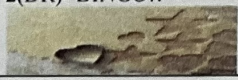


WESTFORD ACTIVITY CALENDAR

July 2026

www.westfordnursinghome.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Please note if weather is decent we will be taking advantage by going outdoors	Welcome Back Students!	1 Canada Day! 9(IN)Mind, Body, Spirit Sing our National Anthem 10(IN) Canada Day  Cupcakes & Coffee 1-Garden Time 2(IN)-Washer Toss & Ice-Cream	2 9(IN)Body, Mind, Spirit 10(IN)-Scategories 11(MP)Magic Table & Activities 2(DR)BINGO!!	3 9(IN)-Body, Mind, Spirit 10(IN)-Room Visits 1:30(IN)-Horse Races 2:30-Snack Cart TGIF 3:30-Small Group Games (crosswords ect..)	4 Port Elgin Lupin Quilt Fair
5	6 9(MP)-Mind, Body, Spirit 10-Room Visits & Garden Time 1(IN)-Movie & Popcorn	7 9(IN)-Body,Mind, Spirit 10(IN)-Hangman 11-Strawberry Craft 2(DR)-BINGO!!	8 Strawberry Tea 9(IN)-Body, Mind, Spirit 10(IN)- Words of Word 1:30(IN)-ThirdWheel 2(DR)- Strawberry  Shortcake & Tea Event	9 Sugar Cookie Day 9(IN)-Body,Mind,Spirit 10(MP)-Baking Therapy 2(DR)- BINGO!! 	10 9(IN)-Body, Mind, Spirit 10(MP)-Shark Craft 1:30(DR)-Garden Time 2:30-Banana splits 3:30-Balloon Toss	11
12 Shark Week 	13 9(IN)-Mind, Body, Spirit 10(MP)-Shark Documentary 1:30-Garden Time 2:30-Snack Cart	14 9(IN)-Body, Mind, Spirit 10-Baking Shark like cookies & decorating 2(DR)- BINGO!!	15 9(IN)-Body, Mind, Spirit 10(MP)-Craft making something sharky 1:00(IN)-Shark Toss 2:30-Snack Cart	16 9(IN)-Body, Mind, Spirit 10(IN)-Movie Jaws & Room Visits 2-(DR)-Bingo/Truemans	17  10(IN)-Games with Max & Marcie & Room Visits 2(IN)TGIF 2:30- M&B Country Music	18 
19	20 9(IN)-Mind, Body, Spirit 10(MP)-Book Club 1:30-Garden Time & Lemonade 2:30-Snack Cart 	21 Junk Food Day 9(IN)-Body,Mind,Spirit 10-Magic Table  & Room Visits 2(DR)-BINGO!!	22 9(IN)- Body,Mind,Spirit 10(IN)-Bow Wow Treats 11(RM)-Knitting Club 1:30(IN) Catholic Church with Father Jscinta 2:30-Snack Cart	23 Vanilla Ice Cream Day 9(IN)-Body,Mind,Spirit 10(IN)-Room Visits & small group games 2(DR)- BINGO!! 	24 9(IN)-Body,Mind,Spirit 10(MP)- Magic  Table & Garden Time 2(IN)- Lise Blakeney Music & Snack Cart	25
26	27 9(IN)-Body,Mind,Spirit 10:00(IN)-Spa Day 1(IN)-Lawn Darts 2:30-Snack Cart 	28 Milk Chocolate Day 9(IN)-Body,Mind,Spirit 10(IN)-Room Visits 11(MP)-Magic Table  2(DR)- BINGO!!	29 Lipstick Day 9(IN)-Body, Mind, Spirit 10:30(Garden)- Beach Day & Refreshments 1:30(IN) Verna Scott United Church 2:30-Snack Cart	30 Cheesecake Day 9(IN)-Body, Mind, Spirit 10-General Trivia & Treat 2(DR)-Bingo	31 9-(IN)-Body, Mind, Spirit 10(IN)- Room Visits 11(IN)-Horse Races 1-(IN) Balloon Volley 2:30(IN)-Birthday Party  Music with Lori Hoffman	
	ROOM LEGEND: MP-Multi-purpose Rm. IN-Inner Lounge OT-Outer Lounge DR-Dining Room	BIRTHSTONE: <i>Ruby</i>	FLOWER: <i>Delphinium</i> <i>Water Lily</i>	ZODIAC: Cancer(JULY 1-22) Leo(JULY 23-31)	Activities are subject to change	