

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Noodle Ball 11:00am Baking 2:30pm Canada Day Social Happy Canada Day!	2 9:30am Exercise 10:15am Residents Council (GR) 11:00am Virtual Chapel 2:30pm Fun in the Sun!	3 9:30am Chair Yoga 11:00am History of "O Canada" 2:00pm Laundry Folding 2:30pm Tovertafel!	4 9:30am Rick Steves Travelogue 10:15am Exercise 1:30pm Travelling Activities
5 9:30am Sunday Sing Along 10:00am TV Church 1:30pm Travelling Activities	6 10:00am Exercise 10:45am Bingo (GR) 2:30pm Board Games 4:00pm Sing Along	7 9:30am News & Views 10:45am Music Therapy with Sam 11:00am Church (GR) 2:30pm BINGO	8 9:30am Noodle Ball 11:00am Wheel of Fortune 3:00pm Meditation Moment	9 9:30am Exercise 11:00am Virtual Chapel 2:00pm Music with Mendelt (GR)	10 9:30am Chair Yoga 11:00am Drum fit! 2:00pm Laundry Folding 2:00pm Flower Arranging (GR) 2:30pm Tovertafel!	11 9:30am Rick Steves Travelogue 10:15am Exercise 1:30pm Travelling Activities
12 9:30am Sunday Sing Along 10:00am TV Church 1:30pm Travelling Activities	13 10:00am Exercise 10:45am Bingo (GR) 2:30pm Board Games 4:00pm Sing Along Happy Birthday Gerry!	14 9:30am News & Views 11:00am Walks & Talks Marble Slab Ice Cream Truck 2:30pm Hymns with Germaine (GR)	15 9:30am Noodle Ball 11:00am Church (GR) 2:30pm Bocce Ball	16 9:30am Exercise 11:00am Virtual Chapel 2:30pm Fun in the Sun!	17 9:30am Chair Yoga 11:00am Name That Tune 2:00pm Laundry Folding 2:30pm Tovertafel!	18 9:30am Rick Steves Travelogue 10:15am Exercise 1:30pm Travelling Activities
19 9:30am Sunday Sing Along 10:00am TV Church 1:30pm Travelling Activities	20 10:00am Exercise 10:45am Bingo (GR) 2:30pm Board Games 4:00pm Sing Along	21 9:30am News & Views 11:00am Walks & Talks 2:30pm BINGO	22 9:30am Noodle Ball 11:00am Church (GR) 3:00pm Reading Group	23 9:30am Exercise 11:00am Virtual Chapel 2:30pm Balloon Volleyball Tournament	24 9:30am Chair Yoga 11:00am Drum fit! 2:00pm Laundry Folding 2:30pm Tovertafel!	25 9:30am Rick Steves Travelogue 10:15am Exercise 1:30pm Travelling Activities
26 9:30am Sunday Sing Along 10:00am TV Church 1:30pm Travelling Activities	27 10:00am Exercise 10:45am Bingo (GR) 2:30pm Board Games 4:00pm Sing Along	28 9:30am News & Views 11:00am Walks & Talks 2:30pm Birthday Party!	29 9:30am Noodle Ball 11:00am Church (GR) 3:00pm About Ye Olde Williamsburg	30 9:30am Exercise 11:00am Virtual Chapel 2:30pm Fun in the Sun!	31 9:30am Chair Yoga 11:00am Catholic Mass 11:00am Outdoor Games 2:00pm Laundry Folding 2:30pm Tovertafel!	

Programs subject to change.

GR- Great Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am The History of "O Canada" 11:00am Canada Day Photoshoot! 2:30pm Bingo! Happy Canada Day!	2 9:30am Heart Beats Club 10:15am Residents Council (GR) 11:00am Virtual Chapel 1:30pm Laundry Folding 2:45pm Canada or the U.S.?	3 9:30am Balloon Ball 11:00am Colouring Group 3:00pm What am I?	4 9:30am Chair Yoga 11:00am Rick Steves Travelogue! 2:00pm Travelling Activities! Happy Birthday Bob!
5 9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities! Happy Birthday Ann Smith!	6 9:30am Exercise 10:45am Bingo (GR) 2:30pm Manicures	7 10:00am Church Service (GR) 11:15am Fun in the Sun! 2:30pm Outdoor Strolls	8 9:30am Travelogue: Ye Olde Williamsburg! 11:00am Butterfly Crafts 2:30pm Bingo! 6:00pm Reading Group	9 9:30am Heart Beats Club 11:00am Virtual Chapel 1:30pm Laundry Folding 2:00pm Music with Mendelt (GR)	10 9:30am Balloon Ball 11:00am Colouring Group 2:00pm Flower Arranging (GR)	11 9:30am Chair Yoga 11:00am Rick Steves Travelogue! 2:00pm Travelling Activities!
12 9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities!	13 9:30am Music Therapy with Sam 10:45am Bingo (GR) 3:00pm Card Games!	14 9:30am News & Views 11:00am Outdoor Strolls Marble Slab Ice Cream Truck 2:30pm Hymns with Germaine (GR)	15 10:00am Church Service (GR) 11:15am Fun in The Sun! 2:30pm Bingo! 6:00pm Colouring Group	16 9:30am Heart Beats Club 11:00am Virtual Chapel 1:30pm Laundry Folding 3:00pm Wheel of Fortune	17 9:30am Balloon Ball 11:00am Colouring Group 2:30pm Horse Races!	18 9:30am Chair Yoga 11:00am Rick Steves Travelogue! 2:00pm Travelling Activities!
19 9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities!	20 9:30am Exercise 10:45am Bingo (GR) 3:00pm July Pondering Prompts	21 9:30am News & Views 11:00am Outdoor Strolls 3:00pm Summer Jeopardy!	22 10:00am Church Service (GR) 11:15am Fun in The Sun! 2:30pm Bingo! 6:00pm Tovertafel Time!	23 9:30am Heart Beats Club 11:00am Virtual Chapel 1:30pm Laundry Folding 2:30pm Balloon Volleyball Tournament	24 9:30am Balloon Ball 11:00am Painting 3:00pm Bean bag toss	25 9:30am Chair Yoga 11:00am Rick Steves Travgelogue! 2:00pm Travelling Activities!
26 9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities!	27 9:30am Exercise 10:45am Bingo (GR) 3:00pm July: Can you picture this?	28 9:30am News & Views 11:00am Outdoor Strolls 2:30pm Birthday Party!	29 10:00am Church Service (GR) 11:15am Fun in The Sun! 2:30pm Bingo!	30 9:30am Heart Beats Club 11:00am Virtual Chapel 1:30pm Laundry Folding 2:30pm Painting	31 9:30am Balloon Ball 11:00am Catholic Mass 2:30pm Manicures	

GR- Great Room

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30am Exercise 11:00am Baking 2:30pm Canada Day Social Canada Day!	9:30am News and Views 10:15am Residents Council (GR) 11:00am Virtual Chapel 2:30pm Bingo!	10:00am Tovertafel Time! 11:00am Canada or the US? 3:00pm Walk and Talk	9:30am Rick Steves Travelogue 11:00am Balloon Ball 2:00pm Travelling Activities
5	6	7	8	9	10	11
9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities	9:30am Balloon Ball 10:45am Bingo (GR) 3:00pm Target Practice 6:00pm One to One Visits	9:30am Music Therapy with Sam 11:00am Name 10 2:00pm Laundry Folding 2:30pm Church (GR)	10:00am Church (GR) 11:15am Fun in the Sun 2:30pm Bingo!	9:30am News and Views 11:00am Virtual Chapel 2:00pm Music with Mendelt (GR)	10:00am Tovertafel Time! 11:00am Scattergories 2:00pm Flower Arranging (GR) 3:00pm Walk and Talk	9:30am Rick Steves Travelogue 11:00am Balloon Ball 2:00pm Travelling Activities
12	13	14	15	16	17	18
9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities	9:30am Balloon Ball 10:45am Bingo (GR) 3:00pm Word Connect 6:00pm One to One Visits	9:30am Exercise 11:00am Art Class with Ellie! Marble Slab Ice Cream Truck 2:00pm Laundry Folding 2:30pm Hymns with Germaine (GR)	10:00am Church (GR) 11:15am Fun in the Sun 2:30pm Bingo!	9:30am News and Views 11:00am Virtual Chapel 2:30pm Butter tarts with Irene!	10:00am Tovertafel Time! 11:00am Trivia! 3:00pm Walk and Talk	9:30am Rick Steves Travelogue 11:00am Balloon Ball 2:00pm Travelling Activities
19	20	21	22	23	24	25
9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities	9:30am Balloon Ball 10:45am Bingo (GR) 3:00pm Target Practice 6:00pm One to One Visits	9:30am Exercise 11:00am Baking 2:00pm Laundry Folding 2:30pm Social	10:00am Church (GR) 11:15am Fun in the Sun 2:30pm Bingo!	9:30am News and Views 11:00am Virtual Chapel 2:30pm Balloon Volleyball Tournament	10:00am Tovertafel Time! 11:00am Scattergories 3:00pm Walk and Talk	9:30am Rick Steves Travelogue 11:00am Balloon Ball 2:00pm Travelling Activities
26	27	28	29	30	31	
9:30am Sunday Sing Along 10:00am TV Church 2:00pm Travelling Activities	9:30am Balloon Ball 10:45am Bingo (GR) 3:00pm Lemonade in the Shade 6:00pm One to One Visits	9:30am Exercise 11:00am Outdoor Walks 2:00pm Laundry Folding 2:30pm Birthday Party!	10:00am Church (GR) 11:15am Fun in the Sun 2:30pm Bingo!	9:30am News and Views 11:00am Virtual Chapel 2:30pm Farming with Gord!	10:00am Tovertafel Time! 11:00am Catholic Mass 11:00am Trivia! 3:00pm Walk and Talk	

