July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Silling Sillin	JULY HAPPY Canada DAY	9:30am Friendly Visits - V 9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am DementiAbility Activity Box - V 10:15am Canada Day Flag Planting! - FG 2:00pm Artistic Expression - 2L 2:00pm Bean Bag Toss - 1TVL	9:00am Creative Movement - 3L 9:15am Ball Toss - 2L 9:30am Fun & Fitness - 1TVL 10:30am Recreation Choices Planning Day - 1TVL 10:30am Recreation Choices Planning Day - 2L 10:30am Recreation Choices Planning Day - 3L 2:00pm Bingo - MDR 3:00pm Movies - 2L 3:00pm Today's Music - 3L 3:00pm Today's Music - 1TVL 6:00pm Snakes and Ladders - 3L 6:30pm Tender Touch - V	9:30am Balloon Badminton - 1TVL 9:30am Tender Touch - V 10:15am Movements to Music - 3L 10:30am Friendly Visits - V 2:00pm Outdoor Experience & Bird Feeding - FG 2:00pm Painting Art - 2L 2:00pm Snoezelen Cart - 3L 3:00pm 1:1 Conversations & Reminiscing - V 3:00pm Friendly Visits - V 3:00pm Tender touch - V 4:00pm Video Call - 1 6:00pm Aqua Painting - 3L 6:00pm Creative Movement - 2L 6:30pm Snakes and Ladders - 2L	9:30am DementiAbility Activity Box - 2L 9:30am DrumFit - 3L 10:15am Balloon Badminton - 2L 10:15am Music Appreciation - 3L 2:00pm Post-Canada Day Encore! - MDR 3:00pm Friendly Visits - V 3:00pm Friendly Visits - V 3:00pm TV Shows - 1TVL 6:00pm Beauty Corner - 1TVL 6:00pm Nice Nails - 3L 6:30pm 1:1 - Exercise Program - V 6:30pm 1:1 conversations - V	9:30am Fun & Fitness - 1TVL 9:30am Obie - 2L 9:30am Outdoor Experience - FG 10:00am St. John Ambulance Dog Therapy Visit 10:15am DrumFit - 2L 10:30am Snake and Ladders Game! - 1TVL 10:30am Chair dancing - 3L 2:00pm Outdoor Experience - FG 2:00pm Outdoor Experience - FG 2:00pm Snoezelen Cart - 3L 3:00pm Aromatherapy - V 3:00pm Movies - 1TVL 3:00pm TV shows - 3L
6	7	0	9	•	11	12
9:30am Ball Toss - 1TVL 9:30am Hymn Sing - 2L 9:30am Low Impact Group Exercise Class in Sitting - 3L 10:00am Spiritual Music - V 10:15am Bracelet Making - TS 10:15am DementiAbility Activity Box - 2L 1:00pm Sunshine Therapy Dog Visits 2:00pm Anglican Church Service - MDR 3:00pm Documentary/Movies - 1TVL 3:00pm Friendly Visits - V 3:00pm Movies - 2L	9:30am DementiAbility Activity Box - V 9:30am Seated Soccer + Watching TV Show - 1TVL 10:15am Balloon Badminton - 3L 10:15am Manicure Magic - 1TVL 2:00pm Cold Chocolate Delight - World Chocolate Day! 3:00pm Friendly Visits - V 3:00pm Friendly Visits - V 3:00pm Deal OR No Deal - 1TVL 3:00pm TV shows - 3L 6:00pm Snake and Ladders! - 1TVL 6:00pm Creative Movement - 2L 6:30pm Touch2Play - V	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:00am Virtual Reality Experience by HelpMobility (10:00am- 12:00pm) - AR 10:15am DementiAbility Activity Box - V	9:15am Ball Toss - 2L 9:30am Balloon Badminton - 3L 9:30am Creative Movement - 1TVL 10:00am Catholic Mass - MDR 2:00pm Bingo - MDR 3:00pm Hymn Sing - 1TVL 3:00pm Movies - 2L	9:30am Balloon Badminton - 1TVL 9:30am Nice Nails - 2L 9:30am Tender Touch - V 10:15am Movements to Music - 3L 10:15am Creative Movement - 2L 10:30am Trivia - 