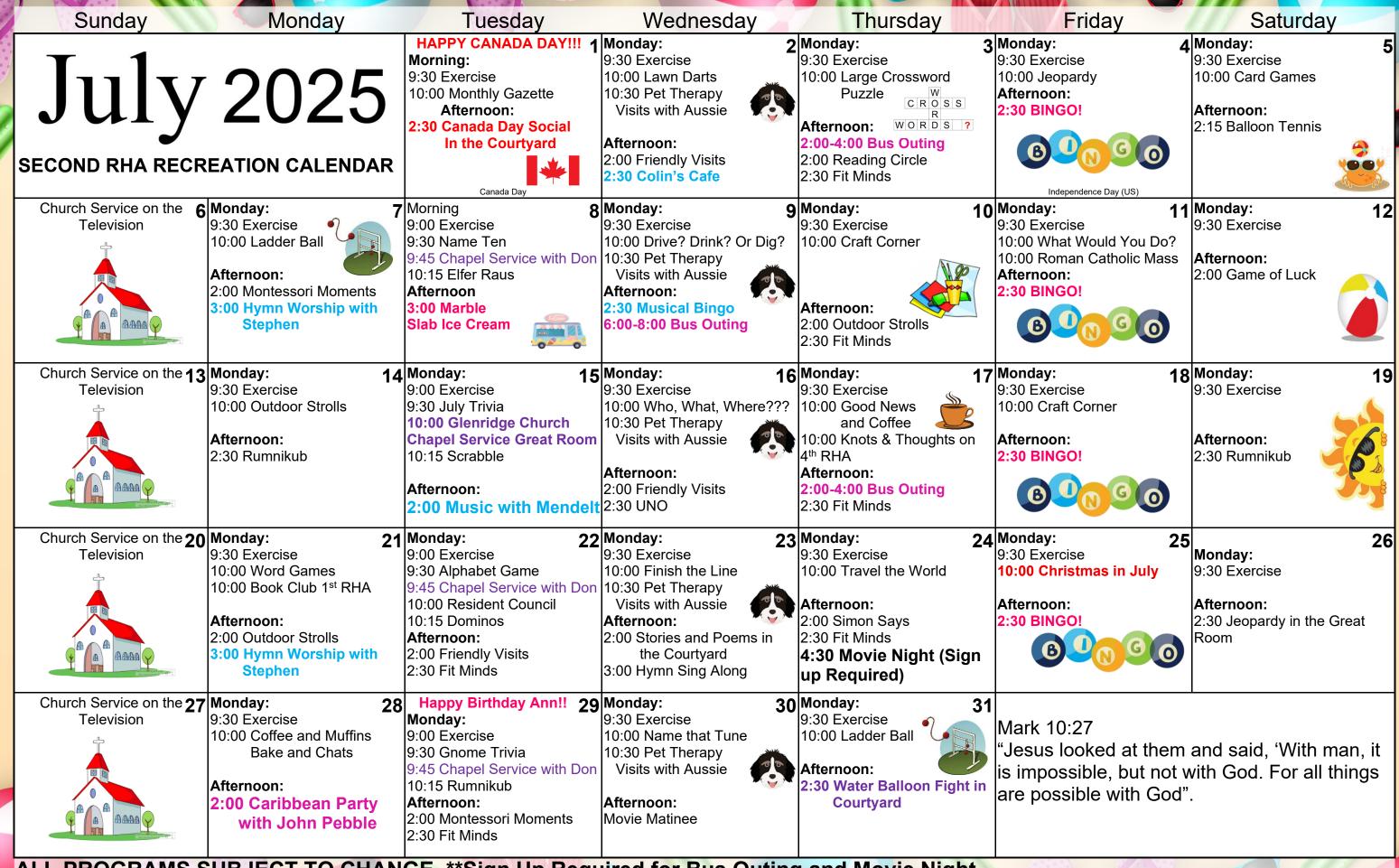
Sunday Monday Wednesday Tuesday Thursday Friday Saturday **CANADA DAY 9** Morning: HAPPY BIRTHDAY, 4 Morning: 1 Morning: July 2025 9:30 Exercise 9:30 Exercise **CHRISTINE!** Morning: 9:30 Exercise 10:00 Who, What, Where? 10:00 Fit Minds Morning: 9:15 Chapel 10:00 Rummikub 10:30 Pet Visits with Aussie Afternoon: 9:45 BINGO with Don Afternoon: 2:00 Outdoor Strolls\* Afternoon: Afternoon: 10:00 Canada Day Craft 2:15 Balloon 3:00 Reading and 2:45 Java Music Club 2:30 Painting! Tennis on 2<sup>nd</sup> Afternoon: Reminiscing 2:00 - 4:00 Bus Outing 2:30 Canada Day **RHA** JAVA MUSIC FIRST RHA RECREATION CALENDAR (sign-up required) Watermelon Social BUNGO AVIUS 10 Morning: 7 Morning: 12 6 Morning: 8 Morning: 9 Morning: 11 Morning: 9:00 Church Service on 9:30 Exercise 9:15 Chapel with Don 9:30 Exercise 9:30 Exercise 10:00 Exercise 9:45 BINGO 10:00 Giant Crossword 10:00 Roman Catholic **Television** 10:00 Fit Minds 10:30 Outdoor Strolls\* 10:00 Boardgames/ Afternoon: 10:30 Pet Visits with Aussie Mass Checkers 2:00 Manicures Afternoon: Afternoon: Afternoon: 10:00 Game of Luck 2:30 Marble 2:30 "What's the Scoop?" 3:00 UNO Afternoon: 3:00 Wheel of Fortune Afternoon: 2:30 Bowling Slab Ice Game 2:30 Coffee and 6:00 - 8:00 Bus Outing Cream BINGO Chat (sign-up required) Social 16 Morning: 13 Morning: **HAPPY BIRTHDAY**, **15** Morning: 18 14 9:00 Church Service on 9:30 Welcome to China 9:30 Exercise WIN! 9:00 Exercise Morning: 10:00 Knots & Thoughts on 4th Morning: Presentation 9:30 Creative Arts Group **Sunshine Visits with Television** 9:45 BINGO 10:00 Morning of Music (sign-up required) 10:00 Zodiac Animal Game Debbie! Afternoon: with Glenridge Bible Afternoon: 10:00 Fit Minds 10:30 Pet Visits with Aussie 2:30 Aeroplane Chess Afternoon: Church Afternoon: 2:30 Peking 2:45 Food Social: Afternoon: 2:00 Friendly Visits Opera Mask 2:30 Outdoor Games\* Baking Muffins 3:00 Junk Drawer Detective Painting 5:30 Music with Ron 2:00 - 4:00 Bus Outing BINGO (sign-up required) 20 Morning: 21 Morning: 22 Morning: 23 