

Nipissing Manor Activity Calendar – July - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Room Abbreviations AR = Activity Room MDR = Main Dining Room QR = Quiet Room 2E = 2nd floor East Lounge RHDR=Retirement Dining Room	1. Canada Day  Coffee Time 10:00 Canada Day Sing-a-long with Heather 10:15 Cup Races & Canada Day Party in the Park 2:00 Afternoon Tea 2:30	2. Stretch & Flex 9:45 Coffee Time 10:00 Arts & Crafts: Flower Suncatchers 10:15 Hanging Umbrella Game 2:00 Afternoon Tea 2:30	3. Coffee Time 10:00 Exercise Class 10:15 Bowling  2:15 Afternoon Tea 3:00	4. Stretch & Flex 9:45 Morning Coffee 10:00 Word Games 10:15 Salvation Army  2:15 Afternoon Tea 3:00 Movie and Snacks 6:45	5. Coffee Time 10:00 Bingo 10:15 Hockey 2:00 Afternoon Tea 2:30
6. Coffee Time 10:00 Yoga Class 10:15 Games in the Park 2:00 Afternoon Tea  2:30 Hymn Sing 6:45	7. Coffee Time 10:00 Bingo  10:15 Card Games 2:00 Afternoon Tea 2:30	8. Coffee Time 10:00 Exercise Class 10:15 July Birthday Party and Music with Heather 2:15 Gospel Hall  6:45	9. Wacky Hair Wednesday Stretch & Flex 9:45 Coffee Time 10:00 Arts & Crafts: Summer Fruit 10:15 Manicures 2:00 Afternoon Tea 2:30	10. Coffee Time 10:00 Exercise Class 10:15 Cheesecake Salad 1:30 Water Balloon Toss in the Park 2:00 Afternoon Tea  2:30 Hand Soaks and Massage 6:45	11. Stretch & Flex 9:45 Coffee Time 10:00 Boggle 10:00 Connect 4  2:00 Friday Afternoon Social 2:30	12. Coffee Time 10:00 Bingo 10:15 Shuffleboard 2:00 Afternoon Tea 2:30 Music on Demand 6:45
13. Country Western Week Stretch & Flex 9:45 Coffee Time 10:00 PLINKO 10:15 Pony visit with Grace & Reddy & Fizzy in the Park 2:00  Afternoon Tea 2:30	14. Coffee Time 10:00 Bingo 10:15 Strawberry Shortcake Kabobs 1:30 Shoot Out 2:00 Root Beer Floats 2:30	15. Coffee Time  10:00 Bilingual Catholic Mass 10:15 Residents' Council Meeting 1:30 Exercise Class 2:00 Afternoon Tea 2:30	16. Stretch & Flex 9:45 Coffee Time 10:00 Arts & Crafts: Wanted Signs 10:15 Resident Summer Extravaganza in the Park & Tattoos 2:00-3:30  6:45 Manicures	17. Coffee Time 10:00 Seated Line Dancing 10:15 Southshore Missionary Church Service 2:15 Afternoon Tea 3:00	18. Stretch & Flex 9:45 Coffee Time 10:00 Trivia 10:15 Slot Machines 2:00 Friday Afternoon Social 2:30 Evening Strolls 6:45	19. Coffee Time 10:00 Bingo  10:15 Country Music Sing-a-Long with Heather  2:15 Afternoon Tea 3:00
20. National Ice Cream Day Coffee Time 10:00 Yoga Class 10:15 Guess the Animal 2:00 Ice Cream Social  2:30 Ball Toss 6:45	21. Coffee Time 10:00 Bingo  10:15 Air Hockey 2:00 Afternoon Tea 2:30	22. Coffee Time 10:00 Bilingual Catholic Mass 10:15 Peanut Butter Oat Cups 1:30 Ladder Toss 2:00 Afternoon Tea 2:30 Reading Group 6:45	23. Stretch & Flex 9:45 Coffee Time 10:00 Arts & Crafts: Dream Sunglasses 10:15 Manicures 2:00 Afternoon Tea 2:30	24. Coffee Time 10:00 Exercise Class 10:15 Music with Norm 2:15 Afternoon Tea 3:00 Name that Tune 6:45	25. Stretch & Flex 9:45 Coffee Time 10:00 Charades 10:15 Mini Putt  2:00 Friday Afternoon Social 2:30	26. Coffee Time 10:00 Bingo 10:15 Volleyball 2:00 Afternoon Tea 2:30 Tunes & Trivia 6:45
27. Stretch & Flex 9:45 Coffee Time 10:00 Cornhole  10:15 Sing-a-long 2:00 Afternoon Tea 2:30	28. Coffee Time 10:00 Bingo 10:15 Bye Bye Birdie  2:00 Afternoon Tea 2:30 John Wayne Night 6:45	29. Coffee Time 10:00 Bilingual Catholic Mass 10:15 Card Games 2:00 Afternoon Tea 2:30	30. Stretch & Flex 9:45 Coffee Time 10:00 Singing Bingo 10:15 Arts & Crafts: Puffy Paint Ice Cream Cones 2:00 Afternoon Tea 2:30 Music on Demand 6:45	31. Coffee Time 10:00 Exercise Class 10:15 Making Fruit Salads in the Park 1:30 Horseshoes  2:00 Afternoon Tea 2:30	 Therapeutic Park will be open from 10:00- 11:00 & 2:00-3:30 daily. Weather Permitting. Sun hats & sunscreen are required in the Therapeutic Park.	