



INSPIRED  
SENIOR LIVING

# July 2026

## Carp Commons Retirement Village



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                                                                                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| Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                        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                                                                                                                                                                                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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| <div><h3>Canada Day</h3></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div><b>HAPPY CANADA DAY! Wear Red and White!</b> <b>1</b></div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats &amp; Blankets for The Ottawa Hospital. (PB)</div> <div>10:30 Strength &amp; Endurance Exercise Class (CK)</div> <div>11:00 Canadian Trivia and Facts with Special Prizes *30 Min Session* (T)</div> <div><b>2:00 Canada Day Celebrations with Live Entertainment with the Harmonious Reeds! (CK)</b></div> <div>6:30 Resident Run: 4/6 Hand Euchre (CK)</div> <div>7:00 Canadian Documentary Night: Being Canadian (2016) (T)</div>                                                                                                                                                                              | <div><b>9:30 Outing: Shopping at Shopper's Drug Mart, Tanda Shoes, Farm Boy in Kanata\$ (RSVP)</b> <b>2</b></div> <div>10:00 Anglican Church Service with Rector Bob Albert (In-person) with support dog Chloe (T)</div> <div>10:30 Exercise Class (Assisted Living) (2AR)</div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Word Ladder (T)</div> <div>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</div> <div>2:00 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)</div> <div>3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)</div> <div>3:00 NEW- Jill &amp; Sabrina's Ladies Circle (T)</div> <div>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</div> <div>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</div> <div>6:30 Resident Run Game Night: Wizard (CK)</div> <div>7:00 Comedy Movie: Miss Congeniality (2000) (T)</div>                                                                  | <div><b>NEW GOLDEN MOMENTS LAUNCH: Wear Verve Purple or Gold!</b> <b>3</b></div> <div>10:00 Resident Run: Wake and Walk - Get your body moving- (LO)</div> <div>10:00 Vendor: Mary Kay Skin Care &amp; Cosmetics\$ (GF)</div> <div><b>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</b></div> <div>10:30 Chair Yoga with Penny (CK)</div> <div>2:00 Euchre Fridays! (PB)</div> <div>2:00 Monthly Educational Ted Talk Discussion and Learning (T)</div> <div><b>3:00 Golden Moments Launch Party with Sparkling Rose Wine and Cheese (PB)</b></div> <div>7:00 Friday Night You Pick Movie Night! (T)</div> | <div>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) <b>4</b></div> <div>9:30 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 Weekend Virtual Exercise (T)</div> <div>1:30 Resident Run Bridge (T)</div> <div>2:30 Musical Bingo (PB)</div> <div>6:30 Resident Run: Five Crowns Card Game (PB)</div> <div>7:00 Award Winning Movie Night: An Officer and a Gentleman (1982) (T)</div> |
| <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR) <b>5</b></div> <div>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</div> <div>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</div> <div>1:00 Afternoon Movie Matinee (T)</div> <div>2:00 Resident Run: Rummikub in the Bar! (PB)</div> <div>3:00 Afternoon Games Hangman! (T)</div> <div>7:00 Sunday Classic Movie: The World is not Enough 007 (1999) (T)</div> | <div><b>Hearing Clinic (Sign up at Reception)</b> <b>6</b></div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Canadian Canuckle &amp; Wordle (T)</div> <div>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</div> <div>2:00 * B-I-N-G-O! * (PB)</div> <div>3:00 Happy Hour on the Life Enrichment Team (PB)</div> <div>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</div> <div>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</div> <div>7:00 Drama Movie: Ladder 49 (2004) (T)</div> | <div><b>National Chocolate Day!