

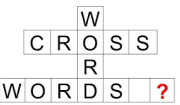



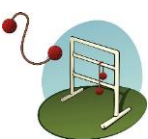















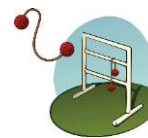


FIRST RHA RECREATION CALENDAR

***ALL PROGRAMS SUBJECT TO CHANGE *WEATHER PERMITTING**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>July 2025</div> <div>SECOND RHA RECREATION CALENDAR</div> </div>						
		HAPPY CANADA DAY!!! 1 Morning: 9:30 Exercise 10:00 Monthly Gazette Afternoon: 2:30 Canada Day Social In the Courtyard  <small>Canada Day</small>	Monday: 2 9:30 Exercise 10:00 Lawn Darts 10:30 Pet Therapy Visits with Aussie  Afternoon: 2:00 Friendly Visits 2:30 Colin's Cafe	Monday: 3 9:30 Exercise 10:00 Large Crossword Puzzle  Afternoon: 2:00-4:00 Bus Outing 2:00 Reading Circle 2:30 Fit Minds	Monday: 4 9:30 Exercise 10:00 Jeopardy Afternoon: 2:30 BINGO!  <small>Independence Day (US)</small>	Monday: 5 9:30 Exercise 10:00 Card Games Afternoon: 2:15 Balloon Tennis 
Church Service on the Television 	Monday: 6 9:30 Exercise 10:00 Ladder Ball  Afternoon: 2:00 Montessori Moments 3:00 Hymn Worship with Stephen	Monday: 7 Morning: 9:00 Exercise 9:30 Name Ten 9:45 Chapel Service with Don 10:15 Elfer Raus Afternoon: 3:00 Marble Slab Ice Cream 	Monday: 8 9:30 Exercise 10:00 Drive? Drink? Or Dig? 10:30 Pet Therapy Visits with Aussie  Afternoon: 2:30 Musical Bingo 6:00-8:00 Bus Outing	Monday: 9 9:30 Exercise 10:00 Craft Corner  Afternoon: 2:00 Outdoor Strolls 2:30 Fit Minds	Monday: 10 9:30 Exercise 10:00 What Would You Do? 10:00 Roman Catholic Mass Afternoon: 2:30 BINGO! 	Monday: 11 9:30 Exercise Afternoon: 2:00 Game of Luck 
Church Service on the Television 	Monday: 12 9:30 Exercise 10:00 Outdoor Strolls Afternoon: 2:30 Rumnikub	Monday: 13 9:00 Exercise 9:30 July Trivia 10:00 Glenridge Church Chapel Service Great Room 10:15 Scrabble Afternoon: 2:00 Music with Mendelt	Monday: 14 9:30 Exercise 10:00 Who, What, Where??? 10:30 Pet Therapy Visits with Aussie  Afternoon: 2:00 Friendly Visits 2:30 UNO	Monday: 15 9:30 Exercise 10:00 Good News and Coffee  10:00 Knots & Thoughts on 4 th RHA Afternoon: 2:00-4:00 Bus Outing 2:30 Fit Minds	Monday: 16 9:30 Exercise 10:00 Craft Corner Afternoon: 2:30 BINGO! 	Monday: 17 9:30 Exercise Afternoon: 2:30 Rumnikub 
Church Service on the Television 	Monday: 18 9:30 Exercise 10:00 Word Games 10:00 Book Club 1 st RHA Afternoon: 2:00 Outdoor Strolls 3:00 Hymn Worship with Stephen	Monday: 19 9:00 Exercise 9:30 Alphabet Game 9:45 Chapel Service with Don 10:00 Resident Council 10:15 Dominos Afternoon: 2:00 Friendly Visits 2:30 Fit Minds	Monday: 20 9:30 Exercise 10:00 Finish the Line 10:30 Pet Therapy Visits with Aussie  Afternoon: 2:00 Stories and Poems in the Courtyard 3:00 Hymn Sing Along	Monday: 21 9:30 Exercise 10:00 Travel the World Afternoon: 2:00 Simon Says 2:30 Fit Minds 4:30 Movie Night (Sign up Required)	Monday: 22 9:30 Exercise 10:00 Christmas in July Afternoon: 2:30 BINGO! 	Monday: 23 9:30 Exercise Afternoon: 2:30 Jeopardy in the Great Room
Church Service on the Television 	Monday: 24 9:30 Exercise 10:00 Coffee and Muffins Bake and Chats Afternoon: 2:00 Caribbean Party with John Pebble	Monday: 25 Happy Birthday Ann!! Monday: 9:00 Exercise 9:30 Gnome Trivia 9:45 Chapel Service with Don 10:15 Rumnikub Afternoon: 2:00 Montessori Moments 2:30 Fit Minds	Monday: 26 9:30 Exercise 10:00 Name that Tune 10:30 Pet Therapy Visits with Aussie  Afternoon: Movie Matinee	Monday: 27 9:30 Exercise 10:00 Ladder Ball  Afternoon: 2:30 Water Balloon Fight in Courtyard	Mark 10:27 "Jesus looked at them and said, 'With man, it is impossible, but not with God. For all things are possible with God'".	

