

# July 2026



## 4 East Programs Calendar

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|--|--|--|---|---|
|   |  | <p><b>HAPPY CANADA DAY</b></p>   | <b>1</b><br><b>Canada Day</b><br>9:40am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br>1:15pm Music Appreciation - V 4E<br><b>2:00pm Canada Day Ice Cream &amp; Strawberries Social - MPR</b><br>3:00pm Movie - V 4E | <b>2</b><br>9:30am Group Exercise - AR4E<br>9:30am Walking Club - V 4E<br>10:00am Patio Pals Club- Mind and Motion - V 4E<br>2:00pm Creative Artists Group - AR4E<br>2:30pm Unit Decorating - V 4E<br><b>6:30pm Courtyard Club - Evenings - C</b>  | <b>3</b><br>8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:30am Bingo Club/Table Top Games - AR4E<br>2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E | <b>4</b><br>9:40am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service - MPR</b><br>1:30pm Spiritual Songs - V 4E<br>1:30pm Spiritual Songs - V 4E<br>2:30pm Spiritual Songs MPR  |
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b>   | <b>11</b>   |
| 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Catholic Service T. V Virtual on YouTube - AR4E<br>11:00am Praise & Worship Songs - V 4E<br><b>2:00pm Courtyard Games - C</b><br>2:00pm Movie Matinee - V 4E | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<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>3:00pm Music And Movement - V 4E | 8:40am One to One Visits - V 4E<br>9:40am Group Exercise - AR4E<br>9:45am Walking Club - V 4E<br>10:00am Moving to Music - V 4E<br>10:30am Bingo Club /Table Top Games - AR4E<br>1:30pm Music Appreciation - V 4E<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - C</b>            | 9:40am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br>1:15pm Music Appreciation - V 4E<br>3:00pm Movie - V 4E  | 8:45am One to One Visits - V 4E<br>9:30am Group Exercise - AR4E<br>9:30am Walking Club - V 4E<br>10:00am Armchair Travel - V 4E<br>2:00pm Comedy Time - V 4E<br><b>2:30pm Entertainment - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b>   | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:30am Bingo Club/Table Top Games - AR4E<br>2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E             | 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service - MPR</b><br>1:30pm Spiritual Songs - V 4E<br>1:30pm Spiritual Songs - V 4E<br>2:30pm Spiritual Songs MPR<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>   |
| 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Catholic Service T. V Virtual on YouTube - AR4E<br>11:00am Praise & Worship Songs - V 4E<br><b>2:00pm Courtyard Games - C</b><br>2:00pm Movie Matinee - V 4E | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<br><b>2:30pm Courtyard Club - C</b><br>3:00pm Music And Movement - V 4E  | 8:40am One to One Visits - V 4E<br>9:40am Group Exercise - AR4E<br>9:45am Walking Club - V 4E<br>10:00am Moving to Music - V 4E<br>10:30am Bingo Club /Table Top Games - AR4E<br>1:30pm Music Appreciation - V 4E<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b> | 9:40am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br>1:15pm Music Appreciation - V 4E<br><b>2:30pm Men's Club - Jeopardy</b><br>3:00pm Movie - V 4E   | 8:45am One to One Visits - V 4E<br>9:30am Group Exercise - AR4E<br>9:30am Walking Club - V 4E<br>10:00am Resident Sing-Along - AR4E<br>2:00pm Tranquil Nature - AR4E<br><b>2:30pm Community Active Games - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b>                        | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:30am Bingo Club/Table Top Games - AR4E<br>2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E             | 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service - MPR</b><br>1:30pm Spiritual Songs - V 4E<br>1:30pm Spiritual Songs - V 4E<br>2:30pm Spiritual Songs MPR<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>   |
| 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Catholic Service T. V Virtual on YouTube - AR4E<br>11:00am Praise & Worship Songs - V 4E<br><b>2:00pm Ice Tea Social</b><br>2:00pm Movie Matinee - V 4E      | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<br><b>2:30pm Residents' Council - MPR</b><br>3:00pm Music And Movement - V 4E  | 8:40am One to One Visits - V 4E<br>9:40am Group Exercise - AR4E<br>9:45am Walking Club - V 4E<br>10:00am Moving to Music - V 4E<br>10:30am Bingo Club /Table Top Games - AR4E<br>1:30pm Music Appreciation - V 4E<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Seated Latin Dance - MPR</b>      | 9:40am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br>1:15pm Music Appreciation - V 4E<br><b>2:15pm Community Baking - Better Batter Bakers - MPR</b><br>3:00pm Movie - V 4E   | 8:45am One to One Visits - V 4E<br>9:30am Group Exercise - AR4E<br>9:30am Walking Club - V 4E<br>10:00am Special Interest Groups - V 4E<br><b>2:00pm July Birthday Party - MPR</b><br>2:15pm Exploring The Internet - AR4E<br><b>6:30pm Courtyard Club - Evenings - C</b>                | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:30am Bingo Club/Table Top Games - AR4E<br>2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E             | 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service - MPR</b><br>1:30pm Spiritual Songs - V 4E<br>1:30pm Spiritual Songs - V 4E<br>2:30pm Spiritual Songs MPR   |
| <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>  | <b>31</b>   |   |
| 9:15am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>10:00am Catholic Service T. V Virtual on YouTube - AR4E<br>11:00am Praise & Worship Songs - V 4E<br><b>2:00pm Courtyard Games - C</b><br>2:00pm Movie Matinee - V 4E | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<br><b>2:30pm Courtyard Club - C</b>  | 8:40am One to One Visits - V 4E<br>9:40am Group Exercise - AR4E<br>9:45am Walking Club - V 4E<br>10:00am Moving to Music - V 4E<br>10:30am Bingo Club /Table Top Games - AR4E<br>1:30pm Music Appreciation - V 4E<br><b>2:30pm Throwback Tuesdays - MPR</b><br><b>6:30pm Courtyard Club - Evenings - C</b> | 9:40am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>12:00pm Special Event - Annual BBQ - MPR</b><br>1:15pm Music Appreciation - V 4E<br>3:00pm Movie - V 4E  | <b>International Friendship Day</b><br>8:45am One to One Visits - V 4E<br>9:30am Group Exercise - AR4E<br>9:30am Walking Club - V 4E<br>10:00am Patio Pals Club- Mind and Motion - V 4E<br>2:00pm Lovable Companions (Pet Therapy) - AR4E<br><b>6:30pm Courtyard Club - Evenings - C</b> | 8:40am One to One Visits - V 4E<br>9:40am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:30am Bingo Club/Table Top Games - AR4E<br>2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E             |   |

3:00pm Music And Movement - V 4E

C

AR4E - Activity Room 4E

C - Courtyard

MPR - Multi-Purpose Room

V 4E - Varied 4E

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