Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In1	y 2025	AM- Calendar Delivery and Room Visits	10:30 R.C. Liturgy (CT) 2	10:30 Physio Class (AS) 10:30 You be the Judge and	10:30 Roman Catholic Mass <b>4</b> Fr. Geoff (PE)	5 1:00 Room Visits
Jui	y 2025	10:30 Canada Day Strawberry social	1:00 Beauty Care (MW) 2:00 Current events with Terry. (ML)	Discussion Group (MW) 2:00 Live Music by Kevin Arlene Quinn (RW)	2:00 Happy Hour Ft Hot dog bites and French Fries (MW)	1:45 Movie Matinee (MW) 2:00 Trivia (AS)
	NP.	2:00 Hot Dogs on the fire pit	2:00 Open Forum (MW)	6:30 Baking(L)		6:30 Dice Game (MW)
		Canada Day				
6 1:00 Room Visits 1:45 Movie Matinee (AS) 2:00 Darts (MW) 6:30 Chair Yoga and	7 11:00 Balloon Badminton (MW)	8 10:30 Physio Class (AS) 1:00 Beauty Care (MW) 2:00 Current events with terry.	9 10:30 R.C. Liturgy (CT) Aft - No Programs (programming meeting)	10 10:30 Physio Class (AS) 10:30 Bake and Make "cake pops" (L)	11 10:30 Bean Bags (AS) 1:00 Beauty Care (MW) 2:30 Mobii Projector Games (MW)	12 10:30 Coffee Social and Canadian News Updates (MW) 1:00 Garden Strolls
Meditation (AS)	2:00 Bingo (MW) 6:30 Projector Games (MW)	(ML)	No frill outing (please sign up)	2:00 Live Music by Kevin Kevin Agnew (ML)		2:30 Bocce Ball 06:30 Never have I ever (MW)
13 10:30 Elder Care Spiritual Service on Youtube 2:00 Dice Game (MW) 3:15 Hand Massages (AS)	14 11:00 Balloon Badminton (MW) 11:00 Balloon Badminton (MW) 1:00 Beauty Care (MW) 2:00 Current events with terry. (ML) 6:30 Bingo (MW)	15 10:30 Balloon Badminton (MW) 10:30 Physio Class (AS) <b>2:00 Wine &amp; Cheese (L)</b>	16 10:30 R.C. Liturgy (CT) <b>12:00 BBQ (please sign up)</b> 2:00 Beauty Care and Room Visits	17 10:30 Physio Class (AS) 10:30 Canvas Painting Craft (MW) 2:00 Triva (MW) 3:15 Hand Massages (AS)	18 10:30 Hymns with Dai Bassett <b>2:00- Homemade Beavertails</b> (L)	1:00 Room Visits191:45 Movie Matinee (MW)2:00 Trivia (AS)6:30 Dice Game (MW)
20 2:00 July Resident Birthday Party! 6:30 Chair Yoga and Meditation (AS)	21 10:30 Balloon Badminton (AS) 2:00 Bingo (MW) 6:30 Projector Games (MW)	22 10:30 Physio Class (AS) 10:30 Folding and organizing (AS) 2:00 Memory Game (MW)	23 <b>Picnic Trip</b> ( <b>please sign up)</b> 6:30 cream soda social (L)	24 10:30 Physio Class (AS) <b>12:00 Chinese Food Order In</b> (please sign up) 2:00 Blackjack (MW) 3:15 Room Visits	25 10:30 Roman Catholic Mass Fr. Geoff (PE) 2:00 Board Games (AS)	26 10:30 Trivia (MW) 2:00 Ice Cream Social (L) 06:30 Never have I ever (MW)
27 10:30 Elder Care Spiritual Service on Youtube 2:30 Coffee Social with Raspberries and scones (AS)	28 11:00 Balloon Badminton (MW) 1:00 Beauty Care (MW) 2:00 Current events with terry. (ML) 6:30 Bingo (MW)	29 10:00 Manager Meet and Greet (AS) 10:30 Resident Council Meeting (AS) 10:30 Physio Class (AS) 2:00 Memory Game (MW)	10:30 R.C. Liturgy (CT) <b>12:00 BBQ</b> (please sign up)	31 10:30 Food Committee Meeting (AS) 10:30 Physio Class (AS) 2:00 Floor Social Ft Ice Cream sandwiches (MW)		

Algonquin Square - Third Floor AS= Algonquin Square, MW= Market Square, L= Library, Programs are subject to be changed.' For sign up programs please see Erica or Gazel from recreation dept

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	1 10:15 Canada Day Trivia (BP) 2:00 Canada Day Strawberry social 6:30 Mobii games (BP) Canada Day	2 10:30 Physio Class (BP) 10:30 R.C. Communion 2:00 Open forum (ML) 3:15 Sensory cart (ML/BP) 6:30 Armchair travel (China) (BP)	3 10:15 Darts (BP) 2:00 Arlene Quinn (RW) 3:15 Name the famous personality (BP) 6:30 Never have I ever (ML)	4 10:30 Physio Class (BP) 10:30 RC mass 2:00 Big Connect 4 (BP) 2:00 Chenille Stems Crafts (ML) 6:30 Bingo (BP) Independence Day (U.S.)	5 11:15 Mindful Meditation & Gentle Stretches (BP) 2:45 Movie Matinee (BP) 3:00 Board Games (BP)
