

July 2026



3 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>HAPPY CANADA DAY</p>	<p>1</p> <p>Canada Day</p> <p>10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm Canada Day Ice Cream & Strawberries Social - MPR 2:30pm animal show - TV3E</p>	<p>2</p> <p>10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 6:30pm Courtyard Club - Evenings - C</p>	<p>3</p> <p>10:00am 1:1 - V 3E 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR</p>	<p>4</p> <p>10:30am Church Service - MPR</p>
<p>5</p> <p>2:00pm Courtyard Games - C</p>	<p>6</p> <p>10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Courtyard Club - Balloon, Ball and Bubble Games - C 2:30pm Courtyard Club - Ball, Balloon and Bubble Games - C 2:30pm music appreciation - V 3E</p>	<p>7</p> <p>10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - C</p>	<p>8</p> <p>10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm animal show - TV3E</p>	<p>9</p> <p>10:00am Ball Toss with Ruth - TV3E 10:30am Sing a long with Ruth - TV3E 2:30pm Entertainment - MPR 6:30pm Courtyard Club - Evenings - C</p>	<p>10</p> <p>10:00am 1:1 - V 3E 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR</p>	<p>11</p> <p>10:30am Church Service - MPR 3:00pm Bethel SDA Group - MPR</p>
<p>12</p> <p>2:00pm Courtyard Games - C</p>	<p>13</p> <p>10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Courtyard Club - C 2:30pm music appreciation - V 3E</p>	<p>14</p> <p>10:00am Refreshments on the Patio with Ruth 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C</p>	<p>15</p> <p>10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Men's Club - Jeopardy 2:30pm animal show - TV3E</p>	<p>16</p> <p>10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm Community Active Games - MPR 6:30pm Courtyard Club - Evenings - C</p>	<p>17</p> <p>10:00am 1:1 - V 3E 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR</p>	<p>18</p> <p>10:30am Church Service - MPR 3:00pm Japanese SDA Group - MPR</p>
<p>19</p> <p>2:00pm Ice Tea Social</p>	<p>20</p> <p>10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Residents' Council - MPR 2:30pm music appreciation - V 3E</p>	<p>21</p> <p>10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:30pm Throwback Tuesdays - MPR 6:30pm Seated Latin Dance - MPR</p>	<p>22</p> <p>10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:15pm Community Baking - Better Batter Bakers - MPR 2:30pm animal show - TV3E</p>	<p>23</p> <p>10:00am Bingo with Ruth - AR3E 2:00pm July Birthday Party - MPR 6:30pm Courtyard Club - Evenings - C</p>	<p>24</p> <p>10:00am 1:1 - V 3E 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR</p>	<p>25</p> <p>10:30am Church Service - MPR</p>
<p>26</p> <p>2:00pm Courtyard Games - C 2:30pm cook show - V 3E</p>	<p>27</p> <p>10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Courtyard Club - C 2:30pm music appreciation - V 3E</p>	<p>28</p> <p>10:00am Making Lemonade with Ruth 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C</p>	<p>29</p> <p>10:30am cook show - V 3E 12:00pm Special Event - Annual BBQ - MPR 1:30pm Group Exercise - TV3E 2:30pm animal show - TV3E</p>	<p>30</p> <p>International Friendship Day 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 6:30pm Courtyard Club - Evenings - C</p>	<p>31</p> <p>10:00am 1:1 - V 3E 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR</p>	

- 3rd East

AR3E - Activity Room 3E

C - Courtyard

MPR - Multi-Purpose Room

TV3E - TV Room 3E

V 3E - Varied 3E

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