

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>Suites, Garden Homes, &amp; DLMA</div>		<div>Canada Day 1</div> <div>9:30 Hulling Strawberries (MPR) 10:30 1:1 Fitness Support with Meagan (Gym) 2:30 Canada Day Strawberry Sundaes *Sign-up required (MPR)</div> <div>Canada Day</div>	<div>2</div> <div>10:00 Music with Henry Winter (FH) 1:30 Dominoes (MPR) 2:30 Bean Bag Toss (CR)</div>	<div>3</div> <div>9:30 Upper Body Strength (CR) 10:30 Word Games (CR) 1:15 Hot Wax Treatment (Gym) 2:30 Arts and Crafts: Origami (MPR)</div>	<div>4</div> <div>9:30 Flexibility Fitness (CR) 10:30 Current Events (MPR) 1:30: Ladder Ball Toss (CR) 2:30: Giant Yahtzee (CR) 3:45 Piano Music with Angela (FH)</div> <div>Independence Day (US)</div>	<div>5</div>
<div>6</div> <div>10:30 Sunday Service with Chaplain Ellen (FH)</div>	<div>7</div> <div>10:00 Music with Susie Q (FH) 1:30 Strength &amp; Conditioning (CR) 2:30 Spirit Circle with Chaplain Ellen (FH)</div>	<div>Kindred Credit Union 10-11 8</div> <div>9:30 Balloon Badminton (CR) 10:30 Paint by Numbers (MPR) 1:30 Bocce Ball (CR Hallway) 2:00 Suites Resident Drop-In (DR) 2:30 BINGO (MPR)</div>	<div>9</div> <div>8:30 Outing: Jack's Family Restaurant *Sign-up required 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 1:30 Ring Toss (CR) 2:30 Poetry Reading (MPR)</div>	<div>10</div> <div>10:00 Music with Kevin Coates (FH) 1:15 Hot Wax Treatment (Gym) 2:30 Men's Club (CR)</div>	<div>11</div> <div>9:30 Flexibility Fitness (CR) 10:30 Baking: Blueberry Muffins (EDR) 1:30 Jeopardy (CR)</div>	<div>12</div> <div>2:00 Crochet Club (FH)</div>
<div>13</div> <div>10:30 Sunday Service with Chaplain Lisa (FH) 2:00 Piano Drop-In with Doug &amp; Wilf (FH)</div>	<div>14</div> <div>9:30 Strength &amp; Conditioning (CR) 10:30 Group Story Writing (MPR) 2:30 Waterloo Public Library Tech Support Session *sign-up required* 2:30 Spirit Circle with Chaplain Ellen (FH) 3:30 Outdoor Strolls (L)</div>	<div>15</div> <div>9:30 Outing: St. Jacob's Market *Sign-up required 10:00 Hearing Clinic 1:30 Ladder Ball Toss (CR) 2:30 UNO (MPR) 3:30 1:1 Fitness Support with Meagan (Gym)</div>	<div>16</div> <div>9:30 Balloon Volleyball 10:30 Hymn Sing (MPR) 12:00 Lunch Club: BBQ Hotdogs (FH) *sign up required 1:30 Dominoes (MPR) 2:30 Outdoor Strolls (L)</div>	<div>17</div> <div>9:30 Strength &amp; Conditioning (CR) 10:30: Word Games 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)</div>	<div>18</div> <div>9:30 Flexibility Fitness (CR) 10:30 July Birthday Celebration (MPR) 1:30: Arts and Crafts: Painting Wooden Coasters (MPR) 2:30 Bean Bag Toss (CR) 3:30 Wizard (MPR)</div>	<div>19</div> <div>10:00 Music with Martin Wall (FH)</div>
<div>20</div> <div>10:30 Sunday Service with Chaplain Lisa (FH)</div>	<div>21</div> <div>10:00 Music with Brent M (FH) 1:30 Lower Body Strength (CR) 2:30 Spirit Circle with Chaplain Ellen (FH) 2:30 Crokinole (GR) 3:30 Outdoor Strolls (L)</div>	<div>Kindred Credit Union 10-11 22</div> <div>9:30 Sit &amp; Sway Fitness (CR) 10:30 1:1 Fitness Support with Meagan (Gym) 1:30 Jokes &amp; Riddles (CR) 2:30 Ring Toss (CR) 5:00 Suites 6<sup>th</sup> Floor Dinner (MPR)</div>	<div>23</div> <div>9:30 Beach Ball Fun (CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 11:30 Outing: Runways Café *Sign-up required 3:00 Outdoor Strolls (L)</div>	<div>24</div> <div>9:30 Lower Body Strength (CR) 10:30 Creative Painting (MPR) 1:15 Hot Wax Treatment (Gym) 2:30 Relax and Colour (MPR)</div>	<div>25</div> <div>9:30 Flexibility Fitness (CR) 10:30 Yahtzee (MPR) 1:30 Bocce Ball (CR Hallway) 2:30 BINGO (MPR)</div>	<div>26</div>
<div>27</div> <div>10:30 Sunday Service with Chaplain Lisa (FH)</div>	<div>28</div> <div>9:30 Lower Body Strength (CR) 10:30 Creative Painting (MPR) 1:30 UNO (MPR) 2:30 Spirit Circle with Chaplain Ellen (FH) 3:30 Outdoor Strolls (L)</div>	<div>29</div> <div>9:30 Sit &amp; Sway Fitness (CR) 10:30 Memorial Service (FH) 1:30 Manicures (MPR) 2:30 BINGO (MPR)</div>	<div>30</div> <div>9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) 1:30 Travelogue: New Zealand (CR) 2:30 Dominoes (MPR) 3:00 Outdoor Strolls (L)</div>	<div>31</div> <div>9:30 Lower Body Strength (CR) 10:30 Beanbag Baseball (FH) 1:15 Hot Wax Treatment (Gym) 2:30 Outdoor Strolls (L)</div>	<div>LEGEND</div> <div>CR – Craft Room                      FP – Front Patio</div> <div>MPR – Multipurpose Room        SR – Sunroom</div> <div>FH – Fellowship Hall</div> <div>EDR – Education Room</div> <div>L – Lobby</div> <div>GR – Games Room</div> <div>DR – Dining Room</div>	

# ACTIVITY CALENDAR

## JULY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 Parkwood Pool Schedule		1 10:30 Aquafit 11:00 Open Swim	2	3	4	5
6 2:30 Aquafit 3:00 Open Swim	7 4:00 Aquafit 6:30 Open Swim	8	9	10	11	12
13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim	15 2:30 Aquafit 3:00 Open Swim	16	17	18	19
20 2:30 Aquafit 3:00 Open Swim	21 3:30 Aquafit	22	23	24	25	26
27 2:30 Aquafit 3:00 Open Swim	28 4:00 Aquafit 6:30 Open Swim	29	30	31	*Pool programs will be 30 minutes each Highlight = Program is at a different time than usual for that day	