GR- Great Room



Programs subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Exercise 11:00am Reading Group 1:30pm Laundry Folding 3:00pm Name 10 Happy Canada Day!	2 9:30am Exercise 10:15am Residents Council (GR) 11:00am Virtual Chapel 3:00pm Card Games	3 9:30am Balloon Ball 11:00am Jeopardy 2:30pm BINGO 6:00pm Tovertafel Time!	4 10:00am Chair Yoga 3:00pm Travelling Activity Cart
5 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart	6 10:00am Exercise 10:45am Bingo (GR) 3:00pm Patriotic Color Game	7 9:30am Exercise 11:00am Canada or U.S 2:30pm Church (GR)	8 9:30am Exercise 11:00am How Many Words? 1:30pm Laundry Folding 2:30pm Walk and Talk	9 9:30am Exercise 11:00am Virtual Chapel 2:00pm Music with Mendelt (GR)	10 9:30am Balloon Ball 11:00am Manicures 2:00pm Flower Arranging (GR)	11 10:00am Chair Yoga 3:00pm Travelling Activity Cart
12 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart	13 10:00am Exercise 10:45am Bingo (GR) 2:30pm Outdoor Social	14 9:30am Exercise 11:00am Travelogue- Destination: Ye Olde Williamsburg Marble Slab Ice Cream Truck 2:30pm Hymns with Germaine (GR)	15 9:30am Exercise 11:00am Board Games 1:30pm Laundry Folding 2:30pm Church (GR)	16 9:30am Exercise 11:00am Virtual Chapel 3:00pm Theme Trivia- A semiquincentennial Journey	17 9:30am Balloon Ball 11:00am Who am I? 2:30pm BINGO 6:00pm Coloring Group	18 10:00am Chair Yoga 3:00pm Travelling Activity Cart
19 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart	20 10:00am Exercise 10:45am Bingo (GR) 2:30pm The Write Word Game	21 9:30am Exercise 11:00am Baking Banana Bread! 3:00pm Outdoor Social	22 9:30am Exercise 11:00am Arts and Crafts 1:30pm Laundry Folding 2:30pm Church (GR)	23 9:30am Exercise 11:00am Virtual Chapel 2:30pm Balloon Volleyball Tournament	24 9:30am Balloon Ball 11:00am Jeopardy 2:30pm BINGO 6:00pm One to One Visits	25 10:00am Chair Yoga 3:00pm Travelling Activity Cart
26 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart	27 9:30am Music Therapy with Sam 10:45am Bingo (GR) 3:00pm Scattegories Happy Birthday Flo!	28 9:30am Exercise 11:00am Walk and Talk 2:30pm Birthday Party!	29 9:30am Exercise 11:00am Manicures 1:30pm Laundry Folding 2:30pm Church (GR)	30 9:30am Exercise 11:00am Virtual Chapel 3:00pm Lemonade Social	31 9:30am Balloon Ball 11:00am Catholic Mass 2:30pm BINGO 6:00pm Tovertafel Time	

