

July, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUD – Auditorium CR – Craft Room DR – Dining Room PR – Pool Room R – Rental X – Extra Fees Appl	Minimum \$2.00 drop-in fee for all activities plus some activities have an additional fee between \$3.00 - \$10.00 if instructor led class		CANADA DAY OFFICE CLOSED 8:30 Table Tennis – Aud 10:30 Stretch & Strength – Aud (X)	9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Beg. Line Dance – Aud (R)	10:00 Canasta – CR 12:30 Painters Group – CR 3:00 Intermediate Tai Chi - Aud 6:30 Bingo – Aud	Rental – AUD 8:00 pm – 12:00 am
5 10:30 Spiritualist Church – Aud (R) 3:30 Pentecostal Church – Aud (R)	6 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 5:30 Intermediate Tai Chi – Aud	7 9:00 Friends Fitness – Aud (X) 10:00 Ladies Pool – PR 1:30 Book Club #2 - CR 4:30 Chair Yoga - Aud (X)	8 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Stretch & Strength – Aud (X) 1:00 Texas Hold’Em – CR 1:30 Stroke Recovery Private -Aud (R) 5:30 Intermediate Tai Chi – Aud	9 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Beg. Line Dance – Aud (R)	10 10:00 Canasta – CR 12:30 Painters Group – CR 3:00 Intermediate Tai Chi - Aud 6:30 Bingo – Aud	11
12 3:30 Pentecostal Church – Aud (R)	13 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 1:30 Board Meeting - CR 5:30 Intermediate Tai Chi – Aud	14 9:00 Friends Fitness – Aud (X) 10:00 Ladies Pool – PR 1:30 Crafts - CR 4:30 Chair Yoga – Aud (X) 7:00 Spiritualist Church - Aud	15 8:30 Table Tennis – Aud 10:00 Canasta – CR 1:00 Texas Hold’Em – CR 1:30 Stroke Recovery Private -Aud (R) 5:30 Intermediate Tai Chi – Aud	16 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi - Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Beg. Line Dance – Aud (R)	17 10:00 Canasta – CR 12:30 Painters Group – CR 3:00 Intermediate Tai Chi - Aud 6:30 Bingo – Aud	18
19 10:30 Spiritualist Church – Aud (R) 3:30 Pentecostal Church – Aud (R)	20 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 1:30 Book Club #1 - CR 5:30 Intermediate Tai Chi – Aud	21 9:00 Friends Fitness – Aud (X) 10:00 Ladies Pool – PR 4:30 Chair Yoga - Aud (X)	22 8:30 Table Tennis – Aud 10:00 Canasta – CR 1:00 Texas Hold’Em – CR 1:30 Stroke Recovery Private- Aud (R) 5:30 Intermediate Tai Chi – Aud	23 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi – Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Beg. Line Dance – Aud (R)	24 10:00 Canasta – CR 12:30 Painters Group – CR 3:00 Intermed Tai Chi – Aud 6:30 Bingo – Aud	25
26 10:30 Spiritualist Church – Aud (R) 3:30 Pentecostal Church – Aud (R)	27 8:30 Table Tennis – Aud 10:00 Canasta – CR 10:30 Strength & Stretch – Aud (X) 1:30 Begin Line Dance – Aud 5:30 Intermediate Tai Chi – Aud	28 9:00 Friends Fitness – Aud (X) 10:00 Ladies Pool – PR 1:30 Crafts - CR 4:30 Chair Yoga – Aud (X)	29 8:30 Table Tennis – Aud 10:00 Canasta – CR 1:00 Texas Hold’Em – CR 1:30 Stroke Recovery Private- Aud (R) 5:30 Intermediate Tai Chi – Aud	30 9:00 Friends Fitness – Aud (X) 10:00 Yoga for Cancer – CR 10:15 Beginner Tai Chi – Aud 1:00 Social Bridge – CR 1:30 Table Tennis – Aud 7:00 Beg. Line Dance – Aud (R)	31 10:00 Canasta – CR 12:30 Painters Group – CR 3:00 Intermed Tai Chi – Aud 6:30 Bingo – Aud	