Morning: 24 Morning: Morning: 26 9:00 Church Service on 9:30 Hymn Sing with **25** 9:30 Exercise 9:15 Chapel with Don 9:30 Tai Chi Exercise 9:45 BINGO Friendly Visits 10:00 Resident's Council **Television** 10:00 Calligraphy Afternoon: Stephen Afternoon: 10:15 Montessori Moments 2:00 Music with Mendelt 2:15 Bean Bag Toss 10:15 Book Club Afternoon: 3:00 Who/What/Where 4:30 Movie Night (sign 2:30 Jeopardy in the Afternoon: Afternoon: Afternoon: 2:30 Chinese **Great Room** 2:30 Red up required) 2:45 Fit Minds Food Social Envelopes Craft BINGO 27 Morning: 28 Morning: 29 Morning: 30 Morning: 31 "Let us live like 9:00 Church Service on 9:30 Exercise 9:30 Exercise 9:15 Chapel with Don 9:00 Exercise flowers - wild, 10:15 The Price Is Right 9:30 Creative Arts Group **Television** 10:00 Chinese Riddle 10:00 Giant on 2<sup>nd</sup> RHA (sign-up Afternoon: Afternoon: Crossword beautiful, and 2:00 Caribbean Birthday required) 2:30 Ladder Ball Afternoon: Party with John Pebble 9:30 Bowling drenched in the sun" 2:30 Water 10:30 Pet Visits with Aussie **Balloon** - Ellen Everett Afternoon: Fight in Courtyard 2:30 Colin's Café \*ALL PROGRAMS SUBJECT TO CHANGE \*WEATHER PERMITTING



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

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							Morning: 5
	<b>T</b> 1		Day!	9:30 – Exercise	9:30 – Exercise		9:30 – Exercise
.•/	111117	ソハント		10:00 – Monthly Gazette	9:45 – Chapel with Don	10:00 – Alice in	10:00 – Outdoor Strolls*
	JUIV	2025	<b>.</b>	& Trivia	Afternoon:	Wonderland Day  Afternoon:	Afternoon:
3			27 17	Afternoon:	0 00 0 : D T ##		3:15 – Balloon Tennis on
	FOURTH BUY BEOD	SEATION OAL ENDAD		2:30 – Outdoor Strolls*	2.00 0001110 200 1001	19.20	3 <sup>rd</sup> RHA
	FOURTH RHA RECR	REATION CALENDAR		3:00 – Active Games		Independence Day (IIC)	
	Church Service on 6	Morning: 7	Happy Birthday Bud! 8	Morning: 9	Happy Birthday Lois! 10	Independence Day (US)  Morning: 11	Morning: 12
	_	9:30 - Exercise	Morning:	9:30 – Exercise	Morning:		9:30 – Exercise
			9:30 – Exercise	10:00 – Painting	9:30 – Exercise		10:00 – Outdoor Strolls*
