July 2026

2 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day 10:30am Church Service - MPR 1:30pm Group Exercise - TV2E 2:00pm Canada Day Ice Cream & Strawberries Social - MPR 2:30pm Valleyview News	**2** 9:30am Group Exercise - TV2E 10:30am Friendly Visits - V 2E 2:30pm Jolly Good Interest Club - TV2E 6:30pm Courtyard Club - Evenings - C	**3** 2:30pm Jewish Service - MPR	**4** 10:30am Church Service - MPR 2:30pm Hymn Singing - V 2E
5 10:30am Armchair Travel - TV2E 2:00pm Courtyard Games - C	**6** 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV2E 2:30pm Courtyard Club - Balloon, Ball and Bubble Games - C 2:30pm Courtyard Club - Ball, Balloon and Bubble Games - C 2:30pm Resident Sing-a-Long	**7** 10:30am Bingo - AR2E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - C	**8** 10:30am Church Service - MPR 1:30pm Group Exercise - TV2E 2:30pm Music Trivia - TV2E	**9** 9:30am Group Exercise - TV2E 10:15am Friendly Visits With Nofisat - V 2E 2:30pm Entertainment - MPR 6:30pm Courtyard Club - Evenings - C	**10** 10:30am Music Appreciation - TV2E 2:30pm Jewish Service - MPR	**11** 10:30am Church Service - MPR 3:00pm Bethel SDA Group - MPR
12 2:00pm Courtyard Games - C	**13** 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV2E 2:30pm Courtyard Club - C 2:30pm Resident Sing-a-Long	**14** 10:00am 45mins Bingo - AR2E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	**15** 10:30am Church Service - MPR 1:30pm Group Exercise - TV2E 2:30pm Cultural Mosaic - TV2E 2:30pm Men's Club - Jeopardy	**16** 9:30am Group Exercise - TV2E 10:30am Friendly Visits - V 2E 2:30pm Armchair Travel - TV2E 2:30pm Community Active Games - MPR 6:30pm Courtyard Club - Evenings - C	**17** 10:30am Reminiscing - TV2E 2:30pm Jewish Service - MPR	**18** 10:30am Church Service - MPR 3:00pm Japanese SDA Group - MPR
19 2:00pm Ice Tea Social	**20** 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV2E 2:30pm Resident Sing-a-Long 2:30pm Residents' Council - MPR	**21** 10:30am Bingo - AR2E 2:30pm Throwback Tuesdays - MPR 6:30pm Seated Latin Dance - MPR	**22** 10:30am Church Service - MPR 1:30pm Group Exercise - TV2E 2:15pm Community Baking - Better Batter Bakers - MPR 2:30pm Favorite Entertainers - TV2E	**23** 9:30am Group Exercise - TV2E 10:30am Friendly Visits - V 2E 2:00pm July Birthday Party - MPR 6:30pm Courtyard Club - Evenings - C	**24** 10:30am Music Appreciation - TV2E 2:30pm Jewish Service - MPR	**25** 10:30am Church Service - MPR 2:30pm Hymn Singing - V 2E
26 10:30am Activity Calendar Planning - TV2E 2:00pm Courtyard Games - C	**27** 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV2E 2:30pm Courtyard Club - C	**28** 10:30am Bingo - AR2E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	**29** 12:00pm Special Event - Annual BBQ - MPR 1:30pm Group Exercise - TV2E 2:30pm Jolly Good Interest Club - TV2E	**30** International Friendship Day 9:30am Group Exercise - TV2E 10:30am Friendly Visits - V 2E 2:30pm Music Trivia - TV2E 6:30pm Courtyard Club - Evenings - C	**31** 10:30am Cultural Mosaic - TV2E 2:30pm Jewish Service - MPR	

AR2E - Activity Room 2E C - Courtyard MPR - Multi-Purpose Room TV2E - TV Room 2E V 2E - Varied 2E

Some programs may take place outdoors, weather permitting. Programs may be subject to change.