

JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please remember to check the bulletin board on your floor, and sign up for any highlighted programs that you would like to attend!</p>			<p>1 9:30 EXERCISE 2:30 BOARD GAMES CANADA DAY - OFFICE CLOSED</p>	<p>2 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:00 BOOK MOBILE HELEN VACATION</p>	<p>3 9:30 EXERCISE 2:30 BACK YARD GAMES HELEN VACATION</p>	<p>4 <i>Welcome July</i> </p>
<p>5 9:30 WORSHIP SERVICE WITH JERRY FALK </p>	<p>6 9:30 EXERCISE 9:30 WALKING CLUB 2:30 BINGO </p>	<p>7 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 HOT DOG BBQ </p>	<p>8 9:30 EXERCISE 9:30 WALKING CLUB 2:30 NAIL PAINTING 2:30 MEN'S BILLIARDS </p>	<p>9 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 CATCH PHRASE </p>	<p>10 9:30 EXERCISE WITH HELEN 2:30 PRAIRIE WILD FARMER'S MARKET </p>	<p>11 </p>
<p>12 9:30 WORSHIP SERVICE WITH STEINBACH CMC </p>	<p>13 9:30 EXERCISE 9:30 WALKING CLUB 2:30 BACK YARD GAMES HELEN VACATION</p>	<p>14 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 5 CARD BINGO </p>	<p>15 9:30 EXERCISE 9:30 WALKING CLUB 2:30 RACK-O </p>	<p>16 9:00 ADVANCED EXERCISE 9:30 MEN'S BREAKFAST 2:30 BLOKUS </p>	<p>17 9:30 EXERCISE WITH HELEN 2:30 FLOAT FRIDAY 6:30 NEUFELD GROUP </p>	<p>18 "Everything good, everything magical happens between the months of June and August"</p>
<p>19 9:30 WORSHIP SERVICE WITH EMMANUEL FREE </p>	<p>20 9:30 EXERCISE 9:30 WALKING CLUB 2:30 BINGO </p>	<p>21 9:00 ADVANCED EXERCISE 9:30 LADIES' BREAKFAST 2:30 SKIP-BO </p>	<p>22 9:30 EXERCISE 9:30 WALKING CLUB 2:30 RUMMIKUB 7:00 SOMMERFELD YOUTH GROUP </p>	<p>23 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 S'MORES BY THE FIRE 6:30 SING-ALONG AT RH </p>	<p>24 9:30 EXERCISE WITH HELEN 2:30 PAINTING TUTORIAL </p>	<p>25 <i>HAPPY SUMMER</i> </p>
<p>26 9:30 WORSHIP SERVICE WITH BILL FROESE </p>	<p>27 9:30 EXERCISE 9:30 WALKING CLUB 2:30 BIRTHDAY PARTY HAPPY BIRTHDAY</p>	<p>28 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 SCRABBLE FUN</p>	<p>29 9:30 EXERCISE 9:30 WALKING CLUB 2:30 MINI GOLFING AT LA BROQUERIE GOLF </p>	<p>30 9:00 ADVANCED EXERCISE 9:30 COFFEE & CONNECT 2:30 BACK YARD GAMES </p>	<p>31 9:30 EXERCISE WITH HELEN 2:30 BANANA SPLITS </p>	<p>"Summertime, and the livin' is easy"</p>