



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2025

		1	2	3	4	5
		9:30 Daily Chronicles 10:00- Stretching 11:00- Music Therapy 12:00- Lunch 1:30- Manicure/Hand Mass. 3:00- Games	9:30- Bulletins 10:00- Exercise With Cindy 11:00- Sing-along with Cindy 12:00- Lunch 1:30- Fun in the Kitchen 3:00 Bingo/Games	9:30- Press Release 10:00- Morning Stretches 11:00- Volleyball 12:00- Lunch 1:00-Church/Movie 3:00- Games	9:30- The Scoop 10:00- Morning Stretches 11:00- Balloon Noodles 12:00- 4 th of July Lunch 2:00- Entertainment 3:00- Bingo	9:30- Flash News 10:00- Ring Toss 11:00-Basketball 12:00- Lunch 2:00- Documentary 3:00- Bingo
		Canada Day			Independence Day (US)	
6	7	8	9	10	11	12
9:30- Flash News 10:00- Morning Stretches 11:00-Basketball 12:00- Lunch 2:00- Ice Cream Social 3:00- Sitcoms	9:30- Releases 10:00- In Shape with Cindy 11:00- Ring Toss 12:00- Lunch 1:30- Arts and Crafts/Movie 3:00- Bingo/Games	9:30- Info 10:00- Daily Movement 11:00- Basketball 12:00- Lunch 1:30- Manicure/Hand Mass. 3:00- Games	9:30- Inputs 10:00- Morning Movement 11:00- Parachute 12:00- Lunch 1:30- Documentaries 3:00- Games	9:30- Inputs 10:00- Morning Movement 11:00- Balloon Noodles 12:00- Lunch 1:00- Church/Movie 2:00- Funday Sundays 3:00- Games	9:30- Press Release 10:00- Morning Stretches 11:00- Basketball 12:00- Lunch 2:00-Entertainment 3:00- Games	9:30- Reviews 10:00- Exercise 11:00- Volley Balls 12:00- Lunch 1:30- Movie 3:00- Games
13	14	15	16	17	18	19
9:30- Reports It 10:00- Cind's Workout 11:00- Parachute 12:00- Lunch 2:00- Ice Cream Social 3:00- Card Games/Movie	9:30- Notations 10:00- In Shape with Cindy 11:00- Balloons Noodles 12:00- Lunch 1:30- Arts and Crafts/Movie 3:00- Bingo/Games	9:30- The Scoop 10:00- Stretching 11:00- Bowling Ring Toss 12:00- Lunch 1:30- Manicure/Hand Mass. 2:00- Entertainment 3:00- Games	9:30- Light Talks 10:00- Exercise With Cindy 11:00- Volleyball 12:00- Lunch 1:30- Fun in the Kitchen 3:00- Bingo/Games	9:30- Inputs 10:00- Morning Movement 11:00- Parachute 12:00- Lunch 1:00- Church/Movie 2:00- Funday Sundays 3:00- Games	9:30- Inputs 10:00- Morning Movement 11:00- Ring Toss 12:00- Lunch 1:30- Movie/Popcorn 3:00- Games	9:30- Morning Chats 10:00- Cindy's Workout 11:00- Balloons & Noodles 12:00- Lunch 1:30- Documentaries 3:00- Bingo
20	21	22	23	24	25	26
9:30- Reports It 10:00- Morning Exercise 11:00- Basketball 12:00- Lunch 2:00- Donut with Dad 3:00- Documentary	9:30- Notations 10:00- In Shape with Cindy 11:00-Volleyball 12:00- Lunch 1:30- Arts and crafts/Movie 3:00- Bingo/Games	9:30- Info 10:00- Basketball 11:00- Parachute 12:00- Lunch 1:30- Manicure/Hand Mass. 3:00- Games	9:30- Light Talks 10:00- Exercise With Cindy 11:00- Volleyball 12:00- Lunch 2:00- Entertainment 3:00- Bingo/Games	9:30- Front Page News 10:00- Morning Stretches 11:00- Ball Toss 12:00- Lunch 1:00- Church/Movie 3:00- Games	9:30- Hot Off the Press 10:00- Morning Stretches 11:00- Ballons/Noodles 12:00- Lunch 1:30- Movie Popcorn 3:00- Games	9:30- Daily Chronicles 10:00- Moving to the 70s 11:00- Basketball 12:00- Lunch 1:30- TV Shows 3:00- Bingo
27	28	29	30	31		
9:30- Broadcast 10:00- Morning Workout 11:00- Basketball 12:00- Lunch 2:00- Ice Cream Social 3:00- Card Games	9:30- New Days 10:00- In Shape with Cindy 11:00- Ring Toss 12:00- Lunch 1:30- Arts and crafts/Movie 3:00-Bingo/ Games	9:30 Daily Chronicles 10:00- Stretching 11:00- Music Therapy 12:00- Lunch 1:30- Manicure/Hand Mass. 3:00- Games	9:30- Inputs 10:00- Morning Movement 11:00- Parachute 12:00- Lunch 1:30- Fun in the Kitchen 3:00- Games	9:30- Press Release 10:00- Morning Stretches 11:00- Volleyball 12:00- Lunch 1:00-Church/Movie 3:00- Games		