</b> <b>7</b></div> <div><b>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP)</b></div> <div>10:00 Vendor: Maggie's Designs (GF)</div> <div>10:00 Carp Commons Men's Group! (B)</div> <div>10:30 Gentle Exercise Class (Low Impact) (CK)</div> <div>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</div> <div>1:30 Resident Run: Bridge (PB)</div> <div>2:00 Manicure and Hand Massages (Sign up with Life Enrichment) (SS)</div> <div>2:00 Artful Presentation: Art from Later in Life (T)</div> <div><b>3:00 Lindt Lindor Chocolate Tasting (PB)</b></div> <div>3:45 Zumba Exercise Class (CK)</div> <div>4:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>6:30 Play Pool in the Pub (PB)</div> <div>7:00 Chocolate Movie Night: Willy Wonka and the Chocolate Factory (T)</div> | <div><b>Hair Salon with Kelly\$ (SS)</b> <b>8</b></div> <div>9:45 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 The Flour Power Baking Club (CK)</div> <div>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats &amp; Blankets for The Ottawa Hospital. (PB)</div> <div>11:00 Vendor: Scott's Shoe Store (GF)</div> <div><b>1:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</b></div> <div>2:00 Drumfit Exercise Class! (T)</div> <div><b>3:00 Live Entertainment with Peter Foret! (CK)</b></div> <div>4:00 Half Price Happy Hour Social: Signature Drink -L,L,L Raspberry Cocktails (PB)</div> <div>6:30 Resident Run: 4/6 Hand Euchre (CK)</div> <div>7:00 Movie Night: Your Pick! (T)</div> | <div><b>9:30 Outing: Shopping at Winners, Michaels and Home Sense (RSVP)</b> <b>9</b></div> <div>10:30 Exercise Class (Assisted Living) (2AR)</div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Word in a Word Game on the Smart Board (T)</div> <div>12:00 Read between the Wines Book Club Lunch and Movie: Water for Elephants (T)</div> <div>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</div> <div>2:00 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)</div> <div><b>2:45 NEW TAI CHI Class (CK)</b></div> <div>3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)</div> <div>3:15 Stuart Mclean, host of CBC Radio Vinyl Cafe Program in the Theatre (T)</div> <div>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</div> <div>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</div> <div>6:30 Resident Run Game Night: Wizard (CK)</div> <div>7:00 Romance Movie: P.S. I Love You (2007) (T)</div> | <div>10:00 Resident Run: Wake and Walk - Get your body moving- (LO) <b>10</b></div> <div><b>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</b></div> <div>10:30 Chair Yoga with Penny (CK)</div> <div><b>11:30 Outing: Food Truck Friday: Pong's in Stittsville (RSVP)</b></div> <div><b>2:00 In-Person Guest Speaker: Frank Hitchens: "Apollo 11: The Quest for the Moon" (T)</b></div> <div>3:00 Wine and Cheese Social (PB)</div> <div>3:00 Euchre Fridays! (PB)</div> <div>7:00 Friday Night You Pick Movie Night! (T)</div>                                                                            | <div>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) <b>11</b></div> <div>9:30 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 Weekend Virtual Exercise (T)</div> <div>1:30 Resident Run Bridge (T)</div> <div>2:30 Musical Bingo (PB)</div> <div>6:30 Resident Run: Five Crowns Card Game (PB)</div> <div>7:00 Award Winning Movie Night: The Natural (1984) (T)</div>               |
