

| Sunday                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                                      | Tuesday                                                                | Wednesday                                                  | Thursday                                                                                        | Friday                                                                                   | Saturday                                                                              |
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|  <p><b>July 2026</b></p> <p>Please note: Mail is delivered within 24 hours of delivery to the facility!<br/> Outdoor activities are subject to the weather conditions.<br/> All Activities take place in the LTC dining room, unless specified otherwise.</p> |                                                                                                             |                                                                        | 10:00 Morning Brief<br>10:30 Sit & Dance<br><br>Canada Day | 10:00 Sunrise Report<br>10:30 Bible Study w/<br>Pastor Kurk                                     | 10:00 Daily Dispatch<br>10:30 Chair Yoga<br><br>2:00 Card Sharks &<br>Bomb Pops (Chanda) | 10:00 Coffee &<br>Chronicles<br><br>Independence Day (U.S.)                           |
| 10:00 Coffee and News<br>10:30 Morning Stretch<br>2:00 Temple Baptist                                                                                                                                                                                                                                                                         | 10:00 Headlines &<br>Happenings<br>11:00 Search for July<br>10:30-12 Monday<br>Manicures                    | 10:00 Morning Mug<br>10:30 Chair Chi<br>2:00 Bingo                     | 10:00 Morning Brief<br>10:30 Sit & Dance                   | 10:00 Sunrise Report<br>10:30 Bible Study w/<br>Pastor Kurk                                     | 10:00 Daily Dispatch<br>10:30 Chair Yoga<br>2-4 Paint w/Sheryl                           | 10:00 Coffee &<br>Chronicles                                                          |
| 10:00 Coffee and News<br>10:30 Morning Stretch<br>2:00 Temple Baptist                                                                                                                                                                                                                                                                         | 10:00 Headlines &<br>Happenings<br>11:00<br>10:30-12 Monday<br>Manicures<br>2:00 Resident Council           | 10:00 Morning Mug<br>10:30 Chair Chi<br>2:00 Bingo<br><br>Bastille Day | 10:00 Morning Brief<br>10:30 Sit & Dance                   | 10:00 Sunrise Report<br>10:30 Bible Study w/<br>Pastor Kurk<br>2:00 Performance:<br>Ricky Starr | 10:00 Daily Dispatch<br>10:30 Chair Yoga<br>2:00 Craft with Jaime                        | 10:00 Coffee &<br>Chronicles                                                          |
| 10:00 Coffee and News<br>10:30 Morning Stretch<br>2:00 Temple Baptist                                                                                                                                                                                                                                                                         | 10:00 Headlines &<br>Happenings<br>11:00<br>10:30-12 Monday<br>Manicures<br>2:00 Resident Birthday<br>Party | 10:00 Morning Mug<br>10:30 Chair Chi<br>2:00 Bingo<br><b>Outing</b>    | 10:00 Morning Brief<br>10:30 Sit & Dance                   | 10:00 Sunrise Report<br>10:30 Bible Study w/<br>Pastor Kurk                                     | 10:00 Daily Dispatch<br>10:30 Chair Yoga<br>2-4 Paint w/Sheryl                           | 10:00 Coffee &<br>Chronicles                                                          |
| 10:00 Coffee and News<br>10:30 Morning Stretch<br>2:00 Temple Baptist                                                                                                                                                                                                                                                                         | 10:00 Headlines &<br>Happenings<br>11:00<br>10:30-12 Monday<br>Manicures                                    | 10:00 Morning Mug<br>10:30 Chair Chi<br>2:00 Bingo                     | 10:00 Morning Brief<br>10:30 Sit & Dance                   | 10:00 Sunrise Report<br>10:30 Bible Study w/<br>Pastor Kurk                                     | 10:00 Daily Dispatch<br>10:30 Chair Yoga<br>2:00 Craft with Jaime                        |  |