

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

			<p>9:00 Daily Chronicle 1 10:00 Yoga 11:00 Cooking Up Memories 1:30 Social Hour 3:00 Longfellow Barre Balance 3:00 Nail Spa 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night</p> <p>Canada Day</p>	<p>9:00 Daily Chronicle 2 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:00 Nail Spa 4:00 Handyman Group 5:00 Dinner Table Discussion</p>	<p>8:30 Meditation Cards 3 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 4 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Independence Day Discussion Group 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion</p> <p>Independence Day (U.S.)</p>
<p>9:00 Daily Chronicle 5 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion</p>	<p>8:30 Weekly Weather Report 6 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Record Reminiscing 1:30 Canada or the U.S.? 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary</p>	<p>9:00 Daily Chronicle 7 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Ann Sparring Performs 2:00 Zumba with Sara 3:00 Chamberlain Barre Balance 3:00 Nail Spa 4:00 Riveting Readers 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 8 10:00 Yoga 11:00 Cooking Up Memories 1:30 Social Hour 3:00 Longfellow Barre Balance 3:00 Nail Spa 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night</p>	<p>9:00 Daily Chronicle 9 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:00 Nail Spa 4:00 Handyman Group 5:00 Dinner Table Discussion</p>	<p>8:30 Library Cart 10 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 2:00 Salvation Army Visits 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 11 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Horoscopes & Good News 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion</p>
<p>9:00 Daily Chronicle 12 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion</p>	<p>8:30 Weekly Weather Report 13 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Sort it Out 1:30 Resident Council 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary</p>	<p>9:00 Daily Chronicle 14 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Beach Fashion Show 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre Balance 3:00 Nail Spa 4:00 Riveting Readers 5:00 Dinner Table Discussion</p> <p>Bastille Day</p>	<p>9:00 Daily Chronicle 15 10:00 Yoga 11:00 Cooking Up Memories 1:30 Social Hour 3:00 Longfellow Barre Balance 3:00 Nail Spa 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night</p>	<p>9:00 Daily Chronicle 16 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Wyeth Barre Balance 1:30 Nail Spa 2:15 Neighborhood Snack Social 3:00 Catholic Mass 4:00 Handyman Group 5:00 Dinner Table Discussion</p>	<p>8:30 Meditation Cards 17 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 Game Group 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 18 10:30 Move & Mingle 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Who, What, Where 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion</p>
<p>9:00 Daily Chronicle 19 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion</p>	<p>8:30 Weekly Weather Report 20 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Veteran's Social 1:30 Reiki with Amber 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary</p>	<p>9:00 Daily Chronicle 21 10:00 Head to Toe Workout 11:00 Scenic Drive 2:00 Zumba with Sara 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre Balance 3:00 Nail Spa 4:00 Riveting Readers 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 22 10:00 Yoga 11:00 Cooking Up Memories 1:30 Social Hour 3:00 Longfellow Barre Balance 3:00 Nail Spa 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night</p>	<p>9:00 Daily Chronicle 23 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:00 Handyman Group 5:00 Dinner Table Discussion</p>	<p>8:30 Library Cart 24 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 TV Concert 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 25 10:30 Music with Marc 1:30 Saturday Stretches 2:30 Second Cup Club 3:00 Find the Fakes 3:30 Afternoon Stroll 4:00 Hand Massages 5:00 Dinner Table Discussion</p>
<p>9:00 Daily Chronicle 26 10:30 Worship Service 11:30 Walking Club 1:30 Sunday Stretches 2:30 Puzzle Cart 3:00 Bingo 4:00 Zen in the Garden 5:00 Dinner Table Discussion</p>	<p>8:30 Weekly Weather Report 27 9:00 Daily Chronicle 10:00 TheraBand Exercises 11:00 Senior Green Discussion 1:30 Cheese Doodle Game 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Happy Homekeepers 5:00 Dinner Table Discussion 6:00 Nature Documentary</p>	<p>9:00 Daily Chronicle 28 10:00 Head to Toe Workout 11:00 Scenic Drive 1:30 Bingo 2:15 Neighborhood Snack Social 3:00 Chamberlain Barre Balance 3:00 Nail Spa 4:00 Riveting Readers 5:00 Dinner Table Discussion</p>	<p>9:00 Daily Chronicle 29 10:00 Red Gallagher Performs 11:00 Cooking Up Memories 1:30 July Birthday Party 3:00 Longfellow Barre Balance 3:00 Nail Spa 4:00 The More You Know 5:00 Dinner Table Discussion 6:00 Movie Night</p>	<p>9:00 Daily Chronicle 30 10:00 Head to Toe Workout 10:45 Garden Group 11:15 Word Games 1:30 Prayer Group 2:15 Neighborhood Snack Social 3:00 Wyeth Barre Balance 3:00 Nail Spa 4:00 Handyman Group 5:00 Dinner Table Discussion</p>	<p>8:30 Meditation Cards 31 9:00 Daily Chronicle 10:00 Weightlifting 11:00 Noggin Joggin' 1:30 Game Group 2:15 Neighborhood Snack Social 3:00 Noodle Ball 4:00 Artist in Residence 5:00 Dinner Table Discussion</p>	<p>Activity Key</p> <ul style="list-style-type: none"> ■ Move ■ Connect ■ Learn ■ Feel