6 (ML) 2:00 Movie Matinee (BP)	7 10:30 Physio Class (BP) 11:20 Visits (BP) 2:00 Bingo (MW) 2:15 Sensory cart (BP/ML) 6:30 Bocce ball (ML)	8 10:15 Word Games (BP) 2:00 Current events with terry. (ML) 02:00 Name the Area (BP). 3:15 Hedbandz (BP) 6:30 Clay craft (BP)	9 1030 Physio Class (BP) 10:30 R.C. Communion Rec staff meeting 6:30 Armchair travel (Egypt) (ML)	10 10:15 Trivia (BP) 10:15 Knitting Group L 11:00 Coffee Social L 2:00 Kevin Agnew (ML)	11 10:30 Physio Class (BP) 2:00 Beauty Care (BP) 02:00 Painting and Colouring (ML) 3:15 Intellectual visits 6:30 Bean bag toss on the floor (BP)	2:00 Chair yoga and meditation (ML) 3:15 Cards (BP) No evening programs
13 11:15 Spiritual Reflections (BP) 2:00 Dice games (BP) 2:00 Movie Matinee (ML) 6:30 Axe throwing (BP)	14 10:30 Physio Class (BP) 11:15 Visits 2:00 Current events with terry. (ML) 6:30 Bingo (AS)	10:15 Mobii and Fishing (BP) 2:00 Outdoor walks 6:30 Sing along (BP)	16 10:30 Physio Class (BP) 10:30 R.C. Communion 12:00 BBQ (sign up) 6:30 Icecream social (ML)	17 10:15 Darts (BP) 02:00 Scattergories (BP) 03:15 Balloon Badminton (BP) 6:30 Armchair travel (Bermuda) (BP)	18 10:30 Hymns with Dai Bassett 10:30 Physio Class (BP) 2:00- Homemade Beavertails (L) 2:00 Visits 06:30 Bingo (ML)	19 11:15 Mindful Meditation & Gentle Stretches (BP) 2:45 Movie Matinee (BP) 3:00 Board Games (BP)
20 10:30 Spiritual Reflections (ML) 2:00 Resident Birthday Party! 6:30 Basketball toss (BP)	21 10:30 Physio Class (BP) 11:20 Visits (BP) 2:00 Bingo (MW) 2:15 You be the judge stories (ML) 3:15 Sensory cart (ML/BP) 3:00 Manicures (BP) 6:30 Bucket toss (BP)	22 10:15 Trivia (BP) 3:15 Balloon Badminton (BP) 6:30 Armchair Travel (Sweden) (ML)	23 1030 Physio Class (BP) Picnic Trip (sign up) 6:30 Lemonade social (BP)	24 10:15 Darts (BP) 12:00 Chinese food order in! (sign up with Abhi or Mike)	25 10:30 Physio Class (BP) 10:30 Roman Catholic Mass 2:00 Bowling (BP) 6:30 Board Games(ML)	26 2:00 Chair yoga/ Dance and meditation (BP) 3:15 Name the area (ML) No evening programs
27 11:15 Spiritual Reflections (BP) 02:00 Movie matinee (BP) 3:15 Beauty Care (BP) 6:30 Lets have some Tea and relax. (ML)	28 10:30 Physio Class (BP) 11:15 Visits 2:00 Current events with terry. (ML) 06:30 Bingo (AS)	29 10:00 Manager Meet and Greet 10:30 Resident Council Meeting -AS 2:00 Card games (BP)	30 12:00 BBQ (sign up) 2:00 Scattergories (BP) 3:15 Lets listen to some country and western music and play Connect 4 (ML) 6:30 Sensory cart (ML/BP)	31 10:30 Food Committee Meeting 2:00 Musical Ball (ML) 3:15 Name the famous personality (BP) 6:30 Armchair travel (Germany) (BP)		

**Byward Place - Forth Floor** 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	1 10:15 Canada Day Strawberry social 11:15 Room Visits 2:00 Canada Day Fire (front Courtyard) Canada Day	9:30 News updates on TV (CT) 10:30 Catholic Communion (CT) 11:15 Gentle Stretches (CT) 2:00 Bocce ball (CT) 3:15 1:1 Visits (CT) 6:00 Music appreciation (CT)	9:30 News updates on TV (CT) <sup>3</sup> 10:30 Physio class 11:15: Visits 2:00 Arlene Quinn (RW) 6:30 Dominoes (PE)	4 9:30 News updates on TV (CT) 10:30 Armchair Travel to Bhutan (CT) 10:15 Roman Catholic Mass Fr. Geoff (PE) 2:00 Happy hour (L)	5 9:30 News updates on TV (CT) 10:15 iPad Visits (CT) 2:00 Movie Matinee (CT) 3:15 Garden Strolls 6:30 Chair yoga (CT)
9:30 News updates on TV (CT) <sup>6</sup> 10:15 Spiritual Reflections (CT) 2:00 Coffee House in Country Kitchen (L) 3:15 Garden Strolls	<ul> <li>9:30 News updates on TV (CT) <sup>7</sup></li> <li>10:15 Basketball Toss (CT)</li> <li>11:15 Mindful Meditation (CT)</li> <li>2:00 Bingo (MW)</li> <li>3:15 Manicures (CT)</li> <li>6:30 Trivia (L)</li> </ul>	8 10:30 Physio Class (CT) 11:15 spot it 2:00 Current events (ML) 6:30 Darts (PE)	9:30 News updates on TV (CT) 10:30 R.C. Communion (CT) PM: No programs No frills outing (sign up)	9:30 News updates on TV (CT) <sup>10</sup> 10:30 Physio Exercise (CT) 11:15 Visits (CT) 2:00 Kevin Agnew (ML) 3:30 Spiritual visits 6:30 Social Tea (L)	9:30 News updates on TV (CT) <sup>11</sup> 10:30 Armchair Travel to Japan (CT) 2:00 Happy Hour (L) 3:30 Physio Exercise (CT) 6:30 Bean bag toss	9:30 News updates on TV (CT) <sup>12</sup> 10:15 Cards (PE) 2:00 coffee house(L) 3:15 Garden Strolls 6:30 Board games (CT)
9:30 News updates on TV (CT) 3 10:15 Spiritual Reflections (CT) 2:00 Trivia (L) 3:15 Garden Strolls 6:30 Memory games (CT)	9:30 News updates on TV (CT) <sup>14</sup> 10:15 Open Forum (CT) 11:15 Mindful Meditation (CT) 2:00 Current events (ML) 3:15 Manicures (CT) 6:30 Bingo (MW)	9:30 News updates on TV (CT) <sup>15</sup> 10:30 Physio Class (CT) 11:15 Mindful Moments (CT) 2:00 Garden Strolls 3:15 Busy Hands (CT)	9:30 News updates on TV (CT) 10:30 R.C. Communion (CT) 12:00 BBQ (sign up) 2:00 Dice game (PE) 6:30 Music appreciation (CT)	9:30 News updates on TV (CT) 7 10:30 Physio class 11:15: Visits 2:00: Bowling 6:30 Dominoes (PE)	9:30 News updates on TV (CT) <sup>18</sup> 10:30 Armchair Travel to China (CT) 10:30 Hymns with Dai Bassett 2:00- Homemade Beavertails (L) 6:30 Ring toss (CT)	9:30 News updates on TV (CT) <sup>19</sup> 10:15 iPad Visits (CT) 2:00 Movie Matinee (CT) 3:15 Garden Strolls 6:30 Chair yoga (PE)
20 9:30 News updates on TV (CT) 10:15 Spiritual Reflections (CT) 2:00 Resident Birthday Party! 3:15 Garden Strolls	21 9:30 News updates on TV (CT) 10:15 Basketball Toss (CT) 11:15 Mindful Meditation (CT) 2:00 Bingo (MW) 3:15 Manicures (CT) 6:30 Trivia (L)	22 10:30 Physio Class (CT) 11:15 Spot it 2:00 Bean Bag Toss (PE) 6:30 Darts (PE)	10:30 Garden strolls23Picnic Trip (sign up)6:30 cream soda social (L)	24 9:30 News updates on TV (CT) 10:30 Physio Exercise (CT) 11:15 Visits (CT) 2:00 big connect 4 (CT) 3:30 Spiritual visits 6:30 Social Tea (L)	25 10:30 Roman Catholic Mass Ff. Geoff (PE) 2:00 Happy hour (L) 6:30 Bean bag toss (CT)	9:30 News updates on TV (CT) 10:15 Cards (PE) 2:00 Coffee house (L) 3:15 Garden Strolls 6:30 Board games (CT)
9:30 News updates on TV (CT27 10:15 Spiritual Reflections (CT) 2:00 Trivia (L) 3:15 Garden Strolls 6:30 Memory games (CT)	28 9:30 News updates on TV (CT) 10:15 Open Forum (CT) 11:15 Mindful Meditation (CT) 2:00 Current events (ML) 3:15 Manicures (CT) 6:30 Bingo (MW)	29 9:30 News updates on TV (CT) 10:00 Manager Meet and Greet (AS) 10:30 Resident Council Meeting (AS) 10:30 Physio Class 2:00 Garden Strolls 3:15 Busy Hands (CT)	30 9:30 News updates on TV (CT) 10:30 R.C. Communion 12:00 BBQ (sign up) 2:00 Bocce Ball (PE) 6:30 Music appreciation (CT)	31 10:30 Food Committee Meeting 10:30 Physio class 11:15 Visits 2:00 Artful Enrichment (PE) 6:30 Dominoes (PE)		

**Cedar Trail - First Floor** CT= Cedar Trail, PE= Pinegrove Estate, MW= Market Way, RW= Rideau Walk, ML= Maple Lane, L= LIBRARY 'Programs are subject to be changed.'

