

Chedoke Falls Activity Aides:
Aferdita
Hannah
Ana
Ohnisha

July 2026
Dundurn Place Care Centre



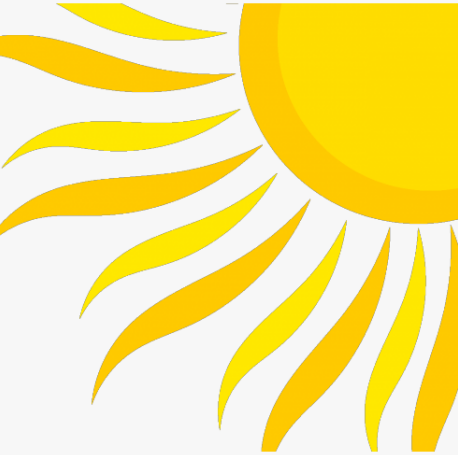
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Canada Day Theme</i> 8:30 Calendar Posting 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Canada day Reminscing (LOUN) 11:30 Meal Prep (LOUN) 2:00 Canada Day Singalong and Trivia (MAIN) 4:00 Canada Day Trivia (LOUN) 4:30 Meal Prep (LOUN) 6:30 Entertainment with Lorelee McGuirl (MAIN)	8:00 Birthday Breakfast (BAR) 9:30 Restore & Move! (1st) 10:00 Fun&Fitness (OUTS) 12:00 Guitar w Aidan 2:00 Crock-a-Doodle (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st)	8:30 Friendly Visits (2nd) 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:00 Pet Therapy (LOUN) 10:30 Outdoor strolls (OUTS) 11:30 Meal Prep (LOUN) 2:00 Laughter Yoga with Katheryn (LOUN) 3:15 Would You Rather? (LOUN) 4:00 Card Game UNO (LOUN) 4:30 Meal Prep (LOUN) 6:30 Wrecking Ball (2nd) 7:30 Friendly Visits (Room)	8:30 Friendly Visits (2nd) 9:30 Spiritual Eldercare (2nd) 10:30 Bible Trivia (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:30 Cozy Conversations (2nd) 4:30 Meal Prep (LOUN) 6:00 Wheelchair/Walker Decor Making (LOUN) 7:00 Friendly Visits (Room)
8:30 Friendly Visits (2nd) 9:00 Outdoor Walks (OUTS) 10:30 Catholic Mass (1st) 11:30 Meal Prep (LOUN) 2:00 Zumba with Rainier (MAIN) 3:30 Name That Face (LOUN) 4:30 Meal Prep (LOUN) 6:00 Paint Night (LOUN) 7:00 Friendly Visits (Room)	8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Welcome Card Group w Hope (DR) 11:30 Meal Prep (LOUN) 11:30 Walmart Outing (out) 2:00 DeMazenod Farm Visits (MAIN) 4:30 Meal Prep (LOUN) 6:15 Crafts (LOUN) 	8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise/Centrecise (LOUN) 10:15 Outdoor Social and Gardening (COUR) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (2nd) 6:30 Karaoke (LOUN)	<i>Fifa Theme</i> 9:15 Exercise (2nd) 9:30 Restore & Move! (1st) 10:00 Resident Council (1st) 11:30 Meal Prep (LOUN) 1:30 Outing in the Community (out) 4:00 Card Game UNO (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st) 	8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:30 Fun & Fitness Centrecise (2nd) 10:30 BBQ Lunch (COUR) 1:15 Music Therapy w Jon (2nd) 2:30 Pet Therapy (LOUN) 4:30 Meal Prep (LOUN) 6:30 Pub Night with Tristan (Sarah's 50th) (MAIN)	8:30 Friendly Visits (2nd) 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 9:30 Exercise (LOUN) 10:30 Coffee/Tea Social (2nd) 11:30 Meal Prep (LOUN) 1:00 Pet Therapy w Brisket (2nd) 2:15 Jewelry Pop-Up Store (MAIN) 3:45 Family Feud (2nd) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (Room) 6:30 Cue Masters (LOUN)	8:30 Friendly Visits (2nd) 10:00 Courtyard Social (COUR) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:45 Colouring Pages (LOUN) 4:30 Meal Prep (LOUN) 6:15 Paint Afternoon (LOUN) 
8:30 Friendly Visits (2nd) 10:00 Church Service (2nd) 11:30 Meal Prep (LOUN) 2:00 Zumba with Rainier (MAIN) 3:45 Beauty Club (2nd) 4:30 Meal Prep (LOUN) 6:15 Jeopardy (LOUN)	8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Smoothie Social (2nd) 11:30 Meal Prep (LOUN) 2:00 Singing & Dancing (LOUN) 3:00 Courtyard Social (COUR) 4:30 Meal Prep (LOUN) 6:30 Pearl Society (1st)	8:30 Friendly Visits (2nd) 9:15 Courtyard Visits (COUR) 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:00 FIFA World Cup Semi-Final (LOUN) 6:15 Exercise/Centrecise (LOUN) 6:45 Word Games (LOUN)	<i>70s Theme</i> 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 2:00 ABBA 70's Theme (MAIN) 4:00 Colouring Pages (LOUN) 4:30 Meal Prep (LOUN) 6:30 Karaoke in the Courtyard (COUR)	8:30 Friendly Visits (2nd) 9:15 Exercise Class (LOUN) 9:30 Restore & Move! (1st) 10:30 Walk & Talk (2nd) 11:30 Meal Prep (LOUN) 1:15 Music Therapy w Jon (2nd) 2:30 Word Games (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st)	