

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Knollcrest Lodge			No Music Therapist 10:15 Musical Entertainment – Rick Frook 11:15 Exercise with Tara 2:15 Canada Day Trivia Theme Day: Red and White Canada Day	10:00 Bus outing-Broughton’s Backyard 11:15 Exercise with Tara 2:00 Bus Outing – Broughton’s Backyard 2:30 Church Service 4:00 Colouring Group 6:30 Table Top Games	10:15 Java Circle 11:15 Exercise with Jolene 2:15 Ice Cream Carts SV & CV 6:30 Movie Night – The Beach Boys (Disney+)	Video Calls & 1:1 Visits Beach Words Independence Day (U.S.)
10:00 Church Service (TV) 2:30 Hymns with Dale Steckly Strolls in the Courtyard	10:15 Hymn Sing 11:15 Exercise with Tara 2:15 Travelling Tuck Shop Cart <u>SV</u>	10:15 Craft – Beach Photo Prop 11:15 Exercise with Tara 2:15 BINGO 3:30 Card Sharks 6:30 Table Top Games	No Hairdresser Music Therapy 10:30 Bell Choir 11:15 Exercise with Jolene 2:15 Popsicles in the Courtyard 6:30 Crokinole	10:15 Church Service – St. Paul’s United 11:15 Exercise with Jolene 1:00 Bus outing – Shopping Stratford Giant Tiger 4:00 Puzzle Corner	Ladies Breakfast (1) 10:30 Java Circle 11:15 Exercise with Jolene 2:15 Musical Entertainment – Martin Gelinas 4:00 Short Story Reading SV	Video Calls & 1:1 Visits Hedbandz
10:00 Church Service (TV) Video Calls & 1:1 Visits Strolls in the Courtyard	10:15 Hymn Sing 11:15 Exercise with Jolene 1:00 Bus outing – Relax by Stratford River	10:15 Craft –Scrapbooking 11:15 Exercise with Jolene 2:15 BINGO 3:30 Card Sharks Bastille Day	Hairdresser Music Therapy 10:30 Music Group 11:15 Exercise with Jolene 2:15 Social – All About the Beach Theme Day: Beach Bum	10:15 Laundry Basket Basketball 11:15 Exercise with Tara BBQ Luncheon (2) 2:15 Church Service – Zion Lutheran Stratford 4:00 Word Search Group	10:15 Java Circle 11:15 Exercise with Jolene 2:15 Lemonade in the Courtyard	Video Calls & 1:1 Visits Word Mining
10:00 Church Service (TV) Video Calls & 1:1 Visits Strolls in the Courtyard	10:15 Hymn Sing 11:15 Exercise with Tara 2:15 Travelling Tuck Shop Cart <u>CV</u>	10:15 Clay Crafts 11:15 Exercise with Tara 2:15 BINGO 3:30 Card Sharks 6:30 Table Top Games	No Hairdresser Music Therapy 10:30 Bell Choir 11:15 Exercise with Jolene 2:30 Residents’ Council Meeting Spic n’ Span Spectacles 7:00 Bethel Singers	10:15 Bocce Ball 11:15 Exercise with Jolene BBQ Luncheon (3) 2:15 Church Service – Burns Presbyterian 4:00 Puzzle Corner	Men’s Breakfast 10:30 Java Circle 11:15 Exercise with Jolene 2:15 July Birthday Party 4:00 Short Story Reading CV	Video Calls & 1:1 Visits Categories
10:00 Church Service (TV) Video Calls & 1:1 Visits Strolls in the Courtyard	10:15 Hymn Sing 11:15 Exercise with Tara 2:15 Drum Fit	10:15 Craft – Ocean Picture Frames 11:15 Exercise with Tara 2:15 BINGO 3:30 Card Sharks	Hairdresser Music Therapy 10:30 Music Group 11:15 Exercise with Tara 2:15 Root Beer Floats	10:15 Lawn Darts 11:15 Exercise with Tara 2:15 Church Services – St. Paul’s Anglican Church	10:15 Java Circle 11:15 Exercise with Jolene 2:15 Musical Entertainment – Bob Lauze	When weather is nice some programs may be relocated to be outdoors. When the humidex is too high, planned outdoor programs will have to be cancelled/adjusted as directed by our Heat Related Illness Prevention and Management Plan.