Sunday	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	
Jul	y 2025	1 11:00 Canada Day Trivia (ML) 2:00 Canada Day Strawberry social. Canada Day	10:15 Balloon Dice Challenge2 (ML) 10:30 R.C. Communion 2:00 Open forum (ML) 3:15 Sensory cart (ML/BP) 6:30 Armchair travel (China) (BP)	10:30 Physio Class (ML) 11:15 Visits (ML) 2:00 Arlene Quinn (RW) 6:30 Never have I ever (ML)	3	4 10:15 Bean Bags (ML) 10:30 RC mass 2:00 Chenille Stems Crafts (ML) 3:30 Physio Class (ML) 6:30 Bingo (BP) Independence Day (U.S.)	10:15 Mindful Meditation & Gentle Stretches (ML) 2:15 Movie Matinee (ML) 2:30 Board Games (ML)	5
6 10:15 Spiritual Reflections (ML) 2:00 Movie Matinee (BP) 6:30 Dice games (ML)	7 10:15 Beauty Care (ML) 2:00 Bingo (MW) 2:15 Sensory cart (ML/BP) 3:15 Hedbandz (ML) 6:30 Bocce ball (ML)	8 10:30 Physio Class (ML) 11:15 Visits (ML) 2:00 Current event with Terry (ML) 6:30 Clay craft (BP)	9 10:15 Word games (ML) 10:30 R.C. Communion Rec staff meeting 6:30 Armchair travel (Egypt) (ML)	10:15 Knitting Group L 10:30 Physio Class (ML) 2:00 Kevin Agnew (ML)	10	11 10:15 Ring Toss (ML) 2:00 Painting and Colouring (ML) 3:30 Physio Class (ML) 6:30 Bean bag toss on the floor (BP)	2:00 Chair yoga and meditation (ML) 3:15 Cards (BP) No evening program	12
13 10:15 Spiritual Reflections (ML) 2:00 Movie Matinee (ML) 6:30 Axe throwing (BP)	14 10:15 Word Games (ML) 2:00 Current events with terry. (ML) 3:15 Balloon Badminton (ML) 6:30 Bingo (AS)	15 10:30 Physio Class (ML) 11:15 Visits (ML) 2:00 Bean Bags (ML) 6:30 Bocee ball(ML)	16 AM Garden Strolls 12:00 BBQ (sign up) 10:30 R.C. Communion 2:00 Scattergories (ML) 3:15 Name the famous personality (ML) 06:30 Icecream social (ML)	10:30 Physio Class (ML) 11:15 Visits (ML) 2:00 Ring Toss (ML) 6:30 Armchair travel (Bermuda) (BP)	17	18 10:15 Bean Bags (ML) 10:30 Hymns with Dai Bassett 2:00 Visits 2:00- Homemade Beavertails (L) 3:30 Physio Class (ML) 6:30 Bingo (ML)	10:15 Mindful Meditation & Gentle Stretches (ML) 2:15 Movie Matinee (ML) 2:30 Board Games (ML)	19
20 10:15 Spiritual Reflections (ML) 2:00 Resident Birthday Party! 6:30 Basketball toss (BP)	21 10:15 Beauty Care (ML) 2:00 Bingo (MW) 2:15 You be the judge stories (ML) 3:15 Sensory cart (ML/BP) 6:30 Bucket toss (BP)	22 10:30 Physio Class (ML) 11:15 Visits (ML) 2:00 Mobii and fishing (ML) 6:30 Armchair Travel (Sweden) (ML)	23 Picnic Trip (sign up) 02:00 You be the judge stories (ML) 3:15 Balloon badminton (ML) 6:30 Lemonade Social (BP)	10:30 Physio Class (ML) 1200 Chinese food order in! (sign up with Abbi or Mike) 11:15 Visits (ML)	24	25 10:15 Ring Toss (ML) 10:30 Roman Catholic Mass (CT) 2:00 Bowling (BP) 3:30 Physio Class (ML) 6:30 Board games (ML)	2:00 Chair yoga and meditation (BP) 3:15 Name the area (ML) No evening programs	26
10:30 Spiritual Reflections	<ul> <li>10:15 Word games (ML) 28</li> <li>2:00 Current events with Terry (ML)</li> <li>3:15 Name the famous personality (ML)</li> <li>6:30 Bingo (AS)</li> </ul>	29 10:30 Physio Class (ML) 10:00 Manager Meet and Greet 10:30 Resident Council Meeting -AS 2:00 Boardgames (ML) 6:30 Garden Strolls	30 10:15 Bocce Ball (ML) 10:30 R.C. Communion 12:00 BBQ (sign up) 2:00 Scattergories (BP) 3:15 Lets listen to some country and western music and play Connect 4 (ML) 6:30 Sensory cart (ML/BP)	10:30 Physio Class (ML) 10:30 Food Committee Meeting 2:00 Musical Ball (ML) 3:15 Social visits 6:30 Armchair travel (Germany) (BP)	31			

Maple Lane - Forth Floor

ML= Maple Lane, BP= Byward Place, L= Library, CK= Country kitchen. 'Programs are subject to be changed.'

