

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Health & Wellness

July 2026 Health & Wellness			STAT HOLIDAY Canada Day		19 - Flexibility 10 - Flexibility 11 - Standing Balance 1:30 Silver Sneakers 2:30 Flexibility 3rd Floor Amy In	29 - Hand Massage 10:30 - Bocci Ball 1:30 - Silver Sneakers 2:30 - Horseshoes Tyna In	Independence Day (U.S.)	
59- Exercise 10- Standing balance 11- Parkinson's program Rylee In	6	7	9- Exercise 10- Silver sneakers 11- Standing balance Rylee In	89 - Flexibility 10 - Flexibility 11 - Standing Balance 1:30 Silver Sneakers 2:30 Flexibility 3rd Floor Amy In	9	10	Check out the putting green, billiards table or get out for walk! Self-Directed	11
129- Exercise 10- Standing balance 11- Parkinson's program Rylee In	13	9 - Hand Massage 10:30 - Ladder Ball 1:30 - Silver Sneakers 2:30 – Bocce Ball Tyna In Bastille Day	149- Exercise 10- Silver sneakers 11- Standing balance Rylee In	159 - Flexibility 10 - Flexibility 11 - Standing Balance 1:30 Silver Sneakers 2:30 Flexibility 3rd Floor Amy In	16	9 - Hand Massage 10:30 - Ladder Ball 1:30 - Silver Sneakers 2:30 – Axe Throwing Tyna In	17	18
199- Exercise 10- Standing balance 11- Parkinson's program Rylee In	20	Check out the putting green, billiards table or get out for walk! Self-Directed	219- Exercise 10- Silver sneakers 11- Standing balance Rylee In	229 - Hand Massage 10:30 - Axe Throwing 1:30 - Silver Sneakers 2:30 - Floor Curling 3rd floor Tyna In	23	9 - Flexibility 10 - Flexibility 11 - Standing Balance 1:30 Silver Sneakers 2:30 Flexibility 3rd Floor Amy In	24	25
269- Exercise 10- Standing balance 11- Parkinson's program 1-3pm- Reiki (sign up req. please see Rylee) Rylee In	27	9 - Hand Massage 10:30 - Ladder Ball 1:30 - Silver Sneakers 2:30 – Horseshoes Tyna In	289- Exercise 10- Silver sneakers 11- Standing balance Rylee In	299 - Hand Massage 10:30 - Bocci Ball 1:30 - Silver Sneakers 2:30 – Floor Curling Tyna In	30	9 - Flexibility 10 - Flexibility 11 - Standing Balance 1:30 Silver Sneakers 2:30 Flexibility 3rd Floor Amy In	31	Calendar subject to change

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9 CANADA DAY PARADE & FESTIVITIES & LUNCH AT FOOD TRUCKS 2 SOCIAL HOUR CANCELLED 630 CRIBBAGE	930 WII BOWLING 10 LIBRARY HOUR 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	930 CRAFTERS' CORNER ON THE 3rd FLOOR 2 BIRTHDAY CELEBRATION	10 REMEMBER WHEN IN THE LEGION SEATING AREA ON 2ND FLOOR 130 LEFT, RIGHT, CENTER GAME (Bring quarters) 3 TEA & CONVERSATION
2 CARD BINGO	1030 WHITE WATER RAFTING & SUBWAY 130 10 CENT BINGO 245 ICE CREAM SOCIAL	1030 COFFEE OUT FRONT PATIO 130 SEW AND SEW WITH COLLEEN 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	9 CADOMIN LUNCH WITH EDSON 10 MORNING REFLECTIONS 1030 RESIDENT MEETING 2 SOCIAL HOUR 630 CRIBBAGE	930 LADDER BALL OUTSIDE 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO HINTON YOUTH GROUP	930 PRETTY NAILS & LOTION ON THE 3 RD FLOOR 9 BAKING WITH KALLAN 2 MICHAEL PETERS MUSIC & SONG ENTERTAINMENT	10 YAHZEE – RESIDENT LEAD 130 PAPER BINGO – WENDY
2 CARD BINGO	9 BREAKFAST AT GABBYS AND BEAVER BOARDWALK 130 10 CENT BINGO 245 ICE CREAM SOCIAL	1030 JARVIS LAKE PICNIC WITH PIZZA 130 SEW AND SEW WITH COLLEEN 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	9 ELECTRIC CAR RIDES 10 ICE-CREAMS ON THE PATIO AT GABBY'S 9 HOT HAND WAX 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE	930 WII BOWLING 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	930 BALLOON TOSS ON THE 3 RD FLOOR 3 MOCKTAILS & APPETIZERS AT THE TAVERN	10 JOKES & RIDDLES 130 WILD MOUNTAIN MUSIC FESTIVAL
2 CARD BINGO	130 10 CENT BINGO 245 ICE CREAM SOCIAL	9 TRIP TO SUNSHINE PLACE IN EVANSBURG 930 FIBER ARTS WITH TYNA 2 MOVIE & POPCORN "YELLOWSTONE." 230 TRIVIA GAME WITH TYNA 630 CARD BINGO	9 HOT HAND WAX 10 COFFEE WITH DON FROM DM WOODCRAFT IN ACTIVITY CENTER 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE	830 COFFEE AT GABBY'S 10 NORTHERN ROCKIES MUSEUM 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO HINTON YOUTH GROUP	930 PAPER BINGO ON THE 3 RD FLOOR 130 SEW & SEW WITH COLLEEN	10 TRIVIA 130 WALK ON THE ATHABASCA TRAIL 3 COLD DRINKS & COOL TOPICS
2 CARD BINGO	9 BREAKFAST AT MCDONALDS & BEAVER BOARDWALK 130 10 CENT BINGO 245 ICE CREAM SOCIAL	1030 COFFEE & CHIT CHAT 130 HEARING CLINIC 130 SEW AND SEW WITH COLLEEN 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	9 HOT HAND WAX 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE	930 CELEBRATE FRIENDSHIP DAY WITH GAMES OUT FRONT & COFFEE/COOKIE FROM GABBY'S 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	9 SEW AND SEW WITH COLLEEN 2 ARMCHAIR TRAVEL TO MORROCO WITH MARILYN & BILL BULGER	

JULY BIRTHDAYS!

02 - MARLYN MORIN

04 - JACK RICHARDSON

11 - LINDA DEMERS & ANN WATSON

19 - LOTTI ALTENKIRCH

20 - JERRY BUGERA & JUDY SHEPPARD

31 - WAYNE FAIRCHILD

HAPPY BIRTHDAY EVERYONE!