

# July 2026



## 3 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> 8:45am One to One Dining - DR3W <b>10:30am Church Service - MPR</b> 2:00pm Canada Day Ice Cream & Strawberries Social - MPR	11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:30pm Bingo - AR3W <b>6:30pm Courtyard Club - Evenings - C</b>	8:45am One to One Dining - DR3W 10:00am Ball Throw - TV3W 11:15am Hymn Singing <b>2:30pm Jewish Service - MPR</b> 3:30pm I love Lucy Show	<b>10:30am Church Service - MPR</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>2:00pm Courtyard Games - C</b>	8:45am One to One Dining - DR3W <b>10:30am Adapted Dance with Riki - MPR</b> 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:30pm Courtyard Club - Balloon, Ball and Bubble Games - C <b>2:30pm Courtyard Club - Ball, Balloon and Bubble Games - C</b> 3:30pm Dancing with Music	11:15am Trivia - TV3W 1:30pm Group Exercise - TV3W <b>2:30pm Timbit Social - AR3W</b> <b>2:30pm Throwback Tuesdays - MPR</b> <b>6:30pm Courtyard Club - C</b>	<b>10:30am Church Service - MPR</b> 2:30pm Bingo - AR3W	8:45am One to One Dining - DR3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W <b>2:30pm Entertainment - MPR</b> <b>6:30pm Courtyard Club - Evenings - C</b>	8:45am One to One Dining - DR3W 10:00am Bean Bag Toss - AR3W 11:15am Hymn Singing <b>2:30pm Jewish Service - MPR</b> 3:30pm Movie	<b>10:30am Church Service - MPR</b> <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>
<b>2:00pm Courtyard Games - C</b>	8:45am One to One Dining - DR3W <b>10:30am Adapted Dance with Riki - MPR</b> 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W <b>2:30pm Courtyard Club - C</b> 3:30pm Concert on tv	8:45am One to One Dining - DR3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W <b>2:30pm Throwback Tuesdays - MPR</b> <b>6:30pm Courtyard Club - Evenings - C</b>	<b>10:30am Church Service - MPR</b> <b>2:30pm Men's Club - Jeopardy</b>	11:15am Cognitive game 1:30pm Group Exercise - TV3W <b>2:30pm Community Active Games - MPR</b> <b>6:30pm Courtyard Club - Evenings - C</b>	11:15am Hymn Singing <b>2:30pm Jewish Service - MPR</b>	<b>10:30am Church Service - MPR</b> <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>
11:15am Sing Along - AR3W <b>2:00pm Ice Tea Social</b>	8:45am One to One Dining - DR3W <b>10:30am Adapted Dance with Riki - MPR</b> 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W <b>2:30pm Residents' Council - MPR</b> 2:45pm Board Games - AR3W	11:15am armchair travel 1:30pm Group Exercise - TV3W <b>2:30pm Throwback Tuesdays - MPR</b> <b>6:30pm Seated Latin Dance - MPR</b>	<b>10:30am Church Service - MPR</b> <b>2:15pm Community Baking - Better Batter Bakers - MPR</b> <b>2:30pm Ice Cream Social - V 3W</b>	8:45am One to One Dining - DR3W 11:15am Sing Along 1:30pm Group Exercise - TV3W <b>2:00pm July Birthday Party - MPR</b> <b>6:30pm Courtyard Club - Evenings - C</b>	8:45am One to One Dining - DR3W <b>10:00am Making Lemonade - AR3W</b> 11:15am Hymn Singing <b>2:30pm Jewish Service - MPR</b> 3:30pm Oldies Music - AR3W	<b>10:30am Church Service - MPR</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>2:00pm Courtyard Games - C</b>	8:45am One to One Dining - DR3W <b>10:30am Adapted Dance with Riki - MPR</b> 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W <b>2:30pm Courtyard Club - C</b> 3:30pm Country Music - AR3W	8:45am One to One Dining - DR3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W <b>2:30pm Throwback Tuesdays - MPR</b> <b>2:30pm Watermelon Social - AR3W</b> <b>6:30pm Courtyard Club - Evenings - C</b>	<b>12:00pm Special Event - Annual BBQ - MPR</b> 3:30pm Classical Music - AR3W	<b>International Friendship Day</b> 11:15am Dancing with Music - V 3E 1:30pm Group Exercise - TV3W 2:30pm Bingo - AR3W <b>6:30pm Courtyard Club - Evenings - C</b>	8:45am One to One Dining - DR3W 11:15am Hymn Singing <b>2:30pm Jewish Service - MPR</b> 3:30pm Comedy Hour	

AR3W - Activity Room 3W      C - Courtyard      DR3W - Dining Room 3W      MPR - Multi-Purpose Room      RR3W - Resident Rooms 3W  
 TV3W - TV Room 3W      V 3E - Varied 3E      V 3W - Varied 3W

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