

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Canada Day Theme 1 7:45 Restorative Walking (Hall) 8:30 Calendar Posting 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 Canada Day Singalong and Trivia (MAIN) 3:30 Blue Jay - Canada Day Game (LOUN) 4:45 Restorative Walking (Hall) 6:30 Entertainment with Lorealee McGuirl (MAIN)	8:00 Birthday Breakfast 2 (BAR) 10:00 Pet Therapy (LOUN) 11:00 Physio-Exercise Class (LOUN) 12:00 Guitar w Aidan 2:00 Crock-a-Doodle (LOUN) 3:30 Chair Yoga (4th) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st)	9:30 Friendly Visits 3 10:30 Brain Twisters (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 Laughter Yoga with Katheryn (LOUN) 3:00 Pet Therapy (LOUN) 4:00 Outdoor Strolls (Room)	9:00 Friendly Visits 4 10:00 Exercise/Centrec (LOUN) 10:30 Trivia (LOUN) 11:00 Nail rejuvenation (LOUN) 11:30 Table Setting (4th) 2:00 Bingo (1st) 3:30 Outdoor strolls (UNDE)
9:00 Outdoor Walks 5 10:00 Exercise/Centrecis (LOUN) 10:30 Catholic Mass (1st) 10:45 Bible Study (LOUN) 11:30 Table Setting (4th) 1:00 Axe Throwing (LOUN) 2:00 Zumba with Rainier (MAIN) 3:30 Balloon Badminton (LOUN)	9:30 Friendly Visits 6 10:00 Restorative Walking (Hall) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 2:00 DeMazenod Farm Visits (MAIN)	9:30 Outdoor Walks 7 10:30 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 Bingo (1st) 4:00 Bean Bag Toss (LOUN) 4:45 Restorative Walking (Hall) 6:00 Friendly Visits (Room) 6:30 Score Board Game (LOUN)	Fifa Theme 8 9:15 Outdoor Walks 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:00 Friendly Visits (Room) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 1:30 Active Games (LOUN) 3:00 Hangman (4th) 6:30 Bingo (1st)	9:30 Friendly Visits 9 10:00 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 1:30 Axe Throwing (LOUN) 3:00 Paint Afternoon (LOUN) 4:45 Restorative Walking (Hall) 6:30 Pub Night with Tristan (Sarah's 50th) (MAIN)	9:15 Outdoor Walks 10 10:30 Spellingbee (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:00 Friendly Visits (Room) 11:30 Table Setting (4th) 1:00 Badminton (LOUN) 2:15 Jewelry Pop-Up Store (MAIN)	9:00 Friendly Visits 11 10:00 Exercise/Centrec (LOUN) 10:45 Hang-Man (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (4th) 2:00 Bingo (1st) 3:45 Friendly Visits (Room)
9:00 Friendly Visits 12 11:00 Exercise Class (LOUN) 12:45 Restorative Walking (4th) 2:00 Zumba with Rainier (MAIN) 3:30 Card Games (LOUN)	7:45 Restorative Walking (Hall) 13 9:00 Friendly Visits 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:30 Resident Program Planning (LOUN) 2:45 Smoothie Making (LOUN) 6:30 Pearl Society (1st)	7:45 Restorative Walking (Hall) 14 9:00 Friendly Visits 10:00 Bible Study with Hobbe (LOUN) 10:30 Mental Aerobics (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 Bingo (1st)	70s Theme 15 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:15 Sound Bowls with Masha (3rd) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 ABBA 70's Theme (MAIN) 4:00 Hangman (4th) 4:45 Restorative Walking (Hall) 6:30 Karaoke in the Courtyard (COUR)	7:45 Restorative Walking (Hall) 16 9:00 Friendly Visits 10:00 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 1:45 Pet Therapy (LOUN) 2:45 Waffle Making (4th) 6:30 Bingo (1st)	9:15 Friendly Visits 17 10:00 Daycare Children (DR) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 1:30 Hang-Man (LOUN) 3:00 Pet Therapy (LOUN) 4:45 Restorative Walking (Hall) 6:00 Outdoor Walks (Room) 7:00 Bean Bag Toss (LOUN)	9:00 Friendly Visits 18 10:30 Exercise/Centre (LOUN) 11:00 Nail rejuvenation (LOUN) 11:30 Table Setting (4th) 2:00 Bingo (1st)

