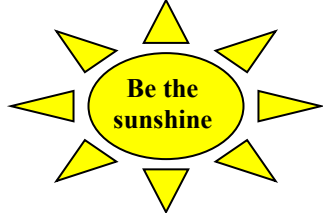




July 2026 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS			 OFFICE CLOSED			
5	6	7	8	9	10	11
“AWAKEN THE SUNSHINE WITHIN YOU”	10:30 Strengthening Exercises 1:30 Ladder Ball Pearl B. – B-Day	10:30 Outdoor Walk & Gardening 1:30 Guess the Song Title	10:30 Group Crossword Puzzle 1:30 Outdoor Lawn Darts	1:30 Beach Volleyball 6pm Canadian Travel	10:30 Chair Yoga 1:30 Outdoor Sing-a-long	10:00 Manicures 1:30 How many words from “Summer Holidays”
12	13	14	15	16	17	18
10:15 Worship Service 1:30 Washer Toss	10:30 Strengthening Exercises 1:30 Fun Facts about Canada	10:30 Fun & Fitness 1:30 Monthly Birthday Party w/Cal Wookey	10:30 Chair Dancing 1:30 Bocce Ball Frisbee Golf	1:30 Outdoor Walk & Gardening 6pm Happy Hour w/Harvey Peltz	10:30 Outdoor Walk & Gardening 1:30 Sing-a-long	10:00 Manicures 1:30 Line Dancing with Laura
19	20	21	22	23	24	25
10:15 Worship Service 1:30 Toss the Hoop	1:30 Sing-a-long with Daniel O'Donnell (DVD)	11:30 1st Floor (Ivy & Ramblin Rose) A&W Lockport Outing Eddie D. – B-Day	10:30 Stretches & Mixed up Canada Day 1:30 Frisbee Golf	1:30 Outdoor Walk & Gardening 6pm Ladder Ball	10:30 Ribbon Dancing 1:30 Outdoor Sing-a-long Charlene Q. – B-Day	10:30 Stretches & Canadian Geography 1:30 Outdoor Water & Bubble Fun
26	27	28	29	 30	31	
10:15 Worship Service 1:30 Baseball Toss	10:30 Strengthening Exercises 1:30 Lawn Darts	10:30 Graceful Ballet Exercises 1:30 Bounce a Bucket of Balls	10:30 Group Crossword Puzzle 1:30 Outdoor Lawn Darts	12pm BBQ Picnic Lunch for all– Hamburgers & Watermelon Alice P. – B-Day	10:30 Outdoor Walk & Gardening 1:30 Sing-a-long	

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES