



July 2026

Nipissing Manor Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Stretch & Flex will be conducted daily in the AR & QR at 9:30am and 1:30pm</i> <i>OR in the therapeutic park, weather permitting</i>	<i>All Outdoor activities are based on Weather Depending-Please check the daily whiteboard for location changes</i>	<i>This Month Theme is:</i> 	Morning Coffee - AR 10:00 1 Arts & Crafts: Canada Day Flags - AR 10:15 O' CANADA BASH ON THE PATIO, WEAR YOUR RED & WHITE! 2:15	Morning Coffee in the park 10:00 2 Exercise Class in the park 10:15 Bucket Ball Game - AR 2:15 Afternoon Tea - AR 3:00	Morning Coffee - AR 10:00 3 The Alphabet Game - AR 10:15 Friday Afternoon Social in the park 2:15	Morning Coffee - MDR 10:00 4 BINGO - MDR 10:15 Acorn Pitch in the park 2:15 Afternoon Tea in the park 3:00
Morning Coffee - AR 10:00 5 Televised Catholic Mass - AR & QR 10:15 Tic Tac Throw - AR 2:15 Afternoon Tea - AR 3:00	Morning Coffee - AR 10:00 6 Shuffle Board - AR 10:15 BINGO in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - MDR 10:00 7 Catholic Mass - MDR 10:15 Noodle Hockey on the patio 2:15 Afternoon Tea on the patio 3:00	Morning Coffee - AR 10:00 8 Arts & Crafts: Hydrangea Painting - AR 10:15 Resident Summer Luncheon in the park 11:30	Morning Coffee in the park 10:00 9 Exercise class in the park 10:15 Making Fruit Salsa - 2EL 2:15 Trivia in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - AR 10:00 10 Guess the Spice - AR 10:15 Friday Afternoon Social and Songs and Smiles with the Rock Choir - MDR 2:15	Morning Coffee - MDR 10:00 11 BINGO - MDR 10:15 Which Came First Brain Game - AR 2:15 Afternoon Tea - AR 3:00
Morning Coffee - AR 10:00 12 Televised Catholic Mass - AR & QR 10:15 Granny Pants Game - AR 2:15 Afternoon Tea - AR 3:00	Morning Coffee - AR 10:00 13 Discussion Circle - AR 10:15 BINGO in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - MDR 10:00 14 Catholic Mass - MDR 10:15 July Birthday Party in the park with Grace and her Horses 2:15 Afternoon Tea in the park 3:00	Morning Coffee - AR 10:00 15 Arts & Crafts: Coffee filter flowers - AR 10:15 Neon Block Party on the patio 2:15 Afternoon Tea on the patio 3:00	Morning Coffee in the Park 10:00 16 Exercise Class in the park 10:15 Southshore Missionary Service - MDR 2:15 Afternoon Tea - MDR 3:00	Morning Coffee - AR 10:00 17 Celebrity Head Band Game - AR 10:15 Friday Afternoon Social and Music with Norm - MDR 2:15	Morning Coffee - MDR 10:00 18 ZUMBA in the park with Shelley 10:15 BINGO - MDR 2:15 Afternoon Tea in the park 3:00
Morning Coffee - AR 10:00 19 Televised Catholic Mass - AR & QR 10:15 Frisbee Challenge in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - AR 10:00 20 Pictionary - AR 10:15 BINGO in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - MDR 10:00 21 Catholic Mass - MDR 10:15 Residents Council Mtg - AR 1:30 Movie Matinee - AR 2:15 Afternoon Tea - AR 3:00	Morning Coffee - AR 10:00 22 Arts & Crafts: Puzzle Art - AR 10:15 Modified Fishing in the Park 2:15 Afternoon Tea in the Park 3:00	Morning Coffee in the Park 10:00 23 Exercise class in the park 10:15 Making: Cucumber Summer Salad - 2EL 2:15 Word Games - AR 2:15 Afternoon Tea - AR 3:00	Morning Coffee - 10:00 24 Find the JOKER - AR 10:15 Friday Afternoon Social with specialty lemonade in the park 2:15	Morning Coffee - MDR 10:00 25 BINGO - MDR 10:15 Christmas in July Word Games - AR 2:15 Afternoon Tea - AR 3:00
Morning Coffee - AR 10:00 26 Televised Catholic Mass - AR & QR 10:15 Mini Putt in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - AR 10:00 27 Name Ball Game - AR 10:15 BINGO in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - MDR 10:00 28 Catholic Mass - MDR 10:15 Water Balloon Toss in the park 2:15	Morning Coffee - AR 10:00 29 Arts & Crafts: Egg Carton Flowers - AR 10:15 Floats & Tunes in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee in the Park 10:00 30 Exercise class in the park 10:15 Slot Machines in the park 2:15 Afternoon Tea in the park 3:00	Morning Coffee - AR 10:00 31 Fact OR Fiction - AR 10:15 Friday Afternoon Social in the park 2:15	Room Abbreviations AR=Activity Room MDR=Main Dining Room QR=Quiet Room 2E=2nd East Lounge