

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Kiwanis Village Nanaïmo			 Canada Day	9:00 Room Visits with Therapy Dog Sophie H 10:00 Morning Walk & Talk (meet at the Suites Fountain) 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:15 Coffee with the Chefs FD 2:30 Villa Resident Meeting V	10:00 Sit~Pedal~Travel A 10:00 Exercises S 10:30 Brain Games S 1:00 Tim on the Piano S 1:00 Book Club; Tea & Talk HL 2:30 Karaoke A	Independence Day (U.S.)
2:00 First Baptist Hymn Sing - Lodge 1st floor	10:00 Strength & Stretch A 10:00 Range of Motion V 10:30 Cranium Crunches A 10:30 Mind Joggers V 1:00 Bingo S 1:00 Watercolour Painting A	9:30 Manicures S 10:00 Coffee & Croissants (in the Therapeutic Garden) 10:00 Group Visit with Therapy Dog Bella S 1:00 Bingo A 2:00 Group Crossword A 2:30 Tile Rummy V	50s Theme Day 10:00 Seated Tai Chi A 10:00 Range of Motion S 10:30 Reminiscing the 50's A 10:30 Word Games S 1:00 Rockin' with "Elvis" & Cold Arnold Palmers A	9:00 Room Visits with Therapy Dog Sophie H 10:00 Morning Walk & Talk (meet at the Suites Fountain) 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:30 Tile Rummy S 2:30 House Resident Meeting A	10:00 Sit~Pedal~Learn A 10:00 Exercises S 10:00 Lodge Garden Tour Lavender Lemonade with Bianca (meet at Lodge entrance) 10:30 Brain Games S 1:00 Curling A 2:00 Therapeutic Sound & Infused Water (in the Therapeutic Garden) 2:30 Ice Tea in the Lounge V	1:00 Bible Study S
2:00 Worship with Wakesiah Gospel - Lodge 1st floor	No structured programs today. Please take this opportunity to enjoy the peaceful Therapeutic Garden, work on a puzzle in the Lounge, or visit your neighbours.	9:30 Manicures V/A 1:00 Bingo A 2:30 Giant Scrabble HL 2:30 Coffee with Heidi V	10:00 Seated Tai Chi A 10:00 Range of Motion S 10:30 Word Games S 11:30 Woodgrove Mall Outing (sign-up)	9:00 Room Visits with Therapy Dog Sophie H 10:00 Morning Walk & Talk (meet at the Suites Fountain) 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:30 Suites Resident Meeting S 6:00 Wine & Cheese Social S	10:00 Sit~Pedal~Travel A 10:00 Exercises S 10:30 Brain Games S 1:00 Popsicles on the House & Suites Patios 2:30 Armchair Food Travel to New York City V	2:30 Resident Crib Club HL
No St Paul's Lutheran this month	10:00 Strength & Stretch A 10:30 Cranium Crunches A 1:00 Frozen Yogurt Bars (by the Suites Fountain) 2:00 Fabric Art with Kendall & Carol (sign-up) V	9:30 Manicures S 10:00 Vanilla Lattes (in the Therapeutic Garden) 10:00 Room Visits with Therapy Dog Bella S 1:00 Bingo A 2:30 Tile Rummy V	10:00 Seated Tai Chi A 10:00 Range of Motion S 10:30 Word Games S 1:00 Tie Dye Socks A 2:30 Cultural Performance Showcase by the Chinese Taiji & Dance Club A	9:00 Room Visits with Therapy Dog Sophie H 10:00 Morning Walk & Talk (meet at the Suites Fountain) 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:30 Tile Rummy S	10:00 Sit~Pedal~Learn A 10:00 Exercises S 10:30 Brain Games S 1:00 Curling A 2:00 Therapeutic Sound & Iced Tea (in the Therapeutic Garden) 2:30 Popsicles in the Lounge V	1:00 Bible Study S
2:00 Worship Service with Generations Church - Lodge 1st floor	10:00 Strength & Stretch A 10:00 Range of Motion V 10:30 Cranium Crunches A 10:30 Mind Joggers V 1:00 Birthday Party with Sax Appeal A	9:30 Manicures V 10:00 Acrylic Painting in the Therapeutic Garden (sign-up) 1:00 Bingo A 2:00 The Gentlemen's Club; A Make your walking stick handles 2:30 Coffee with Heidi V	9:30 Breakfast at Swy a Lana (sign-up) 1:00 Cold Drinks & Games (by the Suites Fountain) 2:30 New Resident Welcome Tea FD	9:00 Room Visits with Therapy Dog Sophie H 10:00 Morning Walk & Talk (meet at the Suites Fountain) 10:00 Range of Motion V 10:30 Brain Games V 11:30 Movie Theatre Outing "Breakfast at Tiffany's" (sign-up)	10:00 Sit~Pedal~Travel A 10:00 Exercises S 10:30 Brain Games S 10:00 Catholic Communion (in the Lodge) 1:00 Bingo A 2:30 Armchair Travel to Newfoundland V	Legend A-Auditorium V-Villa S-Suites HL-House Lounge FD-Fireside Dining Room

Please call your Recreation team with any questions: (250) 740-2879

