





July 2026

Resident Home Area 6

Catherine
 Recreation Assistant
 (416) 609 5700 ext 223
 All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<u>Locations Legends</u> Piano Lounge (PL) Resident's Room (RSR) Community Hall (CH) South Den (ASD) Varied (VARI) Outing (Out) TV Lounge South (TLS) Outdoors (ODS/Balcony) Courtyard (COUR) North Den (AND) TV Lounge North (TLN) TV Lounge North/South (TVNS)		HAPPY CANADA DAY 1 10:30 Canada Day Concert (COUR) 		2 9:30 Physio Exercise (PL) 10:30 Art Therapy on RHA 5 (SD) 10:30 Petting Zoo Day (COUR) 1:15 Chats & Chapters (Vari) 2:00 Spiritual Hymn Sing on RHA 7 (PL)	3 9:30 Physio Exercise (PL) 1:15 Chats & Chapters (Vari) 2:00 Strawberry Milkshake Friday (PL) 3:30 Paws & Cuddles Club (ADS) 6:00 Friday Night Social with Jay (4FL)	4 9:30 Wake & Wiggle (PL) 10:15 Weekend Brain Boost (PL) 1:15 Chats & Chapters (Vari) 2:30 Saturday Entertainment with Samira (5fl) 3:00 Movies On Demand (PL) 3:30 Garden Walk (COUR) 4:00 R.A.'s Nook (NSN)
5 10:00 Church Service (CH) 10:00 Virtual Church (TVNS) 1:15 Chats & Chapters (Vari) 2:00 Magic Table Fun (PL) 3:15 Robbie's Corner (PL)	6 9:30 Physio Exercise (PL) 10:30 Sunshine Strollers (COUR) 1:15 Chats & Chapters (Vari) 2:00 Reading Club (ADS) 2:00 Shuffle Club (ADN) 2:00 Cultures on Screen (TVNS) 3:15 Volunteer Care Connect (VARI)	7 9:30 Physio Exercise (PL) 9:45 Wake & Wiggle (PL) 10:30 Virtual Voyage (PL) 10:30 Sunshine Strollers (COUR) 1:15 Chats & Chapters (Vari) 2:00 Shuffle Club (ADS) 2:00 Bell Choir (7FLR) 2:00 Baking with Love (DRN)	8 9:30 Physio Exercise (COUR) 10:30 Wednesday Bingo (PL) 1:15 Chats & Chapters (Vari) 2:00 Volunteer Care Connect (Vari) 2:00 Tai Chi (PL) 2:00 Outdoor Concert (COUR) 3:15 Math Matters (ADN) 4:00 Recreation Huddle	9 9:30 Physio Exercise (PL) 9:45 Chair Yoga (PL) 10:30 Art Therapy on RHA 5 (SD) 10:30 Audible Bible Study (CH) 10:30 Pawsitively Pets (PL) 1:15 Chats & Chapters (Vari) 2:00 Spiritual Hymn Sing (7FLR) 3:15 Puzzle Corner (ADN)	10 9:30 Physio Exercise (PL) 1:15 Chats & Chapters (Vari) 2:00 Friday Fellowship (CH) 2:00 Outdoor Concert (COUR) 2:00 Words At Work (PL) 6:00 Friday Night Social with Jess (5fl)	11 10:00 Christian Music (TVNS) 11:00 Exercises (PL) 2:00 Cultures on Screen (TVNS) 2:00 Saturday Concert w/ Davis (CH)	
12 10:00 Church Service (CH) 10:00 Virtual Church (TVNS) 2:00 Cultures on Screen (TVNS) 2:00 Strolling Musician (5TH)	13 9:30 Physio Exercise (PL) 10:30 Sunshine Strollers (ADN) 1:15 Chats & Chapters (Vari) 2:00 Reading Club (ADS) 2:00 Shuffle Club (ADN) 2:00 Boomer's Club (ADN) 3:15 Volunteer Care Connect (VARI)	14 9:45 Wake & Wiggle (PL) 10:00 Windreach Outing (Out) 10:30 Mandarin/Cantonese Support Group 7 FI (PL) 10:30 Sunshine Strollers (Lob) 2:00 Shuffle Club (ADS) 2:00 Resident's Council (7FLR) 3:30 Bell Choir (7FLR)	15 9:30 Physio Exercise (COUR) 10:30 Wednesday Bingo (PL) 1:15 Chats & Chapters (Vari) 