			10:00 – Group Crossword		9:45 – Chapel with Don	Service in Great Room	
		Aiteirioon.		2:30 – Outdoor Strolls*	Afternoon: 2:30 – Fit Minds		Afternoon:
		2:30 – Whiteboard Games	Iviarble Glab ice Greatii	3:00 – Active Games	3:00 Outdoor Strolle*		2:30 – Friendly Visits
		Games		Evening: 6:00 – Scenic Bus Tour**	o.oo oataoor otrono	2:30 - <b>BINGO!</b>	
-							
	Church Service on 13 Television	_	_	_			Morning: 19 9:30 – Exercise
	relevision		9:30 – Group Chapel with Glendridge Bible	9:30 – Exercise 9:30 – Creative Arts		10:00 – Wheel of Fortune	
	WA CO	10.00 Gardo a Garrico	Sicriality   Bible	Group on 1st RHA (Sign-	on 4 <sup>th</sup> RHA	To.00 Villoci of Fortalio	To.00 Guidoor Guiono
		Afternoon:	Afternoon:	up Required)		Afternoon:	Afternoon:
		,	2:30 – Fit Minds	Afternoon:	Afternoon: 2:00 – Scenic Bus Tour**	2:30 _ BTNGO1	2:30 – Friendly Visits
		0 0	3:00 – Outdoor Strolls*	2:30 – Outdoor Strolls*	2:00 – Scenic Bus Tour**	2.50 - 5110901	
		Stephen Mason		3:00 – Active Games	3:00 – Fit Minds		
	Church Service on20	Happy Birthday Isabel! 21 Morning:		Morning: 23	Happy Birthday Edwina!24  Morning:		Morning: 26
	1 010 4 13 10 11		9:30 – Exercise	9:30 – Exercise 10:00 – Creative Arts:	9:30 – Exercise		9:30 – Exercise 10:00 – Outdoor Strolls*
			10:00 – Resident's	Guided Illustartions	9:45 – Chapel with Don	10:00 – Jeopardy!	10.00 - Outdoor Strons
		<u> </u>	Council Meeting	Afternoon:	Afternoon:	Afternoon:	Afternoon:
			Afternoon:	2:30 – Outdoor Strolls*	2:30 – Fit Minds		2:30 – Jeopardy in the
		_	2:30 – Fit Minds	3:00 – Active Games	0.00		Great Room
		Games	3:00 – Outdoor Strolls*		4:30 Movie Night (Sign up Required)		
	Church Service on27			Morning: 30	Morning: 31	"TF T IIAN MU WAU	I'D remove January
	Television	0.00 Excroise	Morning:	9:30 – Exercise	9:30 – Exercise	•	
	FCE CREAM	10.00 Board Carried	9:30 – Exercise 10:00 – White Board	9:30 – Creative Arts	9:45 – Chapel with Don	From the calenda	Ir altogether and
			Games	Group on 2 <sup>nd</sup> RHA (Sign- up Required)	Afternoon:	цаve an eytra	JULY INSTEAD."