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	1 AM- Calendar Delivery and Room Visits 10:30 Canada Day Strawberry social 2:00 Hot Dogs on the fire pit - courtyard Canada Day	2 10:30 Physio Class (MW) 10:30 R.C. Liturgy (CT) 1:00 Beauty Care (MW) 2:00 Current events with Terry (ML) 2:00 Open Forum (MW)	3 10:30 You be the Judge and Discussion Group (MW) 2:00 Live Music by Kevin Arlene Quinn (RW)	4 10:30 Physio Class (MW) 10:30 Roman Catholic Mass Fr. Geoff (PE) 2:00 Happy Hour Ft French Fries (MW) 6:30 Baking (L)	5 1:00 Room Visits 1:45 Movie Matinee (MW) 2:00 Trivia (AS) 6:30 Dice Game (MW)
<ul> <li>1:00 Room Visits</li> <li>1:45 Movie Matinee (AS)</li> <li>2:00 Darts (MW)</li> <li>6:30 Chair Yoga and Meditation (AS)</li> </ul>	5 7 10:30 Physio Class (MW) 11:00 Balloon Badminton (MW) 2:00 Bingo (MW)	8 10:30 Board Games (AS) 2:00 Current events with Terry (ML)	9 10:30 Physio Class (MW) 10:30 R.C. Liturgy (CT) Aft - No Programs (programming meeting) No Frills Outing <b>(please sign</b> <b>up)</b>	10 10:30 Bake and Make "cake pops" (L) 2:00 Live Music by Kevin Agnew (ML)	<ul> <li>10:30 Physio Class (MW) 11</li> <li>10:30 Bean Bags (AS)</li> <li>1:00 Beauty Care (MW)</li> <li>2:30 Mobbi Projector Games (MW)</li> </ul>	12 10:30 Coffee Social and Canadian News Updates (MW) 1:00 Garden Strolls 2:30 Bocce Ball 06:30 Never have I ever (MW)
10:30 Elder Care Spiritual Service on Youtube132:00 Dice Game (MW)3:15 Hand Massages (AS)	3 10:30 Physio Class (MW) 11:00 Balloon Badminton (MW) 1:00 Beauty Care (MW) 2:00 Current events with terry. (ML) 6:30 Bingo (MW)	15 10:30 Balloon Badminton (MW) <b>2:00 Wine &amp; Cheese (L)</b>	16 10:30 Physio Class (MW) 10:30 R.C. Liturgy (CT) 12:00 BBQ <b>(please sign up)</b> 2:00 Beauty Care and Room Visits	17 10:30 Canvas Painting Craft (MW) 2:00 Triva (MW) 3:15 Hand Massages (AS)	18 10:30 Physio Class (MW) 10:30 Hymns with Dai Bassett 2:00- Homemade Beavertails (L)	1:00 Room Visits191:45 Movie Matinee (MW)2:00 Trivia (AS)6:30 Dice Game (MW)
2:00 Resident Birthday Party! 6:30 Chair Yoga and Meditation (AS) 10:30 Elder Care Spiritual Service on Youtube	<ul> <li>11:00 Balloon Badminton (MW)</li> <li>10:30 Physio Class (MW)</li> <li>2:00 Bingo (MW)</li> <li>7 10:30 Physio Class (MW) 28 11:00 Balloon Badminton</li> </ul>	10:00 Manager Meet and	23 10:30 Physio Class (MW) Picnic Trip (please sign up) 2:00 Beauty care (MW) 6:30 cream soda social (L) 30 10:30 Physio Class (MW)	AM Garden Stolls <b>12:00 Chinese Food Order In</b> (please sign up) 2:00 Blackjack (MW) 3:15 Room Visits <b>31</b>	25 10:30 Physio Class (MW) 10:30 Roman Catholic Mass Fr. Geoff (PE) 2:00 Board Games (AS)	26 10:30 Trivia (MW) 2:00 Ice Cream Social (L) 06:30 Never have I ever (AS)
2:30 Coffee Social with Raspberries and scones (AS)	(MW) 1:00 Beauty Care (MW) 2:00 Current events with terry. (ML) 6:30 Bingo (MW)	Greet 10:30 Resident Council Meeting -AS 2:00 Board Games (AS)	10:30 Physio Class (MW) 10:30 R.C. Liturgy (CT) 12:00 BBQ (sign up)	<ul><li>10:30 Food Committee Meeting (AS)</li><li>2:00 Floor Social Ft Ice Cream sandwiches (MW)</li></ul>		

Market Way-Third Floor AS= Algonquin Square, MW= Market Square, L= Library, 'Programs are subject to be changed.' For sign up programs please see Erica or Gazel from recreation dept

