



July 2026

Sandy Fields

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Sandy Fields Dining Room (SFDR) Resident Room (RR) Chapel (CH) Gold Leaf Walk Dining Room (GLWD) Sandy Fields Lounge (SFL) Courtyard (C) Quance Lane Dining Room (QLDR) Various Locations (Vari) Outing (O) Bistro (B) sandy Fields main balcony (SA) Harvest Way Dining Room (HWDR) Harvest Way Lounge (HWL) Boardroom (BR)			Canada Day 1 9:15 Body Balance (SFDR) 2:30 Canada Day Social! (CH) 4:00 Manicures (SFDR) 6:30 Card Games (SFDR)	2 10:15 Friendly Visits (RR) 11:00 Drawing Art (SFDR) 2:00 Catholic Church Service (CH) 2:00 Visiting Family (Vari) 3:15 Balloon Badminton (SFDR) 4:00 Ice cream/Popsicle	3 10:00 Montessori (SFDR) 11:00 Dance Club (SFL) 1:30 Friendly Visits (RR) 2:30 Entertainment with Ken Lightheart (CH) 6:30 Hang Man (SFDR)	4 1:45 Around the Harvest Table (SFDR) 2:30 Bingo (GLWD) 4:00 Manicures (SFDR) 6:30 Sing Along (SFL)
5 1:00 Refreshment On the Patio (SA) 1:45 Mindful Moments To Music (SFDR) 2:30 Hymn Sing (CH) 4:00 Google Earth Destinations! (SFDR)	6 9:00 Visiting Family (Vari) 10:15 You be the judge (SFDR) 11:00 Balloon Badminton (SFDR) 1:45 Around the Harvest Table (SFDR) 3:00 Baking (SFDR)	7 9:15 Pump it Up! (SFDR) 10:00 Bingo (GLWD) 10:15 Friendly Visit (RR) 11:00 Floor Hockey (SFDR) 1:30 Pastor 1:1 Visit 2:00 Coffee and conversation (RR) 2:00 Movie Matinee (CH) 4:00 Outdoor Walks/Wheels (C)	8 9:15 Body Balance (SFDR) 1:30 Discussion Group (CH) 2:00 Coffee and conversation (RR) 2:00 Manicures (RR) 2:00 Drawing Arts (SFDR) 6:30 Sing Along (SFL)	9 9:15 Get Energized (SFDR) 1:30 Bonneihealth Lavender Farm (O) 2:00 Coffee and conversation (RR) 3:00 Balloon Badminton (SFDR) 4:00 Courtyard Visit (C) 6:30 Movie & Munchies (SFDR)	10 9:15 Stretching Class (SFDR) 1:30 Wood Working with Bill (QLDR) 2:00 Coffee and conversation (RR) 3:00 Bowling (QLDR) 6:30 Karaoke (CH)	11 10:15 Manicures (SFDR) 11:00 Parachute game (SFDR) 2:00 Coffee and conversation (RR) 2:30 Bingo (GLWD) 4:00 Courtyard Visit (RR)
12 10:15 Around the Harvest Table (SFDR) 11:00 Balloon Badminton (SFDR) 2:00 Coffee and conversation (RR) 2:30 Hymn Sing (CH) 4:00 Doll Care (SFDR)	13 10:00 Residents Council (GLWD) 10:15 Friendly Visit (RR) 11:00 Seating Yoga (SFDR) 1:45 Around the Harvest Table (SFDR) 2:00 Coffee and conversation (RR) 3:00 popsicle making (SFDR)	14 1:30 Manicures (SFDR) 1:30 Music Therapy with Krystina (SFL) 2:00 Coffee and conversation (RR) 3:00 Sing Along (SFDR) 4:00 Outdoor Walks/Wheels (C) 6:30 Community Bingo (GLWD)	15 9:15 Body Balance (SFDR) 12:00 Diner's Club (B) 2:00 Coffee and conversation (RR) 2:00 Drumming Circle (SFDR) 3:30 Creative Corner (SFDR) 6:30 Name That Tune (SFL)	16 10:15 Around the Harvest Table (SFDR) 11:00 Axe Throwing (SFDR) 2:00 Coffee and conversation (RR) 2:30 Melody Makers (CH) 4:00 1:1 Visit (RR)	17 10:00 Seating Yoga (HWDR) 11:00 Baking (SFDR) 2:00 Coffee and conversation (RR) 3:00 Bowling (QLDR) 6:30 Meditation (SFDR)	18 1:45 Around the Harvest Table (SFDR) 2:00 Coffee and conversation (RR) 2:30 Bingo (GLWD) 4:00 Reminiscence (SFDR) 6:30 Sing Along (SFDR)
19 10:00 Hymn Sing (CH) 1:45 Hewitt's Dairy Bar (O) 2:00 Coffee and conversation (RR) 6:30 Card Games (SFDR)	20 10:15 Say the word on the Beat (SFDR) 11:00 Ring Toss (SFDR) 1:45 Colouring (SFDR) 2:00 Coffee and conversation (RR) 3:00 Baking (SFDR)	21 Christmas in July (Vari) 9:15 Pump it Up! (SFDR) 1:30 Pastor 1:1 Visit 2:00 Coffee and conversation (RR) 2:30 Bingo (GLWD) 4:00 Manicures (SFDR) 6:30 Weird History (SFDR)	22 9:15 Body Balance (SFDR) 2:00 Coffee and conversation (RR) 2:00 Crossword Puzzle/Word Search (SFDR) 2:30 Church Service with Chaplain Peggy (CH) 4:00 Outdoor Walks/Wheels (C) 4:00 Colouring 6:30 Euchre/Card Game Night (B)	23 9:15 Get Energized (SFDR) 2:00 Coffee and conversation (RR) 2:00 Bean Bag Toss (SFDR) 3:00 Mind jogger (SFDR) 4:00 Outdoor Walks/Wheels (C) 6:30 Hang Man (SFDR)	24 9:15 Stretching Class (SFDR) 1:45 Puzzles (SFDR) 2:00 Coffee and conversation (RR) 3:00 Bowling (QLDR) 4:00 1:1 Visit (RR) 6:30 Karaoke (CH)	25 10:00 Bingo (GLWD) 1:30 Walmart Shopping (O) 2:00 Coffee and conversation (RR) 4:00 Friendly Visits (RR)
26 10:15 Zumba Dance (SFDR) 11:00 Art & Crafts (SFDR) 2:00 Coffee and conversation (RR) 2:30 Hymn Sing (CH) 4:00 Outdoor Walks/Wheels (C)	27 10:15 Around the Harvest Table (SFDR) 11:00 Axe Throwing (SFDR) 1:45 Parachute game (SFDR) 2:00 Coffee and conversation (RR) 3:00 Say the Word on the Beat (SFDR)	28 1:30 Music Therapy with Krystina (SFL) 1:30 Outdoor Walks/Wheels (C) 2:00 Coffee and conversation (RR) 2:30 Bingo (GLWD) 4:00 Colouring (SFDR) 6:30 Baking (SFDR) 6:30 Ladder Ball (HWL)	29 9:15 Body Balance (SFDR) 2:00 Coffee and conversation (RR) 6:30 Birthday Party with Suzie Q (CH)	30 9:00 Program Dept Meeting (BR) 10:15 1:1 Visit (RR) 11:00 Boccia Ball (SFDR) 1:45 Art & Crafts (SFDR) 2:00 Coffee and conversation (RR) 3:00 Sing Along (SFDR)	31 10:00 Montessori (SFDR) 11:00 Daily Chronicles (SFDR) 2:00 Coffee and conversation (RR) 3:00 Bowling (QLDR) 4:00 Manicures (RR) 6:30 Comedy night (SFL)	Dimensions Of Wellness Legend Social Emotional Physical Intellectual Spiritual