





July 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 HAPPY CANADA DAY!	1 10:15 Suzie Q Sing A Long-Trueely Canadian - AR 1:45 Armchair Travel -Canada Day - AR	2 10:15 Anglican Church Service - AR 10:15 Spa Visits (1:1) 1:45 Canada Day Bingo	3 10:15 Handy Helpers-Strawberry Hauling - AR 1:45 Canada Day Word Games - AR	4 10:15 Beachball Volleyball - AR 1:45 Special Event-Music with Edita - AR
5 10:15 Bridgetown Music Therapy Sing A Long-Hymns - AR 1:45 Virtual Catholic Mass - AR 	6 10:00 Euchre with Donna 10:15 Handy Helpers - AR 10:30 Outing- Simmons Horse Farm 1:45 Bowling - AR 4:00 "Walk N Talk with Lily" 6:15 Skitts & Giggles-Leave it to Beaver - AR	7 10:15 Courtyard Visits(1:1) 10:15 Latin Dance with Diane - AR 11:45 Picnic In the Courtyard - CY 1:45 Bingo - AR Hairdressing 	8 10:15 Tuck Shop Cart (1:1) Zone 10:15 United Church Service - AR 1:45 Classic Country with Teddy Murray - AR 3:45 Piano with Edita - AR 6:15 "What's In the News?" - AR 	9 10:15 Montessori Visits (1:1) 10:15 Music & Motion Exercises - AR 1:45 Board Games - AR	10 9:45 Tuck Shop Cart (1:1) Zone 4 10:15 Worship Service with Pastor Doug Kranz - AR 1:40 Java Time FPL Zone 2 1:45 Java Time Zone 3,4 AR 	11 10:15 Movement Moments - AR 1:45 I Hear Memories - AR
12 10:15 Sunday Cinema-Touched by an Angel - AR 1:45 Virtual Worship Service - AR	13 10:15 Handy Helpers - AR 10:15 Heart for Music (1:1) 1:45 Gwen Coulas & Friends - AR 4:00 "Walk N Talk" - CY 6:15 Champion Racetrack - AR 	14 10:15 Courtyard Visits(1:1) 10:15 Latin Dance with Diane - AR 11:45 Picnic In the Courtyard - CY 1:45 Bingo - AR Hairdressing	15 10:00 Fit Minds Zone 4 DR 10:05 Fit Minds Zone 3 AR 10:15 Fit Minds Zone 2 FPL 1:45 Baking-Strawberry Shortcake - AR 2:00 Resident Council Meeting-Meet and Greet with Jessica from OARC FPL 4:00 "Walk N Talk with Lily" 6:15 "Country Legends Hour" with Debbie and Ron - AR	16 10:15 Beachball Volleyball - AR 10:15 Aromatherapy (1:1) 1:45 Catholic Mass with Fr. John Burchat - CHPL	17 10:15 Joe's Piano - AR 1:45 New Age Bowling - AR 	18 10:15 Music & Motion Exercises - AR 1:45 Special Event-Music with Edita - AR
19 10:15 Bible Study - AR 1:45 Prayers from the Heart - AR 	20 10:00 Cribbage with Donna & Connie - NN 10:15 Gardening Club - CY 10:15 Handy Helpers - AR 1:45 Country Classics With Bart Lynch - AR 4:00 "Walk N Talk with Lily" 6:15 Fish N Game Club - AR	21 10:15 Courtyard Visits(1:1) 10:15 Latin Dance with Diane - AR 11:45 Picnic In the Courtyard - CY 1:45 Bingo - AR 6:15 Station Keeper Singers - AR Hairdressing 	22 10:15 Java Time FPL Zone 2 10:15 Tuck Shop Cart (1:1) Zone 3 1:45 Bowling 3:45 Piano with Edita - AR 6:15 Jeopardy Labs - AR	23 10:15 Outing- Lakeshore Park 10:15 Drum Fit - AR 1:45 Black Jack 21 - AR 	24 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Horseracing - AR	25 10:15 Movement Moments - AR 1:45 Movie Matinee - AR 
26 10:15 Suzie Q Sing A Long-Hymns and Harmony - AR 1:45 Butterfly Release at Valley Manor-Hospice Fundraising Event-CY	27 10:15 Handy Helpers - AR 10:15 Heart for Music (1:1) 1:45 Pet Visit with Henry 1:45 The Hazleton's - AR 4:00 "Walk N Talk" 6:15 You Be the Judge - AR 	28 10:15 Courtyard Visits(1:1) 10:15 Movement Moments FPL 11:45 Picnic In the Courtyard - CY 1:45 Mental Aerobics FPL Hairdressing	29 10:00 Crafts with Nicole - AR 1:45 Country Mile - AR 4:00 "Walk N Talk with Lily" 6:15 Giant Crossword - AR 	30 10:10 Fit Minds Zone 2 FPL - AR 10:15 Fit Minds Zone 3,4 AR 1:45 Bingo - AR	31 9:45 Tuck Shop Cart (1:1) Zone 3,4 AM 10:15 Kelly's Karaoke - AR 1:10 Tuck Shop Cart (1:1) Zone 2 1:45 Rosary - AR 6:15 "What's In the News?" - AR 	

AR - Assembly Room

CHPL - Chapel

CY - Courtyard

NN - Nora's Nook