

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday






July 2026

COSTAIN COURT



Canada Day

	<h1>July 2026</h1> <h2>COSTAIN COURT</h2>		 <p>Canada Day</p>	<p>1 9:30 Obie 10:15 Reminiscing on the Balcony 11:00 Virtual Catholic Mass 1:30 Hymns w Cynthia (Cafe) 2:30 Café Social 6:00 Senses & Serenity</p>	<p>2 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 2:00 July Birthday Party w Jim Y (Noble Hall) 4:15 Trivia Night</p>	<p>3 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 2:00 July Birthday Party w Jim Y (Noble Hall) 4:15 Trivia Night</p> <p>4 11:00 Rosary Group 1:30 Afternoon News</p> <p>Independence Day (U.S.)</p>
<p>5 10:00 Church Service 10:50 Eucharist Visits 2:15 Bean Bag Toss</p>	<p>6 9:30 Beauty Boutique 10:15 Singing in Memory Lane 11:00 Exercise Class 1:30 Colour & Chat @ Café 1:30 Singing in Memory Lane 2:15 Scrabble</p>	<p>7 9:30 Resident Program Choice Meeting 10:15 Bingo 11:00 Reminiscing on the Balcony 1:30 Getting to know your Neighbour (Café) 3:00 Neighbourly Visit 6:30 Pub Night w Joan M</p>	<p>8 TREAT TROLLEY AM 9:30 Skylight Café Social 10:15 Virtual Church Service 11:00 Exercise Class 1:30 Mutli Sensory Visits 2:15 Euchre Club 2:15 Creative Colouring 3:00 Neighbourly Visit 4:15 Musical Memories</p>	<p>9 9:30 Obie 10:15 Falls Prevention Class 10:15 Virtual Catholic Mass 11:00 Anglican Communion (Noble Hall) 1:30 Men's Group (MT) 1:30 Music Over the Decades 1960 (Café) 2:15 Café Social 6:00 Senses & Serenity</p>	<p>10 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 2:00 Ice Cream Social (Davis Courtyard) 4:15 Trivia Night</p>	<p>11 11:00 Rosary Group 1:30 Animal Documentary</p>
<p>12 10:00 Church Service 10:50 Eucharist Visits 2:15 Shuffleboard</p>	<p>13 9:30 Exercise Class 10:30 JULY BINGO (Noble Hall) 1:30 Colour & Chat @ Café 1:30 Euchre Club 1:30 Multi Sensory Visits 2:15 Read with Me on the Balcony</p>	<p>14 9:30 Growing w Friends (CS) 10:15 Sing a Long (CS) 11:00 Ride to the Rhythm (CS) 2:00 Ladies Club (Café) 2:45 Baby Spa Group 3:30 Bingo 4:15 Outdoor Walks 6:30 Pub Night w Terry's Tunes</p> <p>Bastille Day</p>	<p>15 TREAT TROLLEY AM 9:30 Skylight Café Social 10:15 Virtual Church Service 11:00 Exercise Class 1:30 Resident Council Meeting 1:30 Multi Sensory Visits 2:15 Euchre Club 2:15 Water Colour Painting 3:00 Neighbourly Visit 4:15 Musical Memories</p>	<p>16 9:30 Obie 10:15 Reminiscing on the Balcony 11:00 Catholic Mass (Noble Hall) 1:30 Music Over the Decades 1977 (Café) 2:15 Café Social 6:00 Senses & Serenity</p>	<p>17 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 2:00 Welcome Party w Sonny S (Noble Hall) 4:15 Trivia Night</p>	<p>18 11:00 Rosary Group 1:30 Afternoon News</p>
<p>19 10:00 Church Service 10:50 Eucharist Visits 2:15 Ax Throw</p>	<p>20 9:30 Beauty Boutique 10:15 Singing in Memory Lane 11:00 Exercise Class 1:30 Colour & Chat @ Café 1:30 Multi Sensory Visits 2:15 Scrabble</p>	<p>21 9:45 Morning Drive Tim Horton's CP/CC/BT 10:30 Bingo 1:30 Sip & Create (Café) 3:00 Neighbourly Visit 6:30 Pub Night w Jeff M</p>	<p>22 TREAT TROLLEY AM 9:30 Skylight Café Social 10:15 Virtual Church Service 11:00 Exercise Class 1:30 Outdoor Walks 2:15 Euchre Club 2:15 Creative Colouring 3:00 Neighbourly Visit 4:15 Musical Memories</p>	<p>23 9:30 Obie 10:15 Falls Prevention Class 10:15 Reminiscing on the Balcony 11:00 Virtual Catholic Mass 1:30 Men's Group (MT) 1:30 Resident Town Hall (Noble Hall) 2:15 Café Social 6:00 Senses & Serenity</p>	<p>24 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 2:00 Christmas in July (Noble Hall) 4:15 Trivia Night</p>	<p>25 11:00 Rosary Group 1:30 July Travelogue</p>
<p>26 10:00 Church Service 10:50 Eucharist Visits 2:15 Table Bowling</p>	<p>27 9:30 Beauty Boutique 10:15 Singing in Memory Lane 11:00 Exercise Class 1:30 Colour & Chat @ Café 1:30 Euchre Club 1:30 Multi Sensory Visits 2:15 July Trivia</p>	<p>28 9:30 Mind Games 10:15 Bingo 11:00 Reminiscing on the Balcony 1:30 Board Games 2:15 Baby Spa Group 3:00 Neighbourly Visit 6:30 Pub Night w Jeff D</p>	<p>29 TREAT TROLLEY AM 9:30 Skylight Café Social 10:15 Virtual Church Service 11:00 Exercise Class 1:30 Multi Sensory Visits 2:15 Euchre Club 2:15 Painting to Music 3:00 Neighbourly Visit 4:15 Musical Memories</p>	<p>30 9:30 Obie 10:15 Read with Me 11:00 Virtual Catholic Mass 1:30 Music Over the Decades 1984 (Café) 2:15 Café Social 6:00 Senses & Serenity</p>	<p>31 9:30 Sing Along 10:15 Bingo 11:00 Exercise Class 1:00 Volunteer Pet Visits 1:30 Beach Ball Fun 2:15 Outdoor Walks 3:00 Neighbourly Visit 4:15 Trivia Night</p>	

Any Questions-Contact Macie at ext 4289

In the instance of an outbreak 1:1 programs will be provided

Programs ran by CS/TB may be cancelled due to availability