| <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR) <b>12</b></div> <div>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</div> <div>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</div> <div>1:00 Afternoon Movie Matinee (T)</div> <div>2:00 Resident Run: Rummikub in the Bar! (PB)</div> <div><b>3:00 Piano Music with Ilene (MP)</b></div> <div>7:00 Sunday Classic Movie: The Spy Who Loved Me (1977) (T)</div> | <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK) <b>13</b></div> <div>11:00 Canadian Canuckle &amp; Wordle (T)</div> <div>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</div> <div>2:00 * B-I-N-G-O! * (PB)</div> <div>3:00 Happy Hour on the Life Enrichment Team (PB)</div> <div>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</div> <div>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</div> <div>7:00 Documentary Movie Night: #SKYKING Panic in the Sky (2026) (T)</div>                            | <div><b>National Pina Colada Day!</b> <b>14</b></div> <div>10:00 Carp Commons Men's Group! (B)</div> <div>10:30 Gentle Exercise Class (Low Impact) (CK)</div> <div>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</div> <div>1:30 Resident Run: Bridge (PB)</div> <div>2:00 Artful Workshop: Seagull Acrylic Painting (ACW)</div> <div><b>3:00 Pina Colada Drinks and Pineapple Social! (PB)</b></div> <div>3:45 Zumba Exercise Class (CK)</div> <div>4:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>6:30 Play Pool in the Pub (PB)</div> <div>7:00 Mystery Movie Night: Inside Man (2006) (T)</div>                                                                                                                                                                                                           | <div><b>Hair Salon with Kelly\$ (SS)</b> <b>15</b></div> <div>9:45 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Vendor: Anna's Travelling Shop (GF)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats &amp; Blankets for The Ottawa Hospital. (PB)</div> <div>10:30 Gentle Exercise (Assisted Living) (2AR)</div> <div>10:30 The Flour Power Baking Club (CK)</div> <div>2:00 Drumfit Exercise Class! (T)</div> <div><b>3:00 Live Entertainment with Bluesy Swing Duo! (CK)</b></div> <div>4:00 Half Price Happy Hour Social: Signature Drink - L,L,L Raspberry Cocktails (PB)</div> <div>6:30 Resident Run: 4/6 Hand Euchre (CK)</div> <div>7:00 Movie Night: Your Pick! (T)</div>             | <div><b>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP)</b> <b>16</b></div> <div>10:00 Walker Service Clinic - FREE by Handi-House (PB)</div> <div>10:00 United Church Service with Rev. Neil Wallace (In-person) (T)</div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Living, Loving Local Trivia: Cherries and Raspberries (T)</div> <div>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</div> <div>3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)</div> <div>3:15 Stuart Mclean, host of CBC Radio Vinyl Cafe Program in the Theatre (T)</div> <div>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</div> <div>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</div> <div>6:30 Resident Run Game Night: Wizard (CK)</div> <div>7:00 Comedy Movie: The Flintstones (1994) (T)</div>                                                                                                                  | <div>10:00 Resident Run: Wake and Walk - Get your body moving- (LO) <b>17</b></div> <div><b>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</b></div> <div>10:30 Chair Yoga with Penny (CK)</div> <div><b>2:00 In-Person Guest Speaker with Nancy from Master Gardeners of Canada: Topic: Paint with Blooms (T)</b></div> <div>3:00 Wine and Cheese Social (PB)</div> <div>3:00 Euchre Fridays! (PB)</div> <div>7:00 Friday Night You Pick Movie Night! (T)</div>                                                                                                                                            | <div>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) <b>18</b></div> <div>9:30 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 Weekend Virtual Exercise (T)</div> <div>1:30 Resident Run Bridge (T)</div> <div>2:30 Musical Bingo (PB)</div> <div>6:30 Resident Run: Five Crowns Card Game (PB)</div> <div>7:00 Award Winning Movie Night: Patch Adams (1998) (T)</div>               |



