



July 2026

Main North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	2	3	4
				10:30am Catholic Mass (Town Hall) 4:00pm 1:1 Visits (Spiritual)	10:00am Bingo (Town Hall) 2:00pm Town Hall Pub	
5	6	7	8	9	10	11
10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	10:00am Exercise 11:00am Table Games 1:30pm Jeopardy 3:00pm Spa & Relaxation 4:00pm Heart for Music	10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 1:30pm Art Studio Open 1:30pm Piano Music with Bowie (MT) 1:30pm Jeopardy Trivia 3:00pm Individual Music Therapy (MT)	10:00am Show And Tell with BACI (Main Street) 1:30pm Art Studio Open	10:15am Chair Yoga Dance 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 Multisensory Room 3:00pm Active Game 4:00pm 1:1 Visits (Spiritual)	10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm 1:1 Visits (Physical)	10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:30pm Helping Hands: Gardening
12	13	14	15	16	17	18
10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Summer Sunday Cup Series (Townhall)	10:00am Active Games 11:00am 1:1 Visits (Intellectual) 1:00pm Creative Corner 3:00pm Montessori Puzzles 4:00pm Sensory Cart	10:00am Art Studio Open 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 10:00am Shuffle Board & Pool (Art Studio) 1:30pm Art Studio Open 1:30pm Baking Oatmeal Chocolate Chip Cookies 1:30pm Piano Music with Bowie (MT) 1:30pm Veterans Group with Michelle (Main Street) 3:00pm Individual Music Therapy (MT) 3:30pm Magic Table (Art Studio)	10:00am Active Games 10:30am Mahjong (Art Studio) 11:00am Heart for Music 2:00pm Birthday Party with The Timeliners (Town Hall) 4:00pm Helping Hands: Gardening	10:30am Catholic Mass (Town Hall) 1:30pm Art Studio Open 1:30pm Main Street Music Jam! (MT)	10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm Sensory Cart	10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:45pm Garden Walks
19	20	21	22	23	24	25
10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Summer Sunday Cup Series (Townhall)	10:00am Exercise 11:00am News & Views 1:30pm Trivia 3:00pm Spa & Relaxation 4:00pm Heart for Music	10:00am Art Studio Open 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 10:00am Spa & Relaxation (Art Studio) 1:30pm Art Studio Open 1:30pm Piano Music with Bowie (MT) 3:00pm Individual Music Therapy (MT) 3:15pm Cribbage (Art Studio) 3:30pm Magic Table (Art Studio)	Library Collection 10:00am Show And Tell with BACI (Main Street)	10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT) 1:30pm Multisensory Room 1:30pm Resident Council Meeting (Town Hall) 3:00pm Active Game 4:00pm Library Delivery 4:00pm 1:1 Visits (Spiritual)	10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:30pm Helping Hands: Gardening
26	27	28	29	30	31	
10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	10:00am Exercise 11:00am Montessori Puzzles 1:30pm Piano with Murray 3:00pm Arts and Crafts 4:00pm 1:1 Visits (Social)	10:00am Art Studio Open 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 10:00am Shuffle Board & Pool (Art Studio) 1:30pm Art Studio Open 1:30pm Piano Music with Bowie (MT) 1:45pm Chinese Tea Appreciation 3:00pm Individual Music Therapy (MT) 3:30pm Magic Table (Art Studio)	10:00am Active Games 10:30am Mahjong (Art Studio) 11:00am Heart for Music 1:30pm Crosswords 3:15pm Garden Walks 4:00pm Helping Hands: Gardening	10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT)	10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm Sensory Cart	

*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

