

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2026

Delphine and Lloyd Martin Apartments

	<h1>July 2026</h1> <p>Delphine and Lloyd Martin Apartments</p>		<p><b>Canada Day!</b></p> <p>2:00 Dominoes (MPR)</p> <p><small>Canada Day</small></p>	<p><b>1</b> 9:30 Exercise Class (CR) 10:30 Ice Caps (3<sup>rd</sup> floor lounge) 1:00 Knitting &amp; Crochet Club (3<sup>rd</sup> floor lounge) 1:15 Hot Wax Treatment (CR) 1:30 One-on-One Fitness (Gym) 2:15 Bingo (MPR)</p>	<p><b>2</b> <b>10:00 Music with Brent M (FH)</b> 10:30 Chair Exercise with Linda (DR) <b>12:00 KFC Lunch Club *sign up required</b> 2:30 Ice Cream Social (Martin Apartments 3<sup>rd</sup> Floor Lounge) 7:00 Games Night (3<sup>rd</sup> floor lounge)</p>	<p><b>3</b> 2:00 UNO (MPR)</p> <p><small>Independence Day (U.S.)</small></p> <p><b>4</b></p>
<p><b>5</b> 10:30 Sunday Service with Lisa (FH)</p>	<p><b>6</b> 9:30 Exercise Class (CR) 10:00 Summer Craft (MPR) 10:30 Cornhole (DR) 1:30 Walking Group (lobby) 1:30 One to One Fitness (gym) 2:30 Heart of the Matter Circle (MPR)</p>	<p><b>7</b> 10:30 Chair Exercise with Easton (DR)  1:30 Beauty Shop (MPR) 2:30 Bible Study w/ Kate (CR)</p>	<p><b>8</b> 9:30 One to One Fitness (gym) 10:20 RC Communion Visits 10:30 Hymn Sing (FH) <b>11:00 Outing: Anna Mae's *sign up required</b>  1:00 Euchre (3<sup>rd</sup> floor lounge) <b>2:00 Music with Weber's 2 (FH)</b></p>	<p><b>9</b> 9:30 Exercise Class (CR) 10:30 Coffee and Current Events (3<sup>rd</sup> floor lounge)  1:15 Hot Wax Treatment (CR) 1:30 One-on-One Fitness (Gym) 2:15 Travelogue (CR)</p>	<p><b>10</b> 10:30 Chair Exercise with Linda (DR) <b>12:00 BBQ (Martin Apartments 3<sup>rd</sup> Floor Lounge) *sign up required</b>  7:00 Games Night (3<sup>rd</sup> floor lounge)</p>	<p><b>11</b> 2:00 Dominoes (MPR) 2:00 Crochet Club (FH)</p>
<p><b>12</b> 10:30 Sunday Service with Kate Strathdee (FH)</p>	<p><b>13</b> 9:30 Exercise Class (CR) 10:30 Cornhole (DR) 10:30 Canada VS USA (CR)  1:30 One to One Fitness gym 2:30 Heart of the Matter Circle (MPR)</p>	<p><b>14</b> <b>9:30 Outing: St. Jacob's Market *sign up required</b> 10:00 Kindred Banking  1:30 Healthy Habits (MPR) 2:00 Rook Card Game (3<sup>rd</sup> Floor Lounge) 2:30 Bible Study w/ Kate (MPR)</p> <p><small>Bastille Day</small></p>	<p><b>15</b> 9:30 One to One Fitness (GYM) 9:30 Walking Group (Martin Apartments Lobby) 10:30 Hymn Sing (FH) 1:00 Euchre (3<sup>rd</sup> floor lounge) 1:30 Frozen Drinks on the Patio (Martin Apartments Entrance) <b>2:00 Music with the Coulson Brothers (FH)</b></p>	<p><b>16</b> 9:30 Exercise Class (CR) 10:30 Word Games (3<sup>rd</sup> floor lounge)  1:15 Hot Wax Treatment (CR) 1:30 One-on-One Fitness (Gym) 2:15 Bingo (MPR)</p>	<p><b>17</b> 9:30 Freshly Squeezed Lemonade and Corn Hole (Suites Entrance) 10:30 Chair Exercise with Linda (DR) 1:30 Canadian History (CR) 2:30 Ice Cream Social (Martin Apartments 3<sup>rd</sup> Floor Lounge) 7:00 Games Night (3<sup>rd</sup> floor lounge)</p>	<p><b>18</b> 2:00 UNO (MPR)</p>
<p><b>19</b> 10:30 Sunday Service with Lisa (FH)</p>	<p><b>20</b> 9:30 Walking Group (lobby) 9:30 Exercise Class (CR) 10:30 Cornhole (DR) 10:30 Adult Colouring (MPR) 1:30 One to One Fitness gym 2:30 Heart of the Matter Circle (MPR)</p>	<p><b>21</b> 10:30 Chair Exercise with Easton (DR)  1:30 Beauty Shop (MPR) 2:30 Bible Study w/ Kate (CR)</p>	<p><b>22</b> 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR)  <b>11:30 Outing: Picnic Lunch in the Park *sign up required</b> 1:00 Euchre (3<sup>rd</sup> floor lounge)</p>	<p><b>23</b> 9:30 Exercise Class (CR) 10:30 Coffee and Current Events (3<sup>rd</sup> floor lounge)  1:15 Hot Wax Treatment (CR) 1:30 One-on-One Fitness (Gym) 2:15 Movie Matinee (CR)</p>	<p><b>24</b> 9:30 Word Games and Ice Caps (CR) 10:30 Chair Exercise with Linda (DR) <b>12:00 BBQ (Martin Apartments 3<sup>rd</sup> Floor Lounge) *sign up required</b>  7:00 Games Night (3<sup>rd</sup> floor lounge)</p>	<p><b>25</b> <b>10:00 Music with Martin Wall (FH)</b> 2:00 Dominoes (MPR)</p>
<p><b>26</b> 10:30 Sunday Service with Lisa (FH)</p>	<p><b>27</b> 9:30 Exercise Class (CR) 10:30 Cornhole (DR) 10:30 Painting (MPR)  1:30 One to One Fitness (gym) 2:30 Heart of the Matter Circle (MPR)</p>	<p><b>28</b> 10:00 Kindred Banking  1:30 Table Top Games, Games, Games (MPR) 2:00 Rook Card Game (3<sup>rd</sup> Floor Lounge) 2:30 Bible Study w/ Kate (CR)</p>	<p><b>29</b> 9:30 Walking Group (Martin Apartments) 10:30 Hymn Sing (FH) 10:30 One to One Fitness (GYM) 1:00 Blue Jays Game with Popcorn and Peanuts (CR) 1:00 Euchre (3<sup>rd</sup> floor lounge)</p>	<p><b>30</b> 9:30 Exercise Class (CR) 10:30 Trivia (3<sup>rd</sup> floor lounge)  1:15 Hot Wax Treatment (CR) 1:30 One-on-One Fitness (Gym) 2:15 Bingo (MPR)</p>	<p><b>31</b> <b>10:00 Music with Leavin' Tracks (FH)</b> 10:30 Chair Exercise with Linda (DR)  2:30 Ice Cream Social (Martin Apartments 3<sup>rd</sup> Floor Lounge) 7:00 Games Night (3<sup>rd</sup> floor lounge)</p>	