

Monday		Tuesday		Wednesday		Thursday		Friday	
 July 2026 SPRUCE UNIT		STAT NO RECREATION		1 9:15 Good Morning! 10:00 Outside Walks 1:15 1-1 Friendly Visits 2:00 Manicures 3:30 Off Unit Program		2 9:15 Happy Friday! 9:45 Golf Pong 10:30 Fit for Life! 1:15 Canada Day, Games Day A.R. 3:30 Off Unit Program		3	
9:15 Morning Mondays 6 9:45 Basketball 10:30 Active Seniors 1:15 Bingo A.R. 3:30 Off Unit Program		9:15 Good Day, Everyone! 7 10:00 \$ Bingo A.R. 2:00 Entertainment in A.R. with Vic N.		9:15 Welcome to the Day 8 9:45 Ladder Ball 10:30 Morning Motion 1:15 Off Unit Program 2:00 Horse Racing 3:30 Off Unit Program		9:15 Good Morning! 9 10:00 Outside Walks 1:15 1-1 Friendly Visits 2:00 Manicures 3:30 Off Unit Program		9:15 Happy Friday 10 9:45 Who or What am I? 10:30 Fit for Life! 1:15 Off Unit Program 2:00 Basket Pong 3:30 Off Unit Program	
9:15 Morning Mondays 13 9:45 Disc Toss Trivia 10:30 Active Seniors 1:15 Bingo A.R. 3:30 Off Unit Program		9:15 Morning Mondays 14 9:45 Disc Toss Trivia 10:30 Active Seniors 1:15 Bingo A.R. 3:30 Off Unit Program		9:15 Welcome to the Day 15 9:45 Today in History 10:30 Morning Motion 1:15 Off Unit Program 2:00 Noodle Ball Trivia 3:30 Off Unit Program		9:15 Good Morning! 16 10:00 Outside Walks 1:15 1-1 Friendly Visits 2:00 Manicures 3:30 Off Unit Program		9:15 Happy Friday 17 9:45 Skee Ball 10:30 Fit for Life! 1:15 Off Unit Program 2:00 Hand match 3:30 Off Unit Program	
9:15 Morning Mondays 20 9:45 Noodle Hockey 10:30 Active Seniors 1:15 Bingo A.R. 3:30 Off Unit Program		9:15 Good Day, Everyone! 21 10:00 Outside Walks 1:15 \$ Bingo A.R. 2:00 1-1 Visits/Manicures 3:30 Off Unit Program		9:15 Welcome to the Day 22 9:45 Balloon Toss Trivia 10:30 Morning Motion 2:00 Entertainment in A.R. with Bill S.		9:15 Good Morning! 23 10:00 Outside Walks 1:15 1-1 Friendly Visits 2:00 Manicures 3:30 Off Unit Program		9:15 Happy Friday 24 9:45 Who or What am I? 10:30 Fit for Life! 1:15 Off Unit Program 2:00 Lawn Golf 3:30 Off Unit Program	
9:15 Morning Mondays 27 9:45 Today in History 10:30 Active Seniors 1:15 Bingo A.R. 3:30 Off Unit Program		9:15 Good Day, Everyone! 28 10:00 Outside Walks 1:15 \$ Bingo A.R. 2:00 1-1 Visits/Manicures 3:30 Off Unit Program		9:15 Welcome to the Day 29 9:45 Ladder Ball 10:30 Morning Motion 1:15 Off Unit Program 2:00 Bean Bag Toss 3:30 Off Unit Program		9:15 Good Morning! 30 10:00 Outside Walks 1:15 1-1 Friendly Visits 2:00 Manicures 3:30 Off Unit Program		9:15 Happy Friday 31 9:45 Target Practice 10:30 Fit for Life! 1:15 Off Unit Program 2:00 Volleyball 3:30 Off Unit Program	

SUBJECT TO CHANGES