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR) <b>19</b></div> <div>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</div> <div>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</div> <div>1:00 Afternoon Movie Matinee (T)</div> <div>2:00 Resident Run: Rummikub in the Bar! (PB)</div> <div>3:00 Afternoon Games on the Smart Board (T)</div> <div>7:00 Sunday Classic Movie: You Only Live Twice (1967) (T)</div> | <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK) <b>20</b></div> <div>11:00 Canadian Canuckle &amp; Wordle (T)</div> <div>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</div> <div>2:00 * B-I-N-G-O! * (PB)</div> <div>3:00 Happy Hour on the Life Enrichment Team (PB)</div> <div>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</div> <div>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</div> <div>7:00 Drama Movie: Air Force One (1997) (T)</div>         | <div>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) <b>21</b></div> <div>10:00 Carp Commons Men's Group! (B)</div> <div>10:30 Gentle Exercise Class (Low Impact) (CK)</div> <div>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</div> <div>1:30 Resident Run: Bridge (PB)</div> <div>2:00 Food for Thought Meeting with Rob, Darren and Hayley (T)</div> <div>2:00 Artful Workshop: Project Guide Summer Sunflowers (ACW)</div> <div>3:00 Cherry Social with Cherry Soda and Fresh Cherries (PB)</div> <div>3:45 Zumba Exercise Class (CK)</div> <div>4:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>6:30 Play Pool in the Pub (PB)</div> <div>7:00 Action Movie Night: Dirty Harry (1971) (T)</div> | <div>Hair Salon with Kelly\$ (SS) <b>22</b></div> <div>9:45 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 The Flour Power Baking Club "Haystacks" (CK)</div> <div>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats &amp; Blankets for The Ottawa Hospital. (PB)</div> <div>10:30 Gentle Exercise (Assisted Living) (2AR)</div> <div>11:00 Fit Minds Interactive (Assisted Living) (2AR)</div> <div>1:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</div> <div>2:00 Drumfit Exercise Class! (T)</div> <div>3:00 Live Entertainment with Bob &amp; Don! (CK)</div> <div>4:00 Half Price Happy Hour Social: Signature Drink - L,L,L Raspberry Cocktails (PB)</div> <div>6:30 Resident Run: 4/6 Hand Euchre (CK)</div> <div>7:00 Movie Night: Your Pick! (T)</div> | <div>National Cowboy Day! Wear your cowboy hats, boots &amp; plaid! <b>23</b></div> <div>9:30 Outing: Carlingwood Mall Shopping\$ (RSVP)</div> <div>10:30 Exercise Class (Assisted Living) (2AR)</div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Western Trivia! (T)</div> <div>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</div> <div>2:00 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)</div> <div>2:45 NEW TAI CHI Class (CK)</div> <div>3:00 Western Themed Treats (CK)</div> <div>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</div> <div>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</div> <div>6:30 Resident Run Game Night: Wizard (CK)</div> <div>7:00 Romance Movie: Julie &amp; Julia (2009) (T)</div> | <div>National Wine and Cheese Day! <b>24</b></div> <div>10:00 Resident Run: Wake and Walk - Get your body moving- (LO)</div> <div>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</div> <div>10:30 Chair Yoga with Penny (CK)</div> <div>11:30 Outing: Food Truck Friday: Wes' Chips or Lily's in Arnprior (RSVP)</div> <div>2:00 In-Person Guest Speaker: Mireille: Heart Burn &amp; Indigestion (T)</div> <div>2:30 Euchre Fridays! (PB)</div> <div>3:00 Wine and Cheese Social (PB)</div> <div>7:00 Friday Night You Pick Movie Night! (T)</div> | <div>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) <b>25</b></div> <div>9:30 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 Weekend Virtual Exercise (T)</div> <div>1:30 Resident Run Bridge (T)</div> <div>2:30 Musical Bingo (PB)</div> <div>6:30 Resident Run: Five Crowns Card Game (PB)</div> <div>7:00 Award Winning Movie Night: Rocky II (1979) (T)</div> |