GR- Great Room

*Programs subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Exercise 11:00am Who Am I? 3:00pm Name 10 Happy Birthday George! Happy Canada Day!	2 9:30am Exercise 10:15am Residents Council (GR) 11:00am Virtual Chapel 2:30pm Travelogue 6:00pm Card Games!	3 9:30am Exercise 11:00am Reading Group! 2:30pm Bingo	4 9:30am Exercise 3:00pm Travelling Activity Cart!
5 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart! Happy Birthday Margaret!	6 9:30am Exercise 10:45am Bingo (GR) 2:00pm Laundry Folding 3:00pm Uno!	7 10:00am Church (GR) 11:00am Colouring Group 2:30pm Outdoor Walks	8 9:30am Exercise 11:00am Remembering Local Parades 2:30pm Bingo	9 9:30am Exercise 11:00am Virtual Chapel 2:00pm Music with Mendelt (GR) 6:00pm One to Ones	10 9:30am Exercise 11:00am Jeopardy 2:00pm Flower Arranging (GR)	11 9:30am Exercise 3:00pm Travelling Activity Cart!
12 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart!	13 9:30am Exercise 10:45am Music Therapy with Sam 2:00pm Laundry Folding 3:00pm Crafts	14 9:30am Exercise 11:00am Outdoor Strolls Marble Slab Ice Cream Truck 2:30pm Hymns with Germaine (GR)	15 9:30am Exercise 11:00am Pondering Prompts! 2:30pm Church (GR)	16 9:30am Exercise 11:00am Virtual Chapel 3:00pm Reading Group! 6:00pm Name That Tune	17 9:30am Exercise 11:00am Ring Toss! 2:30pm Bingo Happy Birthday Lise!	18 9:30am Exercise 3:00pm Travelling Activity Cart!
19 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart!	20 9:30am Exercise 10:45am Bingo (GR) 2:00pm Laundry Folding 3:00pm Trivia	21 9:30am Exercise 11:00am Outdoor Strolls 3:00pm Manicures	22 9:30am Exercise 11:00am Name That Tune 2:30pm Church (GR) Happy Birthday Helen D!	23 9:30am Exercise 11:00am Virtual Chapel 2:30pm Balloon Volleyball Tournament 6:00pm Tovertafel!	24 9:30am Exercise 11:00am Lemonade Social! 2:30pm Bingo	25 9:30am Exercise 3:00pm Travelling Activity Cart!
26 9:30am Sunday Sing Along 10:00am TV Church 3:00pm Travelling Activity Cart!	27 9:30am Exercise 10:45am Bingo (GR) 2:00pm Laundry Folding 3:00pm Hockey	28 9:30am Exercise 11:00am Outdoor Strolls 2:30pm Birthday Party!	29 9:30am Exercise 11:00am Bean Bag Toss 2:30pm Church (GR)	30 9:30am Exercise 11:00am Virtual Chapel 3:00pm Horse Races 6:00pm One to Ones	31 9:30am Exercise 11:00am Catholic Mass 2:30pm Bingo	

GR- Great Room

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Pleasant Manor Tenant Activity Calendar

			1 6:00 Bingo (OV Chapel) <small>Canada Day</small>	2 11:00 Chapel Service (OV Chapel)	3 11:00 Travelogue- Ye Olde Williamsburg 6:00 Games Night (OV Chapel)	4 <small>Independence Day (U.S.)</small>
5	6 2:00 Bingo (OV Chapel)	7 11:00 Hymn Sing with Stephen (AV Lounge) 2:00 Bible Study 3:30 Brad Boland Music! (OV Chapel) 6:00 Dominoes (AV Lounge)	8 2:30 Root beer Float Social (AV Courtyard) 6:00 Bingo (OV Chapel)	9 11:00 Chapel Service (OV Chapel) 1:00 Music with Mendelt (OV Chapel)	10 6:00 Games Night (OV Chapel)	11 1:30-2:00 Computer Questions (CV Link)
12 2:00 Lithuanian Boys Choir (CV Meeting Room)	13 2:00 Bingo (OV Chapel)	14 11:00 Outdoor Games (AV Courtyard) 2:00 Bible Study 6:00 Dominoes (AV Lounge) <small>Bastille Day</small>	15 2:30 Door Hanger Craft (CV Link) 6:00 The Viscounts Concert (OV Chapel)	16 11:00 Chapel Service (OV Chapel)	17 11:00 Tabletop Games (AV Lounge) 6:00 Games Night (OV Chapel)	18
19	20 2:00 Bingo (OV Chapel)	21 11:00 Hymn Sing with Stephen (AV Lounge) 2:00 Bible Study 6:00 Dominoes (AV Lounge)	22 2:30 Painting (CV Link) 6:00 Bingo (OV Chapel)	23 11:00 Chapel Service (OV Chapel)	24 11:00 July Trivia (AV Lounge) 2:00-4:00 NOTL Library Pop-up (OV Chapel) 6:00 Games Night (OV Chapel)	25 6:30 Birthday Party (CV Link)
26	27 2:00 Bingo (OV Chapel)	28 11:00 Balloon Volleyball (AV Lounge) 2:00 Bible Study 6:00 Dominoes (AV Lounge)	29 2:30 Donuts and Dominoes 6:00 Bingo (OV Chapel)	30 11:00 Chapel Service (OV Chapel) 1:00-3:00 Walker Repair Clinic (OV Chapel)	31 11:00 Catholic Mass (LTC Great Room) 2:30 Ice Cream Sundae Social 6:00 Games Night (OV Chapel)	