ALL PROGRAMS SUBJECT TO CHANGE **Sign Up Required for Bus Outing and Movie Night

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 THIRD RHA RECREATION CALENDAR		CANADA DAY 1 Morning 9:30 JULY Monthly Gazette and Newsletter 10:15 Fit Minds Afternoon 2:00 Canada Day Watermelon and Roll Kuchen Social 	2 Morning 9:30 Exercise 10:30 Aussie Pet Therapy Visits Afternoon 2:00 Baking Muffins 3:00 Colouring Pages 	3 Morning 9:15 Chapel 10:00 Discover the Kiwi! Afternoon 2:00 - 4:00 Bus Outing *sign up required 2:30 Arts and Crafts: Summer Bouquet	INDEPENDENCE DAY 4 Morning 9:30 BINGO  Afternoon 3:00 Active Game: Horseshoes	5 Morning 10:00 Friendly Visits Afternoon 3:15 Balloon Tennis 
6 Morning 9:30 Church Services on TV 	LUCKY 7 DAY 7 Morning 9:30 Hymn Worship with Stephen! 11:00 Manicures Afternoon 2:30 Montessori Moments 3:00 Card Games	8 Morning 9:30 Exercise 10:15 Fit Minds Afternoon 2:30 Marble Slab Ice Cream Social 	HAPPY BIRTHDAY HELEN Y! 9 Morning 9:30 Exercise 10:30 Aussie Pet Therapy Afternoon 2:30 Manicures 3:00 EZ Trivia 6:00 - 8:00 Bus Outing*	10 Morning 9:15 Chapel 10:00 Discover the South Atlantic Penguin Afternoon 2:30 One to One Visits 3:00 EZ Trivia	11 Morning 9:30 BINGO  10:00 Roman Catholic Church (Great Room) Afternoon 3:00 Active Game: Ball Toss	FAMILY FEUD DAY 12 Morning 10:00 Friendly Visits Afternoon 3:00 Friendly Feud 
13 Morning 10:00 Glenridge Bible Church Ensemble (Great Room)	WORLD ORCA DAY 14 Morning 9:30 Exercise 10:00 How Many Words? Afternoon 2:30 COFFEE SOCIAL 3:00 Movie Matinee: FREE WILLY	HAPPY BIRTHDAY NELLY! 15 Morning 9:30 Exercise 10:00 Glenridge Church (GR) Afternoon 2:30 Fit Minds 3:00 JEOPARDY	16 Morning 9:30 Exercise 9:30 Creative Arts Group on 1st RHA (sign-up required) 10:30 Aussie Pet Therapy Afternoon 2:00 One to One Visits 2:30 Colin's Café	17 Morning 9:15 Chapel 10:00 Good News Corner 10:00 Knots & Thoughts on 4th RHA Afternoon 2:00 - 4:00 Bus Outing* 2:30 Arts and Crafts: Watermelon Painting	18 Morning 9:30 BINGO  Afternoon 2:30 Hymn Sing Along 3:00 Active Game: Ring Toss	19 Morning 10:00 Friendly Visits Afternoon 3:00 Outdoor Strolls (Weather Permitting)* 
HAPPY BIRTHDAY GENIE! 20 Morning 9:30 Church Services on TV	21 Morning 9:30 Exercise 10:00 Book Club 1st RHA 10:30 Word Memory Game Afternoon 2:30 Travelogue: NEW ZEALAND 	22 Morning 9:30 Exercise 10:15 Fit Minds Afternoon 2:00 Courtyard Visits (Weather Permitting) 2:00 RESIDENT COUNCIL (GR) 3:00 Board Games	GET OUTSIDE DAY 23 Morning 9:30 Exercise 10:30 Aussie Pet Therapy Visits Afternoon 2:30 UNO 3:00 Outdoor Strolls (Weather Permitting)	24 Morning 9:15 Chapel 10:00 Discover: Frida Kahlo Afternoon 2:30 Arts and Crafts: Abstract String Art 4:30 Movie Night (sign up required)*	25 Morning 9:30 BINGO  Afternoon 3:00 Active Game: Lawn Darts	26 Morning 10:00 Friendly Visits Afternoon 2:30 Jeopardy in the (GR) 
PARENTS DAY 27 Morning 9:30 Church Services on TV	28 Morning 9:30 Exercise 11:00 Reading Group Afternoon 2:00 Caribbean Birthday Party with John Pebble 	29 Morning 9:30 Exercise 10:15 Fit Minds Afternoon 2:30 Oh No Niagara! Dice Game 3:00 Finish the Line	30 Morning 9:30 Exercise 9:30 Creative Arts Group on 2nd RHA (sign-up required) 10:30 Aussie Pet Therapy Visits Afternoon 3:00 What's the Scoop Game	31 Morning 9:15 Chapel 10:00 White Board Games Afternoon 3:00 Water Balloon Fight! 	"Everything good, everything magical happens between the months of June and August." - Jenny Han	

All programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>FOURTH RHA RECREATION CALENDAR</div>		<div>Canada Day!</div> 	<div>1 Morning: 9:30 – Exercise 10:00 – Monthly Gazette & Trivia</div> <div>2 Afternoon: 2:30 – Outdoor Strolls* 3:00 – Active Games</div>	<div>3 Morning: 9:30 – Exercise 9:45 – Chapel with Don</div> <div>4 Afternoon: 2:00 – Scenic Bus Tour**</div>	<div>5 Morning: 9:30 – Exercise 10:00 – Alice in Wonderland Day</div> <div>6 Afternoon: 2:30 – BINGO!</div> <div>Independence Day (US)</div>	<div>7 Morning: 9:30 – Exercise 10:00 – Outdoor Strolls*</div> <div>8 Afternoon: 3:15 – Balloon Tennis on 3rd RHA</div>
<div>Church Service on 6 Television</div> 	<div>7 Morning: 9:30 – Exercise 10:00 – Board Games</div> <div>8 Afternoon: 2:30 – Whiteboard Games</div>	<div>Happy Birthday Bud!</div> <div>8 Morning: 9:30 – Exercise 10:00 – Group Crossword</div> <div>9 Afternoon: Marbled Slab Ice Cream</div> 	<div>9 Morning: 9:30 – Exercise 10:00 – Painting</div> <div>10 Afternoon: 2:30 – Outdoor Strolls* 3:00 – Active Games</div> <div>11 Evening: 6:00 – Scenic Bus Tour**</div>	<div>Happy Birthday Lois!</div> <div>10 Morning: 9:30 – Exercise 9:45 – Chapel with Don</div> <div>11 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls*</div>	<div>11 Morning: 9:30 – Exercise 10:00 – Roman Catholic Service in Great Room 10:30 Balloon Tennis</div> <div>12 Afternoon: 2:30 – BINGO!</div>	<div>12 Morning: 9:30 – Exercise 10:00 – Outdoor Strolls*</div> <div>13 Afternoon: 2:30 – Friendly Visits</div>
<div>Church Service on 13 Television</div> 	<div>14 Morning: 9:30 – Exercise 10:00 – Cards & Games</div> <div>15 Afternoon: 2:00 Courtyard Visits 3:00 – Singing with Stephen Mason</div>	<div>15 Morning: 9:30 – Group Chapel with Glendridge Bible</div> <div>16 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls*</div>	<div>16 Morning: 9:30 – Exercise 9:30 – Creative Arts Group on 1st RHA (Sign-up Required)</div> <div>17 Afternoon: 2:30 – Outdoor Strolls* 3:00 – Active Games</div>	<div>17 Morning: 9:30 – Exercise 10:00 –Knots & Thoughts on 4th RHA</div> <div>18 Afternoon: 2:00 – Scenic Bus Tour** 3:00 – Fit Minds</div>	<div>18 Morning: 9:30 – Exercise 10:00 – Wheel of Fortune</div> <div>19 Afternoon: 2:30 – BINGO!</div>	<div>19 Morning: 9:30 – Exercise 10:00 – Outdoor Strolls*</div> <div>20 Afternoon: 2:30 – Friendly Visits</div>