| <div>10:00 Brain Puzzle Package Pick-up in the 2nd Floor Lounge! (2AR) <b>26</b></div> <div>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)</div> <div>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</div> <div>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</div> <div>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</div> <div>1:00 Afternoon Movie Matinee (T)</div> <div>2:00 Resident Run: Rummikub in the Bar! (PB)</div> <div>3:00 Piano Music with Ilene (MP)</div> <div>7:00 Sunday Classic Movie: On Her Majesty's Service (1969) (T)</div>       | <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK) <b>27</b></div> <div>11:00 Canadian Canuckle &amp; Wordle (T)</div> <div>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</div> <div>2:00 * B-I-N-G-O! * (PB)</div> <div>3:00 Happy Hour on the Life Enrichment Team (PB)</div> <div>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</div> <div>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</div> <div>7:00 Documentary Movie Night: Orangutan (2026) (T)</div> | <div>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) <b>28</b></div> <div>10:00 Carp Commons Men's Group! (B)</div> <div>10:30 Gentle Exercise Class (Low Impact) (CK)</div> <div>11:15 Strength &amp; Stretch (Assisted Living) (2AR)</div> <div>1:30 Resident Run: Bridge (PB)</div> <div>2:00 Manicure and Hand Massages (Sign up with Life Enrichment) (SS)</div> <div>2:00 Artful Workshop: Wildflower Mountain Painting (ACW)</div> <div>3:00 LIVE PRICE IS RIGHT GAME: Summer Essentials (T)</div> <div>3:45 Zumba Exercise Class (CK)</div> <div>4:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>6:30 Play Pool in the Pub (PB)</div> <div>7:00 Mystery Movie Night: The Fugitive (1993) (T)</div>   | <div>Hair Salon with Kelly\$ (SS) <b>29</b></div> <div>9:45 The most talked about DAILY New York Times Wordle Game (T)</div> <div>10:00 Resident Run: Go 4 Life Walking Club (LO)</div> <div>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats &amp; Blankets for The Ottawa Hospital. (PB)</div> <div>10:30 The Flour Power Baking Club (CK)</div> <div>10:30 Gentle Exercise (Assisted Living) (2AR)</div> <div>11:00 Large Group Crossword (2AR)</div> <div>1:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</div> <div>2:00 Drumfit Exercise Class! (T)</div> <div>3:00 Live Entertainment with The Classics! (CK)</div> <div>4:00 Half Price Happy Hour Social: Signature Drink - L,L,L Raspberry Cocktails (PB)</div> <div>6:30 Resident Run: 4/6 Hand Euchre (CK)</div> <div>7:00 Movie Night: Your Pick! (T)</div>                                | <div>National Cheesecake Day! <b>30</b></div> <div>10:00 Outing: Casino and Lunch at the Hard Rock Casino\$ (RSVP)</div> <div>10:30 Exercise Class (Assisted Living) (2AR)</div> <div>10:30 Strength &amp; Endurance Exercise Class with Steve (CK)</div> <div>11:00 Cranium Crunches &amp; Word Anagrams (T)</div> <div>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</div> <div>2:00 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)</div> <div>3:00 Cheesecake Tasting! (CK)</div> <div>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</div> <div>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</div> <div>6:30 Resident Run Game Night: Wizard (CK)</div> <div>7:00 Comedy Movie: A League of Their Own (1992) (T)</div>                                        | <div>10:00 Resident Run: Wake and Walk - Get your body moving- (LO) <b>31</b></div> <div>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</div> <div>10:30 Chair Yoga with Penny (CK)</div> <div>2:00 In-Person Guest Speaker: George Laidlaw: "Mistakes that Changed the World" (T)</div> <div>3:00 Wine and Cheese Social (PB)</div> <div>3:00 Euchre Fridays! (PB)</div> <div>7:00 Friday Night You Pick Movie Night! (T)</div>                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

Calendar Legend

- Outing
- Special Program
- Vendor
- Living, Loving, Local
- Signature Program
- Highlight



Be Supported

Locations Legend

- Theatre (T)

Country Kitchen (CK)

Pub/Bistro (PB)

2nd Floor Activity Room (2AR)

Meet in the Lobby (LO)

Outing (RSVP)

Suite-to-Suite (STS)
- Art and Craft Workshop (ACW)

IN THE VILLAGE (VILL)

Salon/Spa (SS)

Ground Floor (GF)

Library/Lounge (LL)

Boardroom (B)

Multipurpose Room (MP)