

July 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<u>July Birthdays</u> - July 13 - Tim K - July 14 – Judy T - July 28 – Wilma V. - July 31 – Carman T.			CANADA DAY 1 10:30 Card Game Bingo 2:00 Canada Day Social 	9:45 Hairdresser 2 10:30 Bowling 2:00 Bingo	3 10:30 Curling 2:00 Ice Cream Social Outside	4 10:30 Balloon badminton 2:00 Lexicon Puzzle
	5 10:30 Country Classic Ball Toss 2:00 Outside in the Garden	6 10:30 Curling 2:00 Outdoor Games	7 10:30 Devotions 1:30 Baking cookies	8 10:00 Chair Exercises BBQ- Pink DR 2:00 Arm Chair Travel To Saudi Arabia	9 9:45 Hairdresser 10:30 Bowling 2:00 Day Care ice Cream Party	10 10:30 Movie & snacks 2:00 Bingo	11 10:30 Music With Brittany 2:00 Outside in the Garden
	12 10:30 Music With Brittany 2:00 Card Game Bingo	13 10:30 Curling 2:00 Outdoor Games	14 10:30 Devotions 2:00 Arm chair travel To Lebanon	15 10:30 Music with Gord and Al 2:00 Music with the Country Hicks	16 9:45 Hairdresser 10:30 Bowling 2:00 Bingo	17 10:00 Scenic Bus Drive 2:00 Tie Dye Fun	18 10:30 Balloon badminton 2:00 Lexicon Puzzle
	19 10:30 Country Classic Ball Toss 2:00 Outside in the Garden	20 10:30 Curling 2:00 Outdoor Games	21 10:30 Resident Council Meeting 2:00 Singalong with Avard & friends	22 10:00 Chair Exercises BBQ – Blue DR 2:00 Arm Chair Travel To Peru	23 9:45 Hairdresser 10:30 Bowling 2:00 Bingo	24 10:00 Scenic Bus Drive 2:00 Water Balloon Fun	25 10:30 Music With Brittany 2:00 Outside in the Garden
	26 10:30 Music With Brittany 2:00 Card Game Bingo	27 10:30 Curling 2:00 Outdoor Games	28 10:30 Devotions 2:00 Ice Cream Social	29 10:00 Baking cookies 2:00 Halifax Public Library Visit – Craft	30 9:45 Hairdresser 10:00 6 Day Zoo visit With the MVFRC 2:00 Bingo	31 10:30 Curling 2:00 Arm Chair Travel To Egypt	Recreation Programs are subject to change, please check the white board daily. If you have any questions or concerns please contact the Recreation Therapy team at (902) 384-4118