

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Location Legend: AR= Activity Room FR= Friendship Room T= Theatre Room L= Library  			1 Happy Canada Day 🇨🇦 9:30 TV Series "This is Us" =T 11:00 Strawberry Prep for Canada Day Party=AR 3:00 Canada Day Celebration in Garden with Tim & Dave Folk Rock Show	2 9am-12pm Shuttle Van 9:00 Netflix Series "Comedians in Cars Getting Coffee"=T 1-2pm Tuckshop=AR 2:30 Gentle Exercises= AR	3 No Exercises Today 2:00 Card Bingo=AR 3:15 Entertainment Bill Dickinson 6:45 Euchre Tournament=FR	4 2:00 Bingo=AR 6:45 Movie Night "Our Souls at Night"=T
5 11:00 Catholic Mass=T 2:00 Salvation Army= T 6:45 Cards=FR	6 9:30 TV Series "This is Us" =T 11:00 Gentle Exercises=AR 1-2pmTuck Shop=AR 2:00 Bingo=AR 3:30 Beginner Better BalanceExercises=AR	7 No Van Shuttle Today 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR (New Time) 2:00 Outside Concert with Knight Shift Band 6:30 Happy Hour=AR	8 9:30 TV Series "This is Us"=T 11:00 Gentle Exercises=AR 2:30 Beginner Chair Dance=AR 3:30 Jeopardy=T 6:30 Movie Night "Enola Holmes"=T	9 9am-12pm Shuttle Van 9:00 Netflix Series "Comedians in Cars Getting Coffee"=T 1-2pm Tuck Shop=AR 2:30 Ice Cream Social with Katie Bath in the Court Yard (Exit thru Garden Room on 1st Floor)	10 9:30 TV Series: "This is Us"=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR	11 11:00 Chair Yoga with Guided Meditation=T 2:00 Bingo=AR 6:45 Movie Night "The Pursuit of Happyness"=T
12 11:00 Catholic Mass=T 2:30 Outdoor Concert with Revelation Big Band Concert in the Garden 6:45 Cards=FR	13 No Exercises Today 9:30 TV Series "This is Us"=T 10am-4pm Trip to Lavender Farm with Picnic Lunch sign up at front desk 2:00 Bingo	14 1-4pm Van Shuttle 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR (New Time) 6:30 Happy Hour Bar Opens 7:00 Entertainment with Ian Clements=AR	15 No Exercise Today 9:30 TV series "This is Us"=T 2:30- Entertainment Craig Brnik=T 6:45 Movie Night "Ladies First"=T	16 9am-12pm Van Shuttle 9:00 Netflix Series "Comedians in Cars Getting Coffee"=T 1-2pm Tuckshop=AR 2:30 Ladder Ball in the Courtyard 3:30 Summer Specialty Drinks in the Courtyard	17 9:15 TV Series "This is Us"=T (15 mins early) No Exercises Today 11:00 Chair Yoga with Guided Meditation=T 12:30 BBQ in the Court Yard (Sign up at front desk) 2:00 Card Bingo	18 2:00 Bingo=AR 6:45 Movie Night "The Grand Budapest Hotel"=T Update June 28, 2026

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19 11:00 Catholic Mass=T 2:00 Movie Matinee "Snow White & the Huntsman" =T 6:45 Cards=FR	20 1-4pm Van Shuttle 9:30 TV Series "This is Us"=T 11:00 Gentle Exercises=AR 1-2pm Tuck Shop=AR 2:00 Bingo=AR	21 No Van Shuttle Today 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR(New Time) 2:00 St. Lukes Church=T 3:00 Italian Speciality Drinks & Trivia=AR <i>Italian Dinner</i> 6:30 Happy Hour	22 9:30 TV Series "This is Us"=T 11:00 Gentle Exercise=AR 2:30 Birthday/Welcome New Resident Party with Jasmine Murray=AR 6:30 Movie Night "Nonnas"=T	23 9am-12pm Van Shuttle 9:00 Netflix Series "Comedians in Cars Getting Coffee"=T 1-2pm Tuckshop=AR 2:30 Bean Bag Toss in the Court Yard 3:30 Lemonade Slushies in the Courtyard	24 9:30 TV Series: "This is Us"=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR	25 11:00 Chair Yoga with Guided Meditation=T 2:00 Bingo 6:45 Movie Night "Rudy"=T
26 11:00 Catholic Mass=T 2:00 Movie Matinee "The Good Shepherd" =T 6:45 Cards=FR	27 9:30 TV Series "This is Us" =T 11:00 Gentle Exercises=AR 1-2pm Tuck Shop=AR 2:00 Bingo=AR 3:30 Beginner Better Balance Exercises=AR	28 1-4pm Van Shuttle 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR(New Time) 6:30 Happy Hour=AR	29 9:30 TV series "This is Us"=T 11:00 Gentle Exercise=AR 2:30 Beginner Wine Bottle Painting=AR 6:45 Movie Night "Lou"=T	30 9am-12pm Van Shuttle 9:00 Netflix Series "Comedians in Cars Getting Coffee"=T 1-2pm Tuckshop=AR 2:30 Ice Cream Social in the Courtyard	31 9:30 TV Series: "This is Us"=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR	

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Update June 28, 2026

APPLEWOOD
RETIREMENT RESIDENCE