

Brittany and Laura are your home area Recreationists—please feel free to reach out to them anytime with questions, ideas, or program suggestions!

# July 2026

## Sebastopol Road



| Sunday                                                                                                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                             | Friday                                                                                                                                                                                       | Saturday                                                                                                                 |
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| <u>Locations Legend</u><br>Sebastopol Road Dining Hall (SRDH)<br>Sebastopol Road Residents Room (SRRR)<br>Sebastopol Road Lounge (SRL)<br>Williams Way Dining Hall (WWDH)<br>In Community (IC)<br>Courtyard (CY)<br>Chapel (Ch)<br>Cafe (C)<br>Sebastopol Road Courtyard (SRC)<br>Old Schoolhouse Lane Dining Hall (OSDL) |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                         | <b>Canada Day</b><br>9:30 Morning Meditation - Canadian Sounds (SRDH)<br>9:45 Ring Toss (SRDH)<br>10:30 Current Events (SRDH)<br>1:30 Lifelong Learning: History of O Canada (SRDH)<br>2:00 Walks & Talks (SRRR)<br><b>3:00 Canada Day Celebration - with Derby Music (CY)</b><br><b>6:15 Outing to Tavi Chill (IC)</b> | 1:15 Active Games (SRDH)<br>2:15 Readers Corner (SRDH)<br>3:00 Trivia (SRDH)<br>6:30 Knitting Group (SRDH)                                                           | 9:30 Who, What, Where am I (SRL)<br>10:30 Pump It Up! (SRDH)<br>10:45 Colouring (SRDH)<br>1:30 Active Games (SRDH)<br>3:00 Crafter's Corner (SRDH)                                           | 9:45 Bocce Ball (SRDH)<br>10:30 Travelogue (SRDH)<br>1:30 Walks and Talks (SRRR)<br>3:00 Bingo (WWDH)                    |
| 9:30 Virtual Church Service (SRL)<br>10:30 Hymn Sing (SRDH)<br>1:45 Sunday Social (SRC)<br>3:15 Whiteboard Games (SRDH)                                                                                                                                                                                                   | 9:30 Bocce Ball (SRL)<br>10:30 Sing-A-Long (SRL)<br>10:45 Manicures (SRRR)<br>1:30 "Sweet T" Tea Party (SRDH)<br><b>3:00 Live Music and Mocktails with Jim (CY)</b><br>3:15 Friendly Visits (SRRR)<br>6:30 Music Trivia: Great Canadian Artists (SRDH) | 9:30 Wii Games (SRDH)<br>10:30 Music Trivia (SRDH)<br>1:15 Pump It Up! (SRDH)<br><b>1:30 Scenic Tour Boat Ride in Stratford (IC)</b><br>1:45 Board Games (SRDH)<br>2:45 Reminiscing: Parades (SRDH)                                     | 1:15 Noodle Hockey (SRDH)<br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br>6:30 Cranium Crunches (SRDH)                                                                                                                                                                                                           | 1:15 Bean Bag Toss (SRDH)<br>2:30 Cranium Crunches (SRDH)<br>3:15 Current Events (SRDH)<br>6:30 Knitting Group (SRDH)<br>6:30 Euchre (WWDH)                          | 9:30 Pump It Up! (SRDH)<br>1:15 Bowling (SRDH)<br>2:15 Short Stories (SRDH)<br>3:15 Manicures (SRDH)<br><b>6:30 Happy Hour with James Skarnikat (CY)</b>                                     | 1:15 Ring Toss (SRDH)<br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br>6:30 Short Stories (SRDH)                   |
| 1:15 Virtual Church Service (SRDH)<br>2:15 Bean Bag Toss (SRDH)<br>3:30 Patio Visits (SRC)<br>6:30 Find The Fakes: Funny Laws (SRDH)                                                                                                                                                                                      | 9:30 Bocce Ball (SRL)<br>9:30 Euchre (WWDH)<br>10:30 Sing-A-Long (SRL)<br>10:45 Manicures (SRRR)<br>1:15 Pump It Up! (SRDH)<br>1:45 "Sweet T" Tea Party (SRDH)<br><b>3:00 Live Music with Conn (CY)</b><br>3:15 Friendly Visits (SRRR)                 | 9:30 Wii Games (SRDH)<br>1:15 Pump It Up! (SRDH)<br><b>1:30 