

July 2025



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 Silver Sneakers Exercise - AR 1:45 Suzie Q Sing A Long-"Truly Canadian" - AR 	2 10:00 Pet Visit with Anna, Peter & Sophie(1:1) 10:15 New Age Bowling - AR 1:45 Canada Day Celebrations with Country Mile - AR 4:00 "Walk N Talk" - CY 6:15 "What's In the News?" - AR	3 10:15 Beachball Volleyball - AR 10:15 Drive Around the Bay 10:15 Montessori Visits (1:1) 1:45 Fit Minds Zone 2 HR 1:45 Fit Minds Zone 3 AR 1:45 Fit Minds Zone 4 NN 4:00 "Walk N Talk" - CY	4 10:15 Giant Crossword - AR 10:15 Spa Visits (1:1) 1:45 Bingo - AR 4:00 "Walk N Talk" - CY 	5 10:15 Noodle Ball - AR 1:45 Who Want's To Be a Millionaire - AR
6 10:00 St. John Ambulance Pet Visits with Tasha (1:1) 1:45 Movie Matinee-Touched by an Angel - AR 	7 10:00 Euchre with Donna (NN) 10:15 Gardening Club 10:15 Handy Helpers - AR 1:45 Classic Country with Teddy Murray - AR World Chocolate Day!	8 9:45 Courtyard Visits(1:1) 10:00 Latin Dance with Diane - AR 1:45 Bingo - AR 4:00 "Walk N Talk" - CY 	9 10:15 Rosary - AR 1:45 Country Classics With Bart Lynch - AR 1:45 Spa Visits (1:1) 4:00 "Walk N Talk" - CY 6:15 Finishing the Lines - AR	10 10:15 Music with Shakey D - AR 1:45 Board Games - AR 4:00 "Walk N Talk" - CY 	11 9:45 ITAP Visits-Satisfaction Surveys 10:15 Music & Motion Exercises - AR 11:30 Picnic In the Courtyard 1:45 Java Music Club - AR 1:45 Java Time HS 4:00 "Walk N Talk" - CY	12 10:15 Movement Moments - AR 1:45 You Be the Judge - AR
13 10:15 Sunday Bookshelf - AR 1:45 Virtual Worship Service - AR	14 10:15 Gardening Club 10:15 Handy Helpers - AR 1:45 Simmons Farm Pony Visits - CY 6:15 LP Record Club - AR 	15 9:45 Courtyard Visits(1:1) 10:15 Drum Fit - AR 1:45 Bingo - AR 4:00 "Walk N Talk" - CY	16 10:00 Pet Visit with Anna, Peter & Sophie(1:1) 10:15 "Where in the World.....??" - AR 1:45 Turquoise Live with Sid - AR 4:00 "Walk N Talk" - CY 6:15 "What's In the News?" - AR	17 10:00 Crafts with Kris - AR 11:30 Picnic In the Courtyard 1:45 Catholic Mass with Fr. John Burchat - CHPL 4:00 "Walk N Talk" - CY 	18 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time HS 4:00 "Walk N Talk" - CY 6:15 Horseracing - AR	19 10:15 Silver Sneakers Exercise - AR 1:45 Piano With Donna - AR 
20 10:15 Suzie Q Sing A Long-Hymns & Harmony - AR 1:45 Calvary Baptist Church Service - AR 	21 10:00 Cribbage with Donna & Connie (NN) - NN 10:15 Gardening Club 10:15 Handy Helpers - AR 1:45 Pet Visit with Henry (1:1) 5:00 The Hazleton's - AR 6:15 Skitts & Giggles-Ma & Pa Kettle - AR	22 9:45 Courtyard Visits(1:1) 10:15 Movement Moments - AR 1:45 Bingo - AR 4:00 "Walk N Talk" - CY 6:15 Yo Yo Mama's Fiddle Group - AR 	23 10:15 United Church Service - AR 1:45 Joe's Piano - AR 4:00 "Walk N Talk" - CY 6:15 Mental Aerobics - AR	24 9:30 Shopping Outing-Pembroke 10:15 Friendly Visits (1:1) 10:15 Silver Sneakers Exercise - AR 4:00 "Walk N Talk" - CY Footcare A & B	25 10:15 Rosary & Communion - AR 1:45 Jack Conner's Sing A Long - CY 4:00 "Walk N Talk" - CY 6:15 Western Word Games - AR "Cowboy Day" 	26 10:15 Music & Motion Exercises - AR 1:45 Poetry Corner - AR
27 10:15 Bible Study - AR 1:30 Butterfly Release at Valley Manor-Hospice Fundraising Event - CY 	28 10:15 Gardening Club 10:15 Handy Helpers - AR 1:45 Kelly's Karaoke - AR 6:15 Champion Racetrack-Men's Club - AR	29 9:45 Courtyard Visits(1:1) 10:00 Food Committee Meeting - DR 10:15 Drum Fit - AR 1:45 Bingo - AR 4:00 "Walk N Talk" - CY	30 10:00 Pet Visit with Anna, Peter & Sophie(1:1) 10:15 Baking - AR 1:45 Armchair Travel - AR 4:00 "Walk N Talk" - CY 	31 10:15 Movement Moments - AR 11:30 Picnic In the Courtyard - CY 1:45 Fit Minds Zone 2 HR 1:45 Fit Minds Zone 3 - AR 1:45 Fit Minds Zone 4 NN 4:00 "Walk N Talk" - CY		

AR - Assembly Room

CHPL - Chapel

CY - Courtyard

DR - Dining Room/Lounge

NN - Nora's Nook