		AILCI IICCIII.	Afternoon:	Afternoon:	2:30 – Fit Minds		JULU IIIJI UUD.
		Birthdays with John	2:30 – Fit Minds	2:30 – Celebrating July	3:00 – Outdoor Strolls*	- ROALD DAHL	
			3:00 – Outdoor Strolls*	Birthdays!			
T	abor Manor St Catharines All I	Programs are subject to change w	vithout notice ***Sign-up required	for special programs like Scenic	L Bus Tour, Creative Arts Group & L	L Dinner & Movie Night	

Sunday Monday Wednesday Tuesday Thursday Friday Saturday **2** Happy Birthday Alice.M.! 9:30 Courtyard Canada 1 July 2025 Day Social! 11:00 Chapel Service Weather Permitting 11:00 Seated Exercise 11:00 BINGO in the Olive In the Chapel in the Café Branch Café 11:00 Seated Exercise 1:30 Fall Prevention Class in the Chapel in the Atrium 1:30 Falls Prevention Class 2:30 Coffee Hour in the Café Be kind to your environment. Bring in the Atrium your own mug Wellness Suite Recreation Calendar 5:00 Pizza and Movie CANADA DAY in the Café Sign Up Required 9:30 Bible Trivia 12 11 11:00 Chapel Service 10 9:30 Craft Corner in the 9:30 Outdoor in the Café In the Chapel Fireside Lounge 9:30 Sunday Service in 11:00 BINGO in the Olive "Listen to advice and **Walking Program** 11:00 Seated Exercise 1:30 Fall Prevention Class Meet in the Front Lounge the Chapel Branch Café accept instruction, and in the in the Chapel 11:00 Seated Exercise in the Atrium Weather permitting end you will be wise." 1:30 Falls Prevention Class in the Café Kira not Present 2:00 Elfer Raus in the in the Atrium 2:30 Bingo in the Café Fireside Lounge 11:00 Seated Exercise Proverbs 19:20 1:00-3:00: in the Chapel BINGO Marble Slab Ice Cream! 5:00pm Bus Outing Located at 1 Tabor Sign Up Required 19 13 9:30 Outdoor 10:00 Glenridge 15 16 Happy Birthday Kay! 17 18 9:30 Skip-Bo in the **Church Chapel Service in** Walking Program 11:00 Chapel Service 11:00 BINGO in the Olive Fireside Lounge Meet in the Front Lounge 9:30 Sunday Service in the Great Room In the Chapel **Branch Café with Niagara** Weather permitting the Chapel 11:00 Seated Exercise 1:30 Fall Prevention Class 11:00 Seated Exercise **Serve Youth Group** in the Café 11:00 Music with Stephen in the Atrium in the Café 1:30 Falls Prevention Class and Niagara Serve Youth 2:30 Coffee Hour in the in the Atrium **Group in the Chapel** Café 1:00-3:00: Art Gallery Walk 2:30 Game of Luck in the Be kind to your environment. Bring 2:30 Fit Minds in the Through in the Café Fireside Lounge your own mug Fireside Lounge 21 22 23 26 20 24 25 9:30 Outdoor 9:30 Who/What/Where 11:00 Chapel Service 9:30 Sunday Service in Walking Program am I? in the Café 11:00 Seated Exercise In the Chapel 11:00 BINGO in the Olive "The name of the Lord is a Meet in the Front Lounge the Chapel in the Café Branch Café strong tower; the righteous 11:00 Seated Exercise Weather permitting 1:30 Fall Prevention Class run to it and are safe." Kira not Present in the Chapel in the Atrium 1:30 Falls Prevention Class Proverbs 18:10 11:00 Seated Exercise in the Atrium 2:00 Bowling in the Chapel in the Chapel 2:30 Jeopardy in the Café 27 28 30 31 9:30 Outdoor 9:30 Game of Luck **29** 9:30 Uno in the Walking Program in the Café 11:00 Seated Exercise Fireside Lounge 9:30 Sunday Service in Meet in the Front Lounge 11:00 Seated Exercise in the Café Weather permitting the Chapel Kira not Present in the Chapel 11:00 Chapel Service 2:30 Bingo in the Café 1:30 Falls Prevention Class In the Chapel 11:00 Seated Exercise in the Atrium in the Chapel 1:30 Fall Prevention Class 2:30 Fit Minds in 2:00 Hymn Sing with in the Atrium the Fireside Lounge Stephen in the Chapel All Programs are Subject to Change.