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	1 10:15 Canada Day Strawberry social 11:15 Room Visits 2:00 Canada Day Fire (front Courtyard)	9:30 News updates on TV (PE) 2 10:30 R.C. Communion (Chapel) 10:30 Physio Class (PE) 2:00 big connect 4 (PE) 3:15 1:1 Visits (CT) 6:00 Music appreciation(CT)	3 9:30 News updates on TV (PE) 10:30 Word Game (PE) 2:00 Arlene Quinn (RW) 6:30 Dominoes (PE)	4 9:30 News updates on TV (CT) 10:30 Physio Class (PE) 11:15 Garden strolls 2:00 Happy hour (L)	9:30 News updates on TV (PE) 5 11:15 Friendly Visits (PE) 2:00 Movie Matinee (PE) 3:15 Garden Strolls 6:30 Chair yoga (CT)
<ul> <li>9:30 News updates on TV (PE) <sup>6</sup></li> <li>10:15 Spiritual Reflections (PE)</li> <li>2:00 Coffee House in Country Kitchen (L)</li> <li>3:15 Garden Strolls</li> <li>9:30 News updates on TV (CT) 3</li> <li>10:15 Spiritual Reflections (CT)</li> <li>2:00 Trivia (L)</li> <li>3:15 Garden Strolls</li> <li>6:30 Memory games (CT)</li> </ul>	9:30 News updates on TV (CT) <sup>7</sup> 10:15 Basketball Toss (CT) 11:15 Mindful Meditation (CT) 2:00 Bingo (MW) 6:30 Trivia (L) 9:30 News updates on TV (PE) <sup>14</sup> 10:30 Physio Class (PE) 11:15 Mindful Meditation (PE) 2:00 Current event with Terry (ML) 3:15 Manicures (CT) 6:30 Bingo (MW)	Canada Day         8         10:30 Big connect 4         2:00 Current events (ML)         2:00 Painting (CT)         6:30 Darts (PE)         9:30 News updates on TV (PE)         10:15 Coffee House (L)         11:15 Mindful Moments (PE)         2:00 Garden Strolls         3:15 Busy Hands (PE	9:30 News updates on TV (PE) 9:30 News updates on TV (PE) 10:30 R.C. Communion (Chapel) 10:30 Physio Class (PE) PM: No program No frill outing (sign up) 9:30 News updates on TV (PE) <sup>16</sup> 10:30 R.C. Communion (Chapel) 10:30 Physio Class (PE) 12:00 BBQ by sign up 2:00 big connect 4 (PE) 6:30 Music appreciation (CT)	10 9:30 News updates on TV (PE) 10:30 Bean bags (PE) 2:00 Kevin Agnew (ML) 6:30 Tea Social (L) 10:30 Tea Social (L) 10:30 News updates on TV (PE) 10:30 Word Game (PE) 2:00: Bowling 6:30 Dominoes (PE)	11 9:30 News updates on TV (PE) 10:30 Physio Class (PE) 11:15 Armchair Travel to China (PE) 2:00 Happy Hour (L) 6:30 Bean bag toss (CT) 9:30 News on TV (PE) 10:30 Hymns with Dai Bassett 2:00- Homemade Beavertails (L) 6:30 Ring toss (CT)	12 9:30 News updates on TV (CT) 10:15 Cards (PE) 2:00 coffee house(L) 3:15 Garden Strolls 6:30 Board games (CT) 19 9:30 News updates on TV (PE) 11:15 Friendly Visits (PE) 2:00 Movie Matinee (PE) 3:15 Garden Strolls 6:30 Chair yoga (PE)
10:15 Spiritual Reflections (PE)	9:30 News updates on TV (PE) 10:30 Physio Class (PE) 11:15 Mindful Meditation (PE) 2:00 Bingo (MW) 6:30 Trivia (L) 9:30 News updates on TV (PE) 9:30 News updates on TV (PE) 10:30 Physio Class (PE) 11:15 Mindful Meditation (PE) 2:00 Current event with Terry (ML) 3:15 Manicures (CT)	10:30 Big CONNECT 4 11:15 spot it 2:00 Bean bag toss (PE) 6:30 Darts (PE)	23 10:30 Garden strolls Picnic Trip (sign up) 6:30 cream soda social (L) 9:30 News updates on TV (PE) <sup>30</sup> 10:30 R.C. Communion (Chapel) 10:30 Physio Class (PE) 12:00 