



July 2026

Lower North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	2 10:00am Old Hollywood Biographies 10:30am Catholic Mass (Town Hall)	3 10:00am Bingo (Town Hall) 2:00pm Town Hall Pub	4 10:00am Morning Crosswords 11:00am Humour 3:00pm Sorting Ball Game 4:00pm 1:1 Visits
5 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Exercise 3:00pm Trivia 4:00pm Sensory Cart	6 10:00am Morning Exercise 10:45am News & Views 2:30pm Jeopardy 3:30pm Name that Tune	7 10:00am Bingo (Town Hall) 1:30pm Art Studio Open 1:30pm Exercise 1:30pm Remember When... 3:00pm Ice cream Outdoor Social 4:00pm Heart for Music	8 10:00am Shuffleboard 10:00am Show And Tell with BACI (Main Street) 10:00am Music and Memories (MT) 1:30pm Art Studio Open 1:30pm Hand Chime Choir (MT) 2:00pm COM - Brazil 3:00pm Individual Music Therapy (MT)	9 10:30am Catholic Mass (Art Studio) 11:00am Heart for Music 1:30pm Art Studio Open 1:30pm Main Street Music Jam! (MT) 1:30pm Chats & Nails 2:30pm Brain Games 3:00pm Scrabble Groups	10 10:00am Shuffleboard 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	11 10:00am Active Games 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:00pm Brain Games 4:00pm Gardening
12 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Summer Sunday Cup Series (Townhall) 3:00pm Reminiscing 4:00pm 1:1 social visits	13 10:00am Morning Exercise 10:00am Short Stories/Gabby 10:45am Finish the Phrase 1:30pm Piano with Murray 3:15pm Name that Tune	14 10:00am Art Studio Open 10:00am Bingo (Town Hall) 1:30pm Art Studio Open 1:30pm Spa & Relaxation 1:30pm Veterans Group with Michelle (Main Street) 3:00pm Table Games on the Patio 3:15pm Name that Tune 4:00pm Garden Watering	15 10:00am Creative Arts with BACI Daycare (Art Studio) 10:00am Music and Memories (MT) 10:30am Mahjong (Art Studio) 1:30pm Hand Chime Choir (MT) 2:00pm Birthday Party with The Timeliners (Town Hall) 3:00pm Individual Music Therapy (MT) 3:30pm Garden Visits	16 10:30am Catholic Mass (Town Hall) 11:00am Heart for Music 1:30pm Art Studio Open 1:30pm Main Street Music Jam! (MT) 1:30pm Short Stories 2:30pm Brain Games 3:00pm Sing-a-long 3:00pm Scrabble Groups 4:00pm Walking Club	17 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	18 10:00am Morning Crosswords 11:00am Humour 1:30pm Community Centre (Art Studio) 3:00pm Drum Fit 4:00pm 1:1 Visits
19 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Summer Sunday Cup Series (Townhall) 3:00pm Trivia 4:00pm Sensory Cart	20 10:00am Morning Exercise 10:45am News & Views 1:30pm Famous Faces 2:30pm Jeopardy 3:30pm Name that Tune	21 10:00am Art Studio Open 10:00am Bingo (Town Hall) 1:30pm Art Studio Open 1:30pm Spa & Relaxation 1:30pm Family Feud 3:00pm Sensory Cart 3:00pm Sing-a-long 4:00pm Garden Watering	22 Library Collection 10:00am Creative Corner 10:00am Show And Tell with BACI (Main Street) 10:00am Music and Memories (MT) 2:00pm Summer Fun Event with Rhythm Street 3:00pm Individual Music Therapy (MT) 4:00pm 1:1 Visits (Social)	23 10:30am Catholic Mass (Town Hall) 10:30am Reminisce 11:00am Heart for Music 1:30pm Main Street Music Jam! (MT) 1:30pm Resident Council Meeting (Town Hall) 2:30pm Brain Games 3:00pm Scrabble Groups 4:00pm Library Delivery	24 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	25 10:00am Active Games 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:00pm Brain Games 4:00pm Gardening
26 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Outdoors Walks 3:00pm Documentary Series 4:00pm 1:1 Social Visits	27 10:00am Morning Exercise 10:00am Short Stories/Gabby 10:45am Finish the Phrase 1:30pm Mental Aerobics 3:15pm Name that Tune	28 10:00am Art Studio Open 10:00am Bingo (Town Hall) 1:30pm Art Studio Open 1:30pm B.C. Fun Facts - Trails thru Time 1:30pm Yogasize 3:00pm Table Games on the Patio 4:00pm Heart for Music	29 10:00am Creative Arts with BACI Daycare (Art Studio) 10:00am Music and Memories (MT) 10:30am Mahjong (Art Studio) 1:30pm Smoothie Making Program 1:30pm Hand Chime Choir (MT) 2:00pm Brainteasers 3:00pm Card Games 3:00pm Individual Music Therapy (MT)	30 10:00am Old Hollywood Biographies 10:30am Catholic Mass (Town Hall) 11:00am Heart for Music 1:30pm Main Street Music Jam! (MT) 2:30pm Brain Games 3:00pm Scrabble Groups 4:00pm Gardening	31 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	

*Please note that programs are subject to change without notice
Legend: BLUE = Art Studio, PURPLE = Main St./Sensory Room, PINK = Town Hall, RED = Outing/Library