8:00 Friendly Visits (2nd) 9:00 Outside Strolls (2nd) 9:30 Restore & Move! (1st) 10:00 Daycare Children (DR) 11:30 Meal Prep (LOUN) 2:00 Survivor Games (MAIN) 3:30 Hang-Man (2nd) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (Room) 6:15 Cinema & PJ's (LOUN)	8:30 Friendly Visits (2nd) 9:30 Spiritual Eldercare (2nd) 10:30 Current Events (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:30 Card Game UNO (2nd) 4:30 Meal Prep (LOUN) 6:15 Wrecking Ball (2nd) 7:15 Friendly Visits (Room) 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Friendly Visits (2nd) 19 10:00 Church Service - Immanuel Christian Reformed (1st) 11:30 Meal Prep (LOUN) 1:30 Music Memories (2nd) 3:00 World Cup Final (MAIN) 4:30 Meal Prep (LOUN) 6:15 Word Games (2nd) 7:30 Friendly Visits (Room)	8:30 Friendly Visits (2nd) 20 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Smoothie Social (LOUN) 11:30 Meal Prep (LOUN) 11:30 Outing Hutches (out) 2:00 Singing & Dancing (LOUN) 3:15 Walk & talk (2nd) 4:30 Meal Prep (LOUN) 6:30 Date Night w Violinist (COUR)	8:30 Friendly Visits (2nd) 21 9:30 Restore & Move! (1st) 9:45 Exercise Class (LOUN) 10:30 Jewelry Making (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (2nd) 6:30 Karaoke (LOUN)	<i>Denim Day</i> 22 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 12:00 Meal Assistance (2nd) 1:15 Pet Therapy (2nd) 2:30 Resident Program Planning (LOUN) 5:00 Take-Out Night (LOUN) 6:30 Colouring (LOUN)	8:30 Friendly Visits (2nd) 23 9:30 Restore & Move! (1st) 9:30 Exercise (LOUN) 10:30 Coffee, Waffles & Conversation (2nd) 11:30 Meal Prep (LOUN) 2:30 Maria's 80s Party with Paula French (MAIN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st)	8:30 Friendly Visits (2nd) 24 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 9:30 Pet Visits with Brisket (2nd) 10:00 Horticultural Therapy (1st) 11:30 Meal Prep (LOUN) 12:30 Friendly Visits (Room) 1:15 Pet Therapy w Brisket (2nd) 1:30 Outing in the Community (out) 4:30 Meal Prep (LOUN) 6:15 Exercise (LOUN) 6:45 Cinema & Snacks (LOUN)	8:30 Friendly Visits (2nd) 25 10:00 Jeopardy (LOUN) 11:00 Busy Hands (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 3:30 Walk & Talk (2nd)
8:30 Friendly Visits (2nd) 26 9:45 Church Service (2nd) 10:00 Hymn Sing (LOUN) 10:45 Karaoke (OUTS) 11:30 Meal Prep (LOUN) 2:00 Entertainment w Jeff Mitchel (MAIN) 4:00 Balloon Badminton (LOUN) 4:30 Meal Prep (LOUN) 6:30 Axe Throwing (LOUN)	8:30 Friendly Visits (2nd) 27 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Smoothie Social (2nd) 11:30 Meal Prep (LOUN) 11:30 Outing Bayfront Park (out) 2:00 Singing/Dancing Mike (LOUN) 3:15 Walk & talk (2nd) 4:30 Meal Prep (LOUN) 6:30 Word Games (LOUN)	8:30 Friendly Visits (2nd) 28 9:15 Courtyard Visits (2nd) 9:30 Restore & Move! (1st) 10:00 Bible Study with Isabel (LOUN) 11:30 Meal Prep (LOUN) 2:00 Bingo (1st) 4:00 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (2nd) 6:15 Exercise/Centrecise (LOUN)	<i>Flower Theme</i> 29 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 2:00 Birthday Party w Paula (MAIN) 4:30 Meal Prep (LOUN) 6:45 Fashion Show (MAIN)	8:30 Friendly Visits (2nd) 30 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Coffee/Tea Social (LOUN) 11:30 Meal Prep (LOUN) 1:15 Music Therapy w Jon (2nd) 2:00 Boomers Club (MAIN) 2:30 Word Games (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st)	8:30 Friendly Visits (2nd) 31 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:00 Pet Therapy (2nd) 11:30 Meal Prep (LOUN) 2:00 Caribana Party (MAIN) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (Room) 6:30 Jewelry Making (LOUN) 7:30 Friendly Visits (Room)	



Calendar Legend:

LOUN - Activity Room

MAIN - First Floor Dining Room

COURT - Courtyard

OUTS - Outside

1st - First floor

2nd - Second Floor

****Program and times are subject to change****