



July 2026

Market Lane peopleCare AR Goudie



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|---|
| | <p><u>Locations Legend</u></p> <p>Market Lane Lounge (MLL) Market Lane Dining Room (MLDR) Courtyard (CYD) Frederick Community Dining Room (FCDR) Rockway Gardens Dining Room (RGDR)</p> <p>Chapel (CHAP) Edna Place Dining Room (EPDR) Outing (OUT) Travelling Cart (TC) Frederick Community Room-to-Room for 1:1 scoring (FCRR)</p> <p>Grand Hall (GH) 2nd Floor Balcony (2FB) Market Lane Room-to-Room for 1:1 scoring (MLRR) Victoria Park Dining Room (VPDR)</p> | | <p>10:00 Manicures (MLDR) 1 2:30 Canada Day Party with Blue Eyed Bill (CYD)</p>  | <p>10:00 Letter Writing (MLDR) 2 11:00 Colouring (MLDR) 2:30 BINGO (MLDR)</p> | <p>10:00 Ball Toss (MLL) 3 11:00 Trivia (MLL) 2:30 Animal Plate Craft (MLDR) 3:30 Sing-A-Long (MLL) 6:00 Colouring (MLDR)</p> | <p>10:00 Uno (MLDR) 4 11:00 Courtyard Visits (CYD) 2:30 Specialty Coffee Time (MLDR)</p> |
| <p>10:00 Would you rather? (MLL) 5 11:00 One to Ones 2:30 Church Service (RGDR)</p> | <p>10:00 Baking Muffins (MLDR) 6 11:00 News & Views (MLL) 2:00 Faith and Film (CHAP) 6:15 Hawaiian Luau with Rich Hubick (CYD)</p> | <p>10:00 Pump It Up! (MLL) 7 10:00 Food Committee (EPDR) 7 10:30 Chaplain Visits 11:30 Short Stories (MLL) 2:30 Travelogue: Portugal (MLL) 3:30 Travelogue: Portugal Video (MLL) 6:00 Dolphin Documentary (MLL)</p> | <p>10:00 Manicures (MLDR) 8 10:15 Travelling RC Communion (TC) 2:30 BINGO (FCDR)</p>  | <p>10:00 Name that Tune (MLL) 9 11:00 A-Z Game (MLL) 2:30 A Taste Of Chocolate Social! (MLDR)</p> | <p>9:30 News & Views (MLL) 10 11:00 Courtyard Visits (CYD) 2:30 BINGO (MLDR) 3:30 Music Therapy Group with Chelsea (MLL) 6:00 Guess the Word (MLL)</p> | <p>11:30 Card Bingo (MLDR) 11 2:30 Community Movie (MLDR) 6:00 Ball Toss (MLL)</p>  |
| <p>11:30 Bean Bag Toss (MLL) 12 2:30 Church Service (RGDR) 6:00 Meditation (MLL)</p>  | <p>11:30 Trivia (MLL) 13 2:00 Faith and Film (CHAP) 2:30 BINGO (MLDR) 6:00 Courtyard Visits (CYD)</p> | <p>10:00 Pump It Up! (MLL) 14 11:30 Jellyfish Documentary (MLL) 2:30 Travelogue: Greece (MLL) 3:30 Travelogue Greece Video (MLL) 6:00 Short Stories (MLL)</p> | <p>10:00 Manicures (MLDR) 15 10:00 One to Ones (FCRR) 2:30 BINGO (FCDR)</p>  | <p>8:30 Breakfast Club (Sign Up) (GH) 16 11:30 Baby Animals Documentary (MLL) 2:30 Dice Game: Left Right Center (MLDR) 3:30 This or That? (MLL) 6:00 Evening Courtyard Strolls (CYD)</p> | <p>11:30 Tea and Treats Social (MLDR) 17 2:30 Baking (MLDR) 6:00 Seated Stretches (MLL)</p> | <p>10:00 Music Throwbacks (MLL) 18 11:00 Ice Cream on the Patio (2FB) 2:30 Community Movie (MLDR)</p> |
| <p>10:00 Trivia (MLL) 19 11:00 Card Games (MLDR) 2:30 Painting (MLDR)</p> | <p>11:00 Memorial Service (RGDR) 20 2:00 Faith and Film (CHAP) 2:30 Bowling (MLL) 3:30 One to Ones (MLRR)</p> | <p>9:15 Music Throwbacks (MLL) 21 10:00 Pump It Up! (MLL) 21 10:00 Resident Council (EPDR) 21 11:30 Outdoor Walks (CYD) 2:30 Travelogue: Scotland (MLL) 3:30 Travelogue Scotland Video (MLL) 6:00 Penguins Documentary (MLL)</p> | <p>10:30 Catholic Mass (EPDR) 22 11:30 Manicures (MLDR) 2:30 BINGO (FCDR)</p>  | <p>10:00 Courtyard Visits (CYD) 23 11:00 This or That? (MLL) 2:30 BINGO (MLDR)</p> | <p>10:00 Bowling (MLL) 24 11:00 Creative Faith (FCDR) 1:15 Return to Grace Elvis Tribute Show (\$ Sign up) (OUT) 3:30 Music Therapy Group with Chelsea (MLL)</p> | <p>11:30 Chair Exercise (MLL) 25 2:30 Wild West Social (VPDR) 6:00 Hippo Documentary (MLL)</p> |
| <p>11:30 Ball Toss (MLL) 26 2:30 Church Service (RGDR) 6:00 Meditation (MLL)</p> | <p>11:30 Trivia (MLL) 27 2:00 Faith and Film (CHAP) 2:30 Outdoor Walks (MLL) 6:00 BINGO (MLDR)</p> | <p>10:00 Pump It Up! (MLL) 28 10:00 OARC Resident Council Education Session (EPDR) 28 11:30 Butterfly Documentary (MLL) 2:30 Travelogue: PEI (MLL) 3:30 Travelogue PEI Video (MLL) 6:00 Courtyard Visits (CYD)</p> | <p>10:00 Manicures (MLDR) 29 2:30 BINGO (FCDR)</p>  | <p>10:00 Music and Movement (MLL) 30 10:30 Wal Mart Shopping Trip & McDonalds Lunch (Sign Up) (OUT) 11:00 Word Association (MLL) 2:30 Christmas in July Social (MLDR) 6:00 Christmas Movie! (MLL)</p> | <p>11:30 Arts and Crafts (MLDR) 31 2:30 July Birthday Party with Jeff Poolton (FCDR) 6:00 Wine and Cheese Social (MLDR)</p> |  |