1TVL 2:00pm Music Sanctuary Sessions with Adrianna - AR 3:00pm 1:1 Conversations & Reminiscing - V 4:00pm Video Call - 1 6:00pm DementiAbility Activity Box - V 6:00pm Trivia around the World - 1TVL 6:30pm Spiritual Readings - V	9:30am DementiAbility Activity Box - 2L 9:30am DrumFit - 3L 10:15am Balloon Badminton - 2L 10:15am Music Appreciation - 3L 1:00pm TV Shows - 1TVL 2:00pm Front Lawn Happy Hour! - FG 3:00pm Friendly Visits - V 3:00pm Friendly Visits - V 3:00pm iPad Visits - V 6:00pm Creative Movement - 1TVL 6:30pm DementiAbility Activity Box - V	9:30am Aromatherapy - V 9:30am Morning Greetings - V 9:30am Obie - 2L 10:00am St. John Ambulance Dog Therapy Visit 10:15am DrumFit - 2L 10:30am Brain Games - 1TVL 10:30am Chair dancing - 3L 2:00pm Obie - 3L 2:00pm Outdoor Experience - FG 2:00pm Summer Singalong - 2L 3:00pm Hymn Sing - 1TVL 3:00pm TV shows - 3L 3:00pm iPad Visits - V
13	14	15	16	17	18	19
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit - V 10:00am Spiritual Music - V 10:15am DementiAbility Activity Box - 2L 10:30am 1:1 conversations - V 2:00pm Bowling - 2L 2:30pm Calvary Baptist Church Service - MDR 3:00pm Movies - 2L 3:00pm Movies - 1TVL	9:30am Seated Soccer + Watching TV Show - 1TVL 9:30am Tender touch - V	9:30am Friendly Visits - V 9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am DementiAbility Activity Box - V 10:15am Fun and fitness - 2L 10:15am Morning Greetings - V 2:00pm Artistic Expression - 2L 2:00pm Snoezelen Cart - 3L	9:15am Ball Toss - 2L 9:30am 1:1 conversations - V 9:30am Movement to Music - 3L 10:15am 1:1 Music Therapy - V 10:30am Artistic Expression - TS 2:00pm Bingo - MDR 3:00pm Movies - 2L 3:00pm Today's Music - 3L 3:00pm spiritual movie - TS 6:00pm Snakes and Ladders - 2L 6:30pm Friendly Visits - V	9:30am Balloon Badminton - 1TVL 9:30am Nice Nails - 2L 9:30am Tender Touch - V 10:15am Activities on the Go - 1TVL 10:15am Movements to Music - 3L 10:15am Creative Movement - 2L 2:00pm Nice Nails - 1TVL 2:00pm 1:1/ Small Group Outdoor Experience - FG 3:00pm 1:1 Conversations & Reminiscing - V 3:00pm Documentary Shows - 3L 4:00pm Video Call - 1 6:00pm Aqua Painting - 2L 6:30pm Friendly Visits - V	9:30am Creative Movement - 1TVL 9:30am DementiAbility Activity Box - 2L 9:30am DrumFit - 3L 10:15am Balloon Badminton - 2L 10:15am Music Appreciation - 3L 10:15am iPad Visits - V 2:00pm Jewelry Making - 1TVL 2:00pm Water Gun Fun Art! - FG 3:00pm Friendly Visits - V 3:00pm Friendly Visits - V 3:00pm Movies - 1TVL 6:00pm Creative Movement - 2L 6:30pm Friendly Visits - V	9:30am Aromatherapy - V 9:30am Fun & Fitness - 1TVL 9:30am Obie - 2L 10:00am St. John Ambulance Dog Therapy Visit 10:15am DrumFit - 2L 10:15am Outdoor Experience - 1 - GA 10:30am Chair dancing - 3L 2:00pm Pentecostal Church Service - MDR 3:00pm Documentary/Movies - 2L 3:00pm TV shows - 3L 3:00pm spiritual movie - TS
20	21	22	23	24	25	26
9:30am Ball Toss - 1TVL	9:30am Seated Soccer + Watching T\		9:15am Ball Toss - 2L	9:30am Balloon Badminton - 1TVL	9:30am DementiAbility Activity Box -	9:30am Aromatherapy - V