Excursion to Transitions Horse Farm (IC)</b><br>1:45 Board Games (SRDH)<br>2:45 Jeopardy Trivia (SRL)<br>6:30 Book Club (SRDH)                                              | 9:30 Morning Meditation (SRDH)<br>9:45 Ring Toss (SRDH)<br>10:30 Current Events (SRDH)<br>1:15 Noodle Hockey (SRDH)<br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br><b>6:15 Outing to Tavi Chill (IC)</b>                                                                                                        | 10:00 Music with Jenn (SRDH)<br><b>1:30 Value Awards Celebration (Ch)</b><br>3:00 Whiteboard Games (SRDH)<br>4:00 Calendar Prep (SRDH)<br>6:30 Knitting Group (SRDH) | 10:30 Pump It Up! (SRDH)<br>10:45 Manicures (SRDH)<br><b>1:30 Trip to Lyndon Pond (IC)</b><br>1:30 Travelogue (SRDH)<br>2:30 Active Games (SRDH)<br>3:30 Afternoon Tea Time (SRDH)           | 9:45 Bocce Ball (SRDH)<br>10:30 National Geographic (SRDH)<br>1:30 Bistro Visits (C)<br>3:00 Bingo (WWDH)                |
| 9:30 Virtual Church Service (SRL)<br>10:30 Hymn Singing (SRL)<br>1:45 Sunday Social (SRDH)<br>2:30 Crafter's Corner (SRDH)                                                                                                                                                                                                | 9:30 Bocce Ball (SRL)<br>10:30 Sing-A-Long (SRL)<br>10:45 Manicures (SRRR)<br>1:45 "Sweet T" Tea Party (SRDH)<br><b>3:00 Live Music with Eric Dolson (CY)</b><br>3:15 Friendly Visits (SRRR)<br>6:30 Book Club (SRDH)                                  | 9:30 Wii Games (SRDH)<br>1:15 Pump It Up! (SRDH)<br>1:45 Board Games (SRDH)<br>2:30 Bistro Visits (C)<br><b>4:00 Car Show at Tavistock Mennonite (IC)</b>                                                                               | 1:15 Noodle Hockey (SRDH)<br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br>6:30 Short Stories (SRDH)                                                                                                                                                                                                              | 1:30 Baking (SRDH)<br>2:30 Sweet Treats Social (SRDH)<br>3:30 Current Events (SRDH)<br>6:30 Knitting Group (SRDH)<br>6:30 Euchre (WWDH)                              | 9:30 Pump It Up! (SRDH)<br>1:15 Crafter's Corner (SRDH)<br>2:30 Manicures (SRRR)<br>3:30 Dear Abby's (SRDH)<br><b>6:15 Excursion to Tavi Chill (IC)</b>                                      | 1:15 Ring Toss (SRDH)<br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br>6:30 Travelogue: Ye Olde Williamsburg (SRL) |
| 1:15 Virtual Church Service (SRDH)<br>2:30 Noodle Hockey (SRDH)<br>3:30 Walks & Talks (SRRR)<br>6:30 EZ Trivia (SRL)                                                                                                                                                                                                      | 9:30 Bocce Ball (SRL)<br>9:30 Euchre (WWDH)<br>10:30 Sing-A-Long (SRL)<br>10:45 Manicures (SRRR)<br>1:15 Pump It Up! (SRDH)<br>1:45 "Sweet T" Tea Party (SRDH)<br><b>3:00 Live Music with Henry Winter (CY)</b><br>3:15 Friendly Visits (SRRR)         | 9:30 Wii Games (SRDH)<br>1:15 Pump It Up! (SRDH)<br>1:15 Friendly Visits (SRRR)<br><b>1:30 River Walk in St. Marys (IC)</b><br>1:45 Board Games (SRDH)<br>2:15 Bowling (SRDH)<br>3:30 Finish The Phrase (SRDH)<br>6:30 Book Club (SRDH) | 9:30 Morning Meditation (SRDH)<br>9:45 Ring Toss (SRDH)<br>10:30 Current Events (SRDH)<br>1:00 Noodle Hockey (SRDH)<br><b>1:30 Resident's Council (Ch)</b><br>2:00 Friendly Visits (SRRR)<br>3:00 Bingo (WWDH)<br><b>6:15 Outing to Tavi Chill (IC)</b>                                                                 | 10:00 Music with Jenn (SRDH)<br><b>12:00 July Birthday Lunch (Ch)</b><br>2:15 Dear Abby's (SRDH)<br>3:30 Bistro Visits (C)<br>6:30 Knitting Group (SRDH)             | 9:30 A Year in the Life of Porcupine (SRDH)<br>10:30 Pump It Up! (SRDH)<br>10:45 Patio Visits<br>1:30 Who, What, Where am I (SRDH)<br>2:30 Bocce Ball (OSDL)<br>3:30 Colour a Platter (SRDH) |                                                                                                                          |