

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2026

Suites and Garden Homes

	<h1>July 2026</h1> <p>Suites and Garden Homes</p>		<p><b>Canada Day!</b></p> <p>2:00 Dominoes (MPR)</p> <p><small>Canada Day</small></p>	<p>9:30 Exercise Class (CR)</p> <p>1:00 Knitting &amp; Crochet Club (3<sup>rd</sup> floor lounge)</p> <p>1:15 Hot Wax Treatment (CR)</p> <p>1:30 One-on-One Fitness (Gym)</p> <p>2:15 Bingo (MPR)</p>	<p>10:00 Music with Brent M (FH)</p> <p>10:30 Chair Exercise with Linda (Martin Apartments DR)</p> <p>12:00 KFC Lunch Club *sign up required</p>	<p>2:00 UNO (MPR)</p> <p><small>Independence Day (U.S.)</small></p>
<p>10:30 Sunday Service with Lisa (FH)</p>	<p>9:30 Exercise Class (CR)</p> <p>10:00 Summer Craft (MPR)</p> <p>1:30 One to One Fitness (gym)</p> <p>2:30 Heart of the Matter Circle (MPR)</p>	<p>9:30 Coffee and Current Events (Suites Lobby)</p> <p>1:30 Beauty Shop (MPR)</p> <p>2:30 Bible Study with Kate (CR)</p>	<p>9:30 One to One Fitness (GYM)</p> <p>9:30 Walking Group (Suites Lobby)</p> <p>10:20 RC Communion Visits</p> <p>10:30 Hymn Sing (FH)</p> <p>11:00 Outing: Anna Mae's *sign up required</p>	<p>9:30 Exercise Class (CR)</p> <p>1:15 Hot Wax Treatment (CR)</p> <p>1:30 One-on-One Fitness (Gym)</p> <p>2:15 Travelogue (CR)</p>	<p>9:30 Trivia and Iced Coffee (CR)</p> <p>10:30 Chair Exercise with Linda (Martin Apartments DR)</p> <p>2:30 Curling (CR hallway)</p>	<p>2:00 Dominoes (MPR)</p> <p>2:00 Crochet Club (FH)</p>
<p>10:30 Sunday Service with Kate Strathdee (FH)</p>	<p>9:30 Walking Group (lobby)</p> <p>9:30 Exercise Class (CR)</p> <p>10:30 Canada VS USA (CR)</p> <p>1:30 One to One Fitness (gym)</p> <p>1:30 Ladder Ball (CR)</p> <p>2:30 Heart of the Matter (MPR)</p>	<p>9:30 Outing: St. Jacob's Market *sign up required</p> <p>10:00 Kindred Banking</p> <p>1:30 Healthy Habits for Happy Hearts (MPR)</p> <p>2:30 Bible Study with Kate (CR)</p> <p><small>Bastille Day</small></p>	<p>9:30 One to One Fitness (GYM)</p> <p>10:30 Hymn Sing (FH)</p> <p>2:00 Music with the Coulson Brothers (FH)</p> <p>2:30 Pool (Games Room)</p>	<p>9:30 Exercise Class (CR)</p> <p>1:15 Hot Wax Treatment (CR)</p> <p>1:30 One-on-One Fitness (Gym)</p> <p>2:15 Bingo (MPR)</p>	<p>9:30 Freshly Squeezed Lemonade and Cornhole (Suites Entrance)</p> <p>10:30 Chair Exercise with Linda (Martin Apartments DR)</p> <p>1:30 Canadian History (CR)</p>	<p>2:00 UNO (MPR)</p>
<p>10:30 Sunday Service with Lisa (FH)</p>	<p>9:30 Exercise Class (CR)</p> <p>10:30 Adult Colouring (MPR)</p> <p>1:30 One to One Fitness (gym)</p> <p>1:30 Ring Toss (CR)</p> <p>2:30 Heart of the Matter (MPR)</p>	<p>9:30 Coffee and Current Events (Suites Lobby)</p> <p>1:30 Beauty Shop (MPR)</p> <p>2:30 Bible Study with Kate (CR)</p>	<p>9:30 Walking Group (Suites Lobby)</p> <p>10:30 Catholic Mass (FH)</p> <p>10:30 Hymn Sing (MPR)</p> <p>11:30 Outing: Picnic Lunch in the Park *sign up required</p>	<p>9:30 Exercise Class (CR)</p> <p>1:15 Hot Wax Treatment (CR)</p> <p>1:30 One-on-One Fitness (Gym)</p> <p>2:15 Movie Matinee (CR)</p>	<p><b>Fried Egg Friday</b></p> <p>9:30 Word Games and Iced Capps (CR)</p> <p>10:30 Chair Exercise with Linda (Martin Apartments DR)</p> <p>2:30 Balloon Volleyball (CR)</p>	<p>10:00 Music with Martin Wall (FH)</p> <p>2:00 Dominoes (MPR)</p>
<p>10:30 Sunday Service with Darren DeMelo (FH)</p>	<p>9:30 Walking Group (lobby)</p> <p>9:30 Exercise Class (CR)</p> <p>10:30 Painting (MPR)</p> <p>1:30 One to One Fitness (gym)</p> <p>1:30 Bocce Ball (CR Hallway)</p> <p>2:30 Heart of the Matter (MPR)</p>	<p>10:00 Kindred Banking</p> <p>1:30 Tabletop Games, Games, Games (MPR)</p> <p>2:30 Bible Study with Kate (CR)</p>	<p>10:30 One to One Fitness (Gym)</p> <p>10:30 Hymn Sing (FH)</p> <p>1:00 Blue Jays Game with Popcorn and Peanuts (CR)</p> <p>1:00 Euchre (3<sup>rd</sup> floor lounge)</p>	<p>9:30 Exercise Class (CR)</p> <p>1:15 Hot Wax Treatment (CR)</p> <p>1:30 One-on-One Fitness (Gym)</p> <p>2:15 Bingo (MPR)</p>	<p>10:00 Music with Leavin' Tracks (FH)</p> <p>10:30 Chair Exercise with Linda (Martin Apartments DR)</p> <p>1:30 Bean Bag Toss (CR)</p>	