

Recreation Calendar

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
				9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Baking w/ Ravneet - SUN 10:15am Active Game - A 10:15am Leisure Games - B 2:00pm Active Game BCD - C 2:00pm Crossword Puzzle - D	10:00am Balloon Toss & Trivia - A 10:00am Word Game C&D - D 2:00pm Hymn Sing - C	10:00am Active Game - B 2:00pm Quizzlers -C&D - C
5 2:30pm Hymn Sing Ambleside	6 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:00am Active Game - C 10:00am Active Game - B 2:00pm Boardgames w/ C&D - C 2:00pm Trivia w/ A&B in Courtyard -	7 Resident's Survey 9-5 (Family Room) 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Leisure Games - A 10:15am Music Therapy w/ Brian - C 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC	8 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:15am Scattegories 2:00pm Beach Volleyball - B 	9 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Leisure Games - B 10:00am activity game - D 10:15am Word Game - A 2:00pm Courtyard Social - CY 	10 10:15am Music Therapy w/ Brian - D 10:15am Fun & Fitness w/ Rec - A 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	11 10:00am Active Game - B 2:00pm Quizzlers -C&D - C
12 2:30pm Hymn Sing Ambleside	13 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:30am Joyful Choir - REC 2:00pm Wheel of Fortune in C -	14 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:15am Music Therapy w/ Brian - C 10:15am Word Game - D 11:00am Music Therapy w/ Brian - B 2:00pm Birthday Party in A - 	15 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:15am Scattegories 12:30pm Summer BBQ - CY 	16 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Active Game - B 10:00am Word Game - D 10:30am Sikh Service - SUN 2:00pm Bingo - REC 	17 10:15am Music Therapy w/ Brian - D 10:15am Sit and Stretch w/ Rec - A 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	18 10:00am Active Game - B 2:00pm Quizzlers -C&D - C
19 2:30pm Hymn Sing Ambleside	20 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:00am Active Game - C 10:00am Active Game - B 2:00pm Boardgames w/ C&D - C 2:00pm Trivia in the Patio - REC	21 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness-Gym - D 9:45am Physio Fitness - A 10:15am Leisure Games - A 10:15am Music Therapy w/ Brian - C 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC	22 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:15am Scattegories 2:00pm Birthday party - C 	23 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Active Game C&D - C 10:00am Boardgames-A - SUN 10:00am Leisure Games - B 2:00pm Ice Cream Social - CY 	24 10:15am Music Therapy w/ Brian - D 10:15am Fit n Fun w/ Rec - A 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	25 10:00am Active Game - B 2:00pm Quizzlers -C&D - C
26 2:30pm Hymn Sing Ambleside	27 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:00am Active Game - C 10:00am Active Game - B 2:00pm Wheel of Fortune in C -	28 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 10:00am Leisure Games - A 10:15am Music Therapy w/ Brian - C 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC	29 9:45am Physio Fitness - A 9:45am Physio Fitness - D 10:15am Scattegories 2:00pm Afternoon Pub with Dave - REC 	30 9:45am Physio Fitness w/ B&C - C 9:45am Physio Fitness - A 12:30pm Fish n Chips Dining-in - SUN 	31 10:15am Music Therapy w/ Brian - D 10:15am Fit n Fun w/ Rec - A 11:00am Music Therapy w/ Brian - A 2:00pm Remembering Friends -	