Sunday Monday Wednesday Tuesday Thursday Friday Saturday 9:30 Courtyard Canada 1 11:00 Chapel Service July 2025 Day Social! In the Chapel Weather Permitting 11:00 BINGO in the Olive 11:00 Seated Exercise 1:30 Fall Prevention Class in the Café Branch Café 11:00 Seated Exercise in the Atrium 2:30 Coffee Hour in the Café in the Chapel 1:30 Falls Prevention Class Be kind to your environment. Bring your own mug in the Atrium **Evergreen and Mapleview Apartments** 5:00 Pizza and Movie CANADA DAY in the Café Sign Up Required **Recreation Calendar** 9:30 Bible Trivia 12 11:00 Chapel Service 10 11 9:30 Craft Corner in the 9:30 Outdoor in the Café In the Chapel Fireside Lounge 9:30 Sunday Service in 11:00 BINGO in the Olive "Listen to advice and **Walking Program** 11:00 Seated Exercise 1:30 Fall Prevention Class Meet in the Front Lounge the Chapel Branch Café accept instruction, and in the in the Chapel 11:00 Seated Exercise in the Atrium Weather permitting end you will be wise." 1:30 Falls Prevention Class in the Café Kira not Present 2:00 Elfer Raus in the in the Atrium 2:30 Bingo in the Café Fireside Lounge 11:00 Seated Exercise Proverbs 19:20 1:00-3:00: in the Chapel BINGO Marble Slab Ice Cream! 5:00pm Bus Outing Located at 1 Tabor Sign Up Required 19 13 9:30 Outdoor 10:00 Glenridge 15 16 17 18 9:30 Skip-Bo in the **Church Chapel Service in** 11:00 Chapel Service Walking Program 11:00 BINGO in the Olive Fireside Lounge In the Chapel Meet in the Front Lounge 9:30 Sunday Service in the Great Room **Branch Café with Niagara** Weather permitting the Chapel 11:00 Seated Exercise 1:30 Fall Prevention Class 11:00 Seated Exercise **Serve Youth Group** in the Atrium in the Café 11:00 Music with Stephen in the Café 2:30 Coffee Hour in the 1:30 Falls Prevention Class and Niagara Serve Youth Café in the Atrium **Group in the Chapel** 1:00-3:00: Art Gallery Walk Be kind to your environment. Bring 2:30 Game of Luck in the 2:30 Fit Minds in the Through in the Café your own mug Fireside Lounge Fireside Lounge 21 22 23 26 20 24 25 9:30 Outdoor 9:30 Who/What/Where 11:00 Chapel Service 9:30 Sunday Service in Walking Program am I? in the Café 11:00 Seated Exercise In the Chapel 11:00 BINGO in the Olive "The name of the Lord is a Meet in the Front Lounge the Chapel in the Café Branch Café strong tower; the righteous 11:00 Seated Exercise Weather permitting 1:30 Fall Prevention Class run to it and are safe." Kira not Present in the Chapel in the Atrium 1:30 Falls Prevention Class Proverbs 18:10 11:00 Seated Exercise in the Atrium 2:00 Bowling in the Chapel in the Chapel 2:30 Jeopardy in the Café 27 28 30 31 9:30 Outdoor 9:30 Game of Luck **29** 9:30 Uno in the Walking Program in the Café 11:00 Seated Exercise Fireside Lounge 9:30 Sunday Service in Meet in the Front Lounge 11:00 Seated Exercise in the Café Weather permitting the Chapel Kira not Present in the Chapel 11:00 Chapel Service 2:30 Bingo in the Café 1:30 Falls Prevention Class In the Chapel 11:00 Seated Exercise in the Atrium in the Chapel 1:30 Fall Prevention Class 2:30 Fit Minds in 2:00 Hymn Sing with in the Atrium the Fireside Lounge Stephen in the Chapel All Programs are Subject to Change.