Restorative / Recreation Aides
Merle
Makenna

July 2026

Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 Restorative Walking (Hall) 19 9:00 Friendly Visits 10:00 Church Service - Immanuel Christian Reformed (1st) 11:15 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 1:30 Chair Zumba (LOUN) 3:00 World Cup Final (MAIN)	9:30 Friendly Visits 20 10:30 Brain Twisters (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 6:30 Date Night w Violinist (COUR)	7:45 Restorative Walking (Hall) 21 9:00 Friendly Visits 10:30 Mental Aerobics (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 Bingo (1st) 3:45 Smoothie Making (LOUN) 4:45 Restorative Walking (Hall) 6:00 Friendly Visits (Room) 6:30 Drop it Like it's Hot (LOUN)	<i>Denim Day</i> 22 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:30 Cooking Skills Program (BAR) 3:00 Word Games (LOUN) 5:00 Take-Out Night (LOUN) 6:15 Movie Night (LOUN)	7:45 Restorative Walking (Hall) 23 9:00 Friendly Visits 10:00 Word Games (LOUN) 10:30 BBQ Lunch (COUR) 11:00 Physio-Exercise Class (LOUN) 1:00 Pet Therapy (LOUN) 2:30 Maria's 80s Party with Paula French (MAIN) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st)	7:45 Restorative Walking (Hall) 24 9:00 Friendly Visits 10:00 Horticultural Therapy (1st) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:30 Active Games (LOUN)	9:00 Friendly Visits 25 10:00 Exercise/Centre (LOUN) 11:00 Hang-Man (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (4th) 2:00 Bingo (1st) 3:45 Friendly Visits (Room)
9:00 Friendly Visits 26 10:00 Hymn Sing (LOUN) 10:30 Exercise/Centrecise (LOUN) 11:00 Trivia (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (4th) 2:00 Entertainment w Jeff Mitchel (MAIN) 3:45 Smoothie Making (LOUN)	7:45 Restorative Walking (Hall) 27 9:00 Friendly Visits 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 6:15 Courtyard Social (COUR)	7:45 Restorative Walking (Hall) 28 9:00 Friendly Visits 10:00 Bible Study with Isabel (LOUN) 10:30 Brain Twisters (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 Bingo (1st)	<i>Flower Theme</i> 29 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 Birthday Party w Paula (MAIN) 3:30 Calendar Prep (4th) 4:45 Restorative Walking (Hall) 6:45 Fashion Show (MAIN)	7:45 Restorative Walking (Hall) 30 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 12:45 Restorative Walking (Hall) 1:30 Pet Therapy (LOUN) 2:00 Boomers Club (MAIN) 3:30 Outdoor Strolls (4th) 6:30 Bingo (1st)	7:45 Restorative Walking (Hall) 31 9:00 Friendly Visits 10:30 Spellingbee (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (Hall) 2:00 Caribana Party (MAIN) 3:45 Axe Throwing (4th) 4:45 Restorative Walking (Hall) 6:00 Friendly Visits (Room) 6:45 Travelogue (LOUN)	Programs and times are subject to change



- Calendar Legend**
- RR** - Resident Room
 - LOUN** - Activity lounge/TV room
 - COUR** - Courtyard
 - MDR** - 1st floor dining room
 - DR** - Dining Room
 - ARDR** - activy room/dining room
 - OUT** - Outside
 - 4th** - 4th Floor
 - Hall** - In the Hallway
 - BAR** - Basement activy room
 - ALL** - All floors