9:30am Balloon Badminton - 3L	Show - 1TVL	9:30am Friendly Visits - V	9:30am Creative Movement - 3L	9:30am Nice Nails - 2L	2L	9:30am Obie - 2L
9:30am Hymn Sing - 2L	10:15am iPad Visits - V	9:30am Low Impact Group Exercise	9:30am Morning Greetings - V	10:15am Creative Movement - 2L	9:30am DrumFit - 3L	9:30am Tovertafel Magic Table - AR
10:00am Spiritual Music - 3L	2:00pm Balloon Badminton - 1TVL	Class in Sitting - 1TVL	10:15am 1:1 Music Therapy - V	10:15am Outdoor Reading Circle -FG	10:15am Aqua Painting - 3L	10:00am St. John Ambulance Dog
10:15am DementiAbility Activity Box -	2:00pm Resident Council Meeting	10:15am DementiAbility Activity Box - V	/ 10:15am Jewelry Making - 2L	2:00pm Music Sanctuary Sessions	10:15am Balloon Badminton - 2L	Therapy Visit
2L 10:30am 1:1 conversations - V	(rescheduled) - AR 3:00pm Movies - 2L	10:15am DementiAbility Activity Box - V	10:30am Artistic Expression - TS 2:00pm Bingo - MDR	with Adrianna - AR 3:00pm 1:1 Conversations &	2:00pm Birthday Celebration! - MDR	10:15am DrumFit - 2L 10:30am Brain Games - 1TVL
	3:00pm TV shows - 3L		3:00pm Movies - 2L	Reminiscing - V	3:00pm Friendly Visits - V	10:30am Chair dancing - 3L
., .	3:00pm Today's Music - 1TVL	10:15am Fun and fitness - 2L	3:00pm Today's Music - 3L	3:00pm Documentary - 3L	3:00pm Today's Music - 1TVL	2:00pm Methodist (Christian
	6:00pm Balloon Badminton - 2L	2:00pm Timmie Tuesday! - V	3:00pm Today's Music - 1TVL	4:00pm Video Call - 1	6:00pm Nice Nails - 1TVL	Protestant) Service - MDR
Watch the Moment Again! -	6:00pm Nice Nails - 3L	3:00pm St. John Ambulance Dog	6:00pm Balloon Badminton - 3L	6:00pm Aqua Painting - 3L	6:00pm 1:1 Outdoor Experience - FG	3:00pm 1:1 Conversations &
	6:30pm 1:1 Conversations &	Therapy Visit - V	6:30pm 1:1 Conversations &	6:30pm 1:1 Conversations &	6:30pm 1:1 Conversations &	Reminiscing - V
3:00pm Movies - 2L	Reminiscing - V	6:00pm Balloon Badminton - 3L	Reminiscing - V	Reminiscing - V	Reminiscing - V	3:00pm Documentary/Movies - 2L
· · · · · · · · · · · · · · · · ·	6:30pm Singalong - 2L	6:30pm 1:1 Conversations &	reminiscing - v	6:30pm Comedy Hour - 3L	6:30pm Hymn Sing - 1TVL	3:00pm Tender Touch - V
3.00piii Wovies - IIVL	0.30pm Singalong - ZL	Reminiscing - V		o.sopin Comedy Hour - SL	. ,	15.00pm render roddir- v
		Tterrimisering V				·
27	28	29	30	31		
	28 9:00am 1:1 Conversations &		30 9:15am Ball Toss - 2L	31 9:30am Balloon Badminton - 1TVL		
		29			• Henny	The
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L	9:00am 1:1 Conversations &	9:30am Friendly Visits - V	9:15am Ball Toss - 2L	9:30am Balloon Badminton - 1TVL	- Happy	
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations &	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L	Happy	
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! -	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L	- Happy World	
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am Balloon Badminton - 3L	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! - 1TVL	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L 10:15am Activities on the Go - 3L	World	The MOON LANDING
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit - V	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V 9:30am Seated Soccer + Watching T\	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am Balloon Badminton - 3L / 10:15am Fun and fitness - 2L	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! - 1TVL 10:15am Aqua Painting - 3L	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L 10:15am Activities on the Go - 3L 10:15am Creative Movement - 2L	World	The MOON LANDING
