

# July 2026



## 2 West Programs Calendar

| Sunday                                                                                            | Monday                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                   | Thursday                                                                                                                                                                                        | Friday                                                                                                                                                  | Saturday                                                                                                       |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                                                                                   |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                               | <b>1</b>                                                                                                                                                                                    | <b>2</b>                                                                                                                                                                                        | <b>3</b>                                                                                                                                                | <b>4</b>                                                                                                       |
|                                                                                                   |                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                               | <b>Canada Day</b><br>9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Church Service - MPR</b><br><b>2:00pm Canada Day Ice Cream &amp; Strawberries Social - MPR</b>  | 9:30am Tranquil Nature - TV2W<br>10:15am Puzzle time - AR2W<br>2:30pm Residents Choice (TV) - TV2W<br><b>6:30pm Courtyard Club - Evenings - C</b>                                               | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br>10:30am Bingo - AR2W<br>2:00pm Spiritual Songs - TV2W<br><b>2:30pm Jewish Service - MPR</b> | <b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs - TV2W                                           |
| <b>5</b>                                                                                          | <b>6</b>                                                                                                                                                                                                                                                                          | <b>7</b>                                                                                                                                                                                                                                                      | <b>8</b>                                                                                                                                                                                    | <b>9</b>                                                                                                                                                                                        | <b>10</b>                                                                                                                                               | <b>11</b>                                                                                                      |
| 10:00am 1:1 - V 2W<br>10:30am Resident's Choice Movie - TV2W<br><b>2:00pm Courtyard Games - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Adapted Dance with Riki - MPR</b><br>2:30pm Courtyard Club - Balloon, Ball and Bubble Games - C<br><b>2:30pm Courtyard Club - Ball, Balloon and Bubble Games - C</b><br>2:30pm Resident Sing-a-Long - TV2W | 9:30am Oldies Tunes/Music Appreciation - TV2W<br>10:45am comedy Club - TV2W<br>2:30pm Lovable Companions (Pet Therapy) - AR2W<br>2:30pm Residents Choice (TV) - TV2W<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - C</b>            | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Church Service - MPR</b><br>2:30pm Board Games - AR2W                                                                | 9:30am Tranquil Nature - TV2W<br>10:45am Puzzle time - AR2W<br><b>2:30pm Entertainment - MPR</b><br>2:30pm Residents Choice (TV) - TV2W<br><b>6:30pm Courtyard Club - Evenings - C</b>          | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br>10:30am Bingo - AR2W<br>2:00pm Spiritual Songs - TV2W<br><b>2:30pm Jewish Service - MPR</b> | <b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs - TV2W<br><b>3:00pm Bethel SDA Group - MPR</b>   |
| <b>12</b>                                                                                         | <b>13</b>                                                                                                                                                                                                                                                                         | <b>14</b>                                                                                                                                                                                                                                                     | <b>15</b>                                                                                                                                                                                   | <b>16</b>                                                                                                                                                                                       | <b>17</b>                                                                                                                                               | <b>18</b>                                                                                                      |
| 10:00am 1:1 - V 2W<br>10:30am Resident's Choice Movie - TV2W<br><b>2:00pm Courtyard Games - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Adapted Dance with Riki - MPR</b><br><b>2:30pm Courtyard Club - C</b><br>2:30pm Resident Sing-a-Long - TV2W                                                                                                | 9:30am Oldies Tunes/Music Appreciation - TV2W<br>10:45am comedy Club - TV2W<br>2:30pm Lovable Companions (Pet Therapy) - AR2W<br>2:30pm Residents Choice (TV) - TV2W<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Church Service - MPR</b><br>2:30pm Board Games - AR2W<br><b>2:30pm Men's Club - Jeopardy</b>                         | 9:30am Tranquil Nature - TV2W<br>10:15am Puzzle time - AR2W<br><b>2:30pm Community Active Games - MPR</b><br>2:30pm Residents Choice (TV) - TV2W<br><b>6:30pm Courtyard Club - Evenings - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br>10:30am Bingo - AR2W<br>2:00pm Spiritual Songs - TV2W<br><b>2:30pm Jewish Service - MPR</b> | <b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs - TV2W<br><b>3:00pm Japanese SDA Group - MPR</b> |
| <b>19</b>                                                                                         | <b>20</b>                                                                                                                                                                                                                                                                         | <b>21</b>                                                                                                                                                                                                                                                     | <b>22</b>                                                                                                                                                                                   | <b>23</b>                                                                                                                                                                                       | <b>24</b>                                                                                                                                               | <b>25</b>                                                                                                      |
| 10:00am 1:1 - V 2W<br>10:30am Resident's Choice Movie - TV2W<br><b>2:00pm Ice Tea Social</b>      | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Adapted Dance with Riki - MPR</b><br>2:30pm Resident Sing-a-Long - TV2W<br><b>2:30pm Residents' Council - MPR</b>                                                                                          | 9:30am Oldies Tunes/Music Appreciation - TV2W<br>10:45am comedy Club - TV2W<br>2:30pm Lovable Companions (Pet Therapy) - AR2W<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Seated Latin Dance - MPR</b>                                             | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Church Service - MPR</b><br><b>2:15pm Community Baking - Better Batter Bakers - MPR</b><br>2:30pm Board Games - AR2W | 9:30am Tranquil Nature - TV2W<br>10:15am Puzzle time - AR2W<br><b>2:00pm July Birthday Party - MPR</b><br>2:30pm Residents Choice (TV) - TV2W<br><b>6:30pm Courtyard Club - Evenings - C</b>    | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br>10:30am Bingo - AR2W<br>2:00pm Spiritual Songs - TV2W<br><b>2:30pm Jewish Service - MPR</b> | <b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs - TV2W                                           |
| <b>26</b>                                                                                         | <b>27</b>                                                                                                                                                                                                                                                                         | <b>28</b>                                                                                                                                                                                                                                                     | <b>29</b>                                                                                                                                                                                   | <b>30</b>                                                                                                                                                                                       | <b>31</b>                                                                                                                                               |                                                                                                                |
| 10:00am 1:1 - V 2W<br>10:30am Resident's Choice Movie - TV2W<br><b>2:00pm Courtyard Games - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>10:30am Adapted Dance with Riki - MPR</b><br><b>2:30pm Courtyard Club - C</b><br>2:30pm Resident Sing-a-Long - TV2W                                                                                                | 9:30am Oldies Tunes/Music Appreciation - TV2W<br>10:45am comedy Club - TV2W<br>2:30pm Lovable Companions (Pet Therapy) - AR2W<br>2:30pm Residents Choice (TV) - TV2W<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b> | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br><b>12:00pm Special Event - Annual BBQ - MPR</b><br>2:30pm Board Games - AR2W                                                    | <b>International Friendship Day</b><br>9:30am Tranquil Nature - TV2W<br>10:15am Puzzle time - AR2W<br>2:30pm Residents Choice (TV) - TV2W<br><b>6:30pm Courtyard Club - Evenings - C</b>        | 9:30am Group Exercise - TV2W<br>9:30am one to one - V 2W<br>10:30am Bingo - AR2W<br>2:00pm Spiritual Songs - TV2W<br><b>2:30pm Jewish Service - MPR</b> |                                                                                                                |

AR2W - Activity Room 2W      C - Courtyard      MPR - Multi-Purpose Room      TV2W - TV Room 2W      V 2W - Varied 2W  
 Some programs may take place outdoors, weather permitting. Programs may be subject to change.