2:00 Volunteer Care Connect (Vari) 2:00 Tai Chi (PL) 2:00 Outdoor Concert (COUR) 4:00 Recreation Huddle	16 9:30 Christian Music (TVns) 9:30 Physio Exercise (PL) 10:30 Art Therapy on RHA 5 (SD) 12:00 Community Hall BBQ (ADS) 1:15 Chats & Chapters (Vari) 2:00 Cultures on Screen 2:00 Spiritual Hymn Sing (7FLR)	17 9:30 Physio Exercise (PL) 1:15 Chats & Chapters (Vari) 2:00 Outdoor Concert (PL) 3:30 Words At Work (ADS) 6:00 Friday Night Social with Jay (6TH)	18 9:30 Wake & Wiggle (PL) 10:15 Weekend Brain Boost (PL) 1:15 Chats & Chapters (Vari) 2:00 Bowl-A-Rama (CH) 3:30 Movies On Demand (PL) 4:00 R.A.'s Nook (NSN)	
19 10:00 Church Service (CH) 10:00 Virtual Church (TVNS) 1:15 Chats & Chapters (Vari) 2:00 Magic Table Fun (PL) 3:00 Final World Cup Game (CH) 3:15 Robbie's Corner (PL)	20 9:30 Physio Exercise (PL) 10:00 Christian Music (TVNS) 1:15 Chats & Chapters (Vari) 2:00 Reading Club (ADS) 2:00 Shuffle Club (ADN) 2:00 Cultures on Screen (TVNS) 3:15 Volunteer Care Connect (VARI)	21 9:45 Wake & Wiggle (PL) 10:30 Word Search Challenge (PL) 10:30 Sunshine Strollers (Lob) 1:15 Chats & Chapters (Vari) 2:00 Shuffle Club (ADS) 2:00 Baking with Love (DRN) 2:00 Bell Choir (7FLR)	22 9:30 Physio Exercise (COUR) 10:30 Wednesday Bingo (PL) 11:15 Fun and Fit - Zumba (CH) 1:15 Chats & Chapters (Vari) 1:51 Fun and Fit Activity Stations (COUR) 2:00 Volunteer Care Connect (Vari) 3:15 Math Matters (ADN)	23 9:30 Physio Exercise (PL) 10:30 Art Therapy on RHA 5 (SD) 10:30 Virtual Voyage (PL) 1:15 Chats & Chapters (Vari) 2:00 Paws & Cuddles Club (ADS) 2:00 Spiritual Hymn Sing (7FLR) 3:15 Puzzle Corner (ADN)	24 9:30 Physio Exercise (PL) 1:15 Chats & Chapters (Vari) 2:00 Friday Fellowship (CH) 3:30 Words At Work (ADS) 6:00 Friday Night Social with Shanon (7FLR)	25 10:00 Christian Music (TVNS) 11:00 Exercises (PL) 1:15 Chats & Chapters (Vari) 2:00 Cultures on Screen (TVNS) 2:00 Saturday Concert (CH)	
26 10:00 Church Service (CH) 10:00 Virtual Church (TVNS) 2:00 Cultures on Screen (TVNS) 2:00 Sing-Along on RHA 5 (5TH)	27 9:30 Physio Exercise (PL) 9:45 Chair Yoga (PL) 10:30 Sunshine Strollers (ADN) 1:15 Chats & Chapters (Vari) 2:00 Reading Club (ADS) 2:00 Shuffle Club (ADN) 3:15 Volunteer Care Connect (VARI)	28 9:45 Wake & Wiggle (PL) 10:30 Sunshine Strollers (Lob) 1:15 Chats & Chapters (Vari) 2:00 Shuffle Club (ADS) 2:00 Baking with Love (DRN) 2:00 Bell Choir (7FLR) 2:00 Circle of Care on RHA 7 (PL)	29 STAFF APPRECIATION DAY 9:30 Physio Exercise (COUR) 10:30 Wednesday Bingo (PL) 1:15 Chats & Chapters (Vari) 2:00 Volunteer Care Connect (Vari) 2:00 Tai Chi (PL) 3:15 Math Matters (ADN) 6:00 Sound Therapy (2ND)	30 9:30 Physio Exercise (PL) 10:30 Art Therapy on RHA 5 (SD) 1:15 Chats & Chapters (Vari) 2:00 Spiritual Hymn Sing (7FLR)	31 9:30 Physio Exercise (PL) 1:15 Chats & Chapters (Vari) 2:00 Words At Work (PL) 2:00 Outdoor Concert (COUR) 6:00 Friday Night Social with Jessica (4FL)	