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit - V 10:00am Spiritual Music - V	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V 9:30am Seated Soccer + Watching T\ Show - 1TVL	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am Balloon Badminton - 3L / 10:15am Fun and fitness - 2L 10:30am Tovertafel Magic Table - AR	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! - 1TVL 10:15am Aqua Painting - 3L 10:30am Artistic Expression - TS	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L 10:15am Activities on the Go - 3L 10:15am Creative Movement - 2L 10:15am Singalong - 1TVL	World Chocolate Day	The MOON LANDING
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit - V 10:00am Spiritual Music - V	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V 9:30am Seated Soccer + Watching T\ Show - 1TVL 10:00am Documentary/Movies - 2L	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am Balloon Badminton - 3L / 10:15am Fun and fitness - 2L 10:30am Tovertafel Magic Table - AR 2:00pm Artistic Expression - 2L	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! - 1TVL 10:15am Aqua Painting - 3L 10:30am Artistic Expression - TS 2:00pm Bingo - MDR	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L 10:15am Activities on the Go - 3L 10:15am Creative Movement - 2L 10:15am Singalong - 1TVL 1:00pm Fundraise Lemonade Stand	World	The MOON LANDING
9:30am Ball Toss - 1TVL 9:30am Ball Toss - 3L 9:30am Hymn Sing - 2L 10:00am Sunshine Therapy Dog Visit - V 10:00am Spiritual Music - V 10:15am DementiAbility Activity Box - 2L	9:00am 1:1 Conversations & Reminiscing - V 9:30am 1:1 Conversations & Reminiscing - V 9:30am Seated Soccer + Watching T\ Show - 1TVL 10:00am Documentary/Movies - 2L 10:00am Woodbine Beach Outing!	9:30am Friendly Visits - V 9:30am Low Impact Group Exercise Class in Sitting - 1TVL 10:15am Balloon Badminton - 3L / 10:15am Fun and fitness - 2L 10:30am Tovertafel Magic Table - AR 2:00pm Artistic Expression - 2L 2:00pm Outdoor Experience - FG	9:15am Ball Toss - 2L 9:30am Creative Movement - 3L 9:30am Meditate with Movement! - 1TVL 10:15am Aqua Painting - 3L 10:30am Artistic Expression - TS 2:00pm Bingo - MDR 2:00pm Tender touch - V	9:30am Balloon Badminton - 1TVL 9:30am Creative Movement - 3L 9:30am Nice Nails - 2L 10:15am Activities on the Go - 3L 10:15am Creative Movement - 2L 10:15am Singalong - 1TVL 1:00pm Fundraise Lemonade Stand - FG	World Chocolate Day	The MOON LANDING

6:30pm Friendly Visits - V

6:30pm Tender touch - V

1TVL - TV Lounge 1 - 1

GA - Non-Secure Garden Area

6:00pm Trivia Night - 3L

6:30pm Friendly Visits - V

6:30pm Hymn Sing - 1TVL

6:30pm DementiAbility Activity Box - V

2:00pm 1:1 Music Therapy - V

2:00pm Snoezelen Cart - 3L

3:00pm TV Shows - 1TVL

6:30pm Friendly Visits - V

2:00pm Balloon Badminton - 2L

6:00pm Balloon Badminton - 1TVL

2L - 2nd Floor Lounge MDR - Main Dining Room

6:00pm DementiAbility Activity Box - V 6:00pm Outdoor Experience - FG

3L - 3rd Floor Lounge

6:00pm 1:1 - Exercise Program - V

4:00pm Video Call - 1

6:00pm Aqua Painting - 2L

6:00pm Brain Games - 1TVL

OUT - Outings

6:30pm Sensory Stimulation - V

TS - Tuck Shop

AR - Activity Room

PAUL MASON

V - Varied/Resident Rooms

FG - Front Garden

3:00pm Movies - 2L

3:00pm Documentary/Movies - 1TVL