BBQ by sign up 2:00 big connect 4 (PE)	9:30 News updates on TV (PE) <sup>24</sup> 2:00 Bocce ball (PE) 6:30 Tea Social (L) 9:30 News updates on TV (PE) <sup>31</sup> 10:30 Food Committee Meeting 10:30 Word Game (PE) 2:00 Artful Enrichment (PE) 6:30 Dominoes (PE)	Geoff (PE) 2:00 Happy hour (L) 6:30 Bean bag toss (CT)	9:30 News updates on TV (CT) <sup>26</sup> 10:15 Cards (PE) 2:00 Coffee house (L) 3:15 Garden Strolls 6:30 Board games (CT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	1 11:15 Folding & Sorting (RW) <b>2:00 Canada Day</b> <b>Strawberry social (L)</b> Canada Day	2 10:30 R.C. Liturgy (CT) 2:15 Balloon Toss (RV)	3 10:30 Physio Exercise (RW) 11:15 Beauty Care (RW) 2:00 Live Entertainment feat. Arlene Quinn (RW)	4 10:30 Reading Group (RW) <b>10:30 Catholic Mass (PE)</b> 2:15 Baking (RW) 3:30 Physio Exercise (RW) 6:30 Puzzle Night (RV)	5 2:00 Fishing Game (RV) 3:15 Sensory Visits (RW) 6:30 Board Games (RV)
6 2:00 Dice Game (RV) 3:15 Friendly Visits (RW) 6:30 Armchair Travel (RV)	7 10:15 Ring Toss (RW) 2:00 Bingo (MW) 6:30 Word Games (RV)	8 10:30 Physio Exercise (RW) 11:15 Hand Massages (RW) 2:15 Patio Visits 6:30 Board games (RV)	9 10:30 R.C. Liturgy (CT) <b>No Afternoon program</b>	10 10:30 Physio Exercise (RW) 11:15 Sorting (RW) 2:00 Live Entertainment feat. Kevin Agnew (ML)	11 10:30 Baking (RW) 2:15 Ice Coffee Social (RV) 3:30 Physio Exercise (RW)	12 10:15 Ring Toss (RW) 2:00 Movie Matinee (RW) 2:15 Folding
13 10:15 Non-Denominational Service & Hymns (RW) 11:15 Room visits 2:00 Courtyard Walks	14 10:15 Balloon Toss (RW) 2:15 Dice Game (RV) 6:30 Bingo (MW)	15 10:30 Physio Exercise (RW) 11:15 Folding (RW) 2:00 Wine & Cheese (L)	16 10:30 R.C. Liturgy (CT) <b>12:00 BBQ</b> (please sign up) 2:15 Patio Visits	17 10:30 Physio Exercise (RW) 11:15 Beauty Care (RW) 2:15 Baking (RV)	18 <b>10:30 Hymns with</b> <b>Dai Bassett</b> <b>2:00 Homemade</b> <b>Beavertails (L)</b> 3:30 Physio Exercise (RW) 6:30 Darts (RV)	19 2:00 Fishing Game (RV) 3:15 Sensory Visits (RW) 6:30 Board Games (RV)
20 2:00 Resident Birthday Party! in the country kitchen 3:15 Friendly Visits (RW) 6:30 Armchair Travel (RV)	21 10:15 Ring Toss (RW) 2:00 Bingo (MW) 6:30 Trivia (RV)	22 10:30 Physio Exercise (RW) 11:15 Hand Massages (RW) <b>2:00 Patio Visits</b> 6:30 Courtyard walks	23 Picnic Trip (please sign up)	24 10:30 Physio Exercise (RW) <b>12:00 Chinese Food Order In</b> (please sign up) 2:15 Ring Toss (RV)	25 <b>10:30 Roman Catholic Mass</b> <b>Fr. Geoff (PE)</b> 2:15 Patio Visits 3:30 Physio Exercise (RW)	26 10:15 Balloon Toss (RW) 2:00 Ice Cream Social (L) 3:15 Folding
27 10:15 Non-Denominational Service & Hymns (RW) 2:00 Courtyard Walks	28 10:15 Balloon Toss (RW) 2:15 Bean Bags (RV) 6:30 Bingo (MW)	<b>10:30 Resident Council</b> <b>Meeting (AS)</b> 10:30 Physio Exercise (RW) 11:15 Sorting (RW) 2:00 Current events with Terry (ML) 2:15 Bean Bags (RW)	30 10:30 R.C. Liturgy (CT) <b>12:00 BBQ</b> (please sign up) 2:15 Patio Visits	<b>10:30 Food Committee</b> <b>Meeting (AS)</b> 10:30 Physio Exercise (RW) 11:15 Beauty Care (RW) 2:15 Word Games (RV)		

## **Rideau Walk - Second Floor**

RV= River View, RW= Rideau Walk, L= Library, 'Programs are subject to be changed.'