<div>Church Service on 20 Television</div> 	<div>Happy Birthday Isabel!</div> <div>21 Morning: 9:30 – Exercise 10:00 – Reading Group 10:00 –Book Club 1st RHA</div> <div>22 Afternoon: 2:30 – Whiteboard Games</div>	<div>Happy Birthday Art!</div> <div>22 Morning: 9:30 – Exercise 10:00 – Resident's Council Meeting</div> <div>23 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls*</div>	<div>23 Morning: 9:30 – Exercise 10:00 – Creative Arts: Guided Illustrations</div> <div>24 Afternoon: 2:30 – Outdoor Strolls* 3:00 – Active Games</div>	<div>Happy Birthday Edwina!</div> <div>24 Morning: 9:30 – Exercise 9:45 – Chapel with Don</div> <div>25 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls* 4:30 Movie Night (Sign up Required)</div>	<div>25 Morning: 9:30 – Exercise 10:00 – Jeopardy!</div> <div>26 Afternoon: 2:30 – BINGO!</div>	<div>26 Morning: 9:30 – Exercise 10:00 – Outdoor Strolls*</div> <div>27 Afternoon: 2:30 – Jeopardy in the Great Room</div>
<div>Church Service on 27 Television</div> 	<div>28 Morning: 9:30 – Exercise 10:00 – Board Games</div> <div>29 Afternoon: 2:30 – Celebrating July Birthdays with John Pebble</div>	<div>Happy Birthday Janna!</div> <div>29 Morning: 9:30 – Exercise 10:00 – White Board Games</div> <div>30 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls*</div>	<div>30 Morning: 9:30 – Exercise 9:30 – Creative Arts Group on 2nd RHA (Sign-up Required)</div> <div>31 Afternoon: 2:30 – Celebrating July Birthdays!</div>	<div>31 Morning: 9:30 – Exercise 9:45 – Chapel with Don</div> <div>32 Afternoon: 2:30 – Fit Minds 3:00 – Outdoor Strolls*</div>	<div>"IF I HAD MY way, I'D remove January FROM THE calendar altogether and Have an extra JULY instead."</div> <div>– Roald Dahl</div>	

Wellness Suite Recreation Calendar

All Programs are Subject to Change.

Evergreen and Mapleview Apartments Recreation Calendar

All Programs are Subject to Change.