am The Morning Movers 10:45am Would You Mind Helping Me? 2:00pm Group Trivia-MPR 3:30pm Short Stories 6:30pm Movie Night
12 9:30am Spiritual Hour 10:45am Virtual hymn sing 2:00pm Church Service - Salvation Army - MPR 2:45pm French Group-MPR 3:30pm Ring Toss 6:30pm Garden Walks	13 9:00am Walmart Outing* 9:30am Monday Movement! 1:00pm Struisvogel Ranch Outing* 2:00pm Garden Bowling 3:30pm Water Art 6:30pm - Colouring Group	14 9:30am This Day In History 10:00am Outdoor Enjoyment 2:00pm Wacky Crafts 3:30pm Animal Trivia 6:30pm Balloon Baseball	15 9:30am Sunshine Movers 10:00am Resident Welcome Package Review-4th 10:15am Book Club 10:45am Spot The Difference 2:00pm Music with Rick Hancox-MPR 7:00pm Lions Club Bingo - MPR	16 9:30am Balloon Baseball 10:15am Garden Walks & Talks 10:30am Pet Therapy 2nd 2:00pm Bible Study-MPR 3:30pm Summertime Reminiscing 6:30pm Alphabeta Artist Book Exchange	17 9:00am Hands At Work 9:30am Friday Fitness 10:00am Communion with Hank & Marlene-MPR 2:00pm New Comers Social-MPR 3:30pm Table Tasks 6:30pm Math Sheets	18 10:00am Fun & Fitness-MPR 10:00am Walks in the Garden 2:00pm Mini Putt 2:00pm Bunko-MPR 3:30pm Reminiscing With Friends 6:30pm Unwind Before Bedtime Stretching
19 National Ice Cream Day 9:30am Spiritual Hour 10:45am Virtual hymn sing 2:00pm Church Service-Eastminster-MPR 2:00pm Ice Cream & Jokes in the Garden 3:30pm Bean Bag Toss 6:30pm Friendly Chats	20 9:30am Monday Movement! 10:00am Chair Yoga-MPR 10:15am Finish The Phrase 2:00pm Tim Horton's Social-MPR 3:30pm Guess the Animal 6:30pm Sunset Strolls	21 9:45am Morning Coffee In The Garden 10:00am Morning Movie 10:15am I Spy In The Garden 2:00pm Music with Bill on Piano-2nd	22 9:30am Sunshine Movers 10:00am Horse Races 2:00pm Special Event Social-Alana's Program 3:30pm This Day in History: July 6:30pm Movie Night	23 9:30am Balloon Baseball 10:15am Christmas Craft 11:00am Songs of The 50's 2:00pm Lets Bake Some Cupcakes! 	24 9:00am Hands At Work 9:30am Friday Fitness 10:30am Holy Communion & Rosary Prayer-MPR 2:00pm Birthday Party-MPR 3:30pm Match the Sound 6:30pm Summer Splash Crafts	25 9:30am The Morning Movers 10:00am Christmas Craft 10:15am Euchre-4th 10:45am Would You Mind Helping Me? 2:00pm The Young & Restless Group-Games Room 2:15pm Christmas In July 3:15pm True or False Quiz 6:30pm Christmas in July Movie Night
26 9:30am Spiritual Hour 10:45am Virtual hymn sing 2:00pm Church Service-Maranatha Church - MPR 6:30pm Word Games	27 9:30am Monday Movement! 10:15am What Starts With A "J" 11:00am House Chores 3:15pm Animal Trivia 6:30pm Summer Colouring	28 Western Day 9:15am Can you help me? 10:00am Garden weeding and watering 10:45am John Wayne Reminiscing 2:00pm Table Tennis 3:30pm Hangman Word Game 6:30pm Clint Eastwood Movie In The Lounge	29 9:30am Sunshine Movers 10:15am Spiritual Stories 12:00pm Spruce Villa BBQ 2:00pm Art of Music-MPR	30 9:30am Balloon Baseball 10:15am First To 50 Dice Game 10:45am Table Tasks 2:00pm Music with Rich Hubick-MPR	31 9:00am Hands At Work 9:30am Friday Fitness 10:00am Can You Match It? 2:00pm Karaoke-MPR 3:30pm Dice Game 6:30pm Unwind Before Bedtime Stretching	

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.