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul	y 2025	10:30 Canada Day Trivia <b>2:00 Canada Day</b> Strawberry Social (L)	1 10:30 R.C. Liturgy (CT) 10:30 Physio Exercise (RV) 2:15 Balloon Toss (RV)	2 10:15 Ring Toss (RV) <b>2:00 Live Entertainment feat. Arlene Quinn (RW)</b>	<ul> <li>3 4</li> <li>10:30 Physio Exercise (RV)</li> <li>10:30 Catholic Mass (PE)</li> <li>2:15 Bean Bags (RW)</li> <li>6:30 Puzzle Night (RV)</li> </ul>	5 2:00 Fishing Game (RV) 3:15 Sensory Visits (RW) 6:30 Board Games (RV)
6 2:00 Dice Game (RV) 3:15 Friendly Visits (RW) 6:30 Armchair Travel (RV)	7 10:30 Physio Exercise (RV) 2:00 Bingo (MW) 6:30 Word Games (RV)	Canada Day 10:15 Darts (RV) 2:15 Patio Visits 6:30 Board games (RV)	8 10:30 R.C. Liturgy (CT) 10:30 Physio Exercise (RV) No Afternoon program	<ul> <li>7</li> <li>10:15 Baking (RV)</li> <li>2:00 Live Entertainment feat. Kevin Agnew (ML)</li> </ul>	) 11 10:30 Physio Exercise (RV) 11:15 Friendly Visits 2:15 Ice Coffee Social (RV)	12 10:15 Ring Toss (RW) 2:00 Movie Matinee (RV) 2:15 Folding
13 10:15 Non-Denominational Service & Hymns (RV) 2:00 Courtyard Walks	14 10:30 Physio Exercise (RV) 2:00 Dice Game (RV) 6:30 Bingo (MW)	10:15 Darts (RV) <b>2:00 Wine &amp; cheese (L)</b>	15 10:30 R.C. Liturgy (CT) 10:30 Physio Exercise (RV) 12:00 BBQ (sign up) 2:15 Patio Visits	5 17 10:15 Ring Toss (RV) 2:15 Baking (RV)	7 18 <b>10:30 Hymns with Dai</b> <b>Bassett</b> 10:30 Physio Exercise (RV) 11:15 Friendly Visits <b>2:00 Homemade</b> <b>Beavertails (L)</b> 6:30 Darts (RV)	2:00 Fishing Game (RV) 3:15 Sensory Visits (RW) 6:30 Board Games (RV)
20 2:00 Resident Birthday Party! in the country kitchen 3:15 Friendly Visits (RW) 6:30 Armchair Travel (RV)	10:30 Physio Exercise (RV)	10:15 Darts (RV) <b>2:00 Patio visits</b> 6:30 Courtyard walks	22 23 10:30 Physio Exercise (RV) Picnic Trip (please sign up)	3 24 10:15 Armchair Travel to Canada (RV) <b>12:00 Chinese Food Order In</b> (please sign up) 2:15 Ring Toss (RV)	10:30 Roman Catholic Mass Fr. Geoff (PE) 10:30 Physio Exercise (RV) 2:15 Patio Visits	26 10:15 Movie Matinee (RV) 2:00 Ice cream Social (L) 3:15 Folding
27 10:15 Non-Denominational Service & Hymns (RV) 2:00 Courtyard Walks	28 10:30 Physio Exercise (RV) 2:00 Bean Bags (RV) 6:30 Bingo (MW)	10:15 Darts (RV) 2:00 Current events with Terry (ML) 2:00 Movie Matinee (RV)	29 30 10:30 R.C. Liturgy (CT) 10:30 Physio Exercise (RV) <b>12:00 BBQ (sign up)</b> 2:15 Patio Social	<ul> <li>D 31</li> <li>10:15 Ring Toss (RV)</li> <li>10:30 Food Committee Meeting (AS)</li> <li>2:15 Word Games (RV)</li> </ul>		