# July 2026
## Wheatland Lodge

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Dimensions Of Wellness Legend<br>Emotional<br>Social<br>Intellectual<br>Physical<br>Spiritual | Levels Of Care Legend<br>Supportive Living | | Stat Holiday<br>Canada Day Festivities at the Park! **1**<br>12:00 Front Parking lot: Please Park Your Vehicle in the Street for Pancake Breakfast Setup!<br>3:00 Canada Day Celebration Cake! (CDA) | 7:30 Strathmore Lions Pancake Breakfast! (PL) **2**<br>10:00 Bean Bag Toss! (CDA)<br>1:30 Walmart Trip (Lynn) (waly)<br>3:00 Jumbo Crosswords! (ComA) | 9:30 'Stretch" Exercises (Dolores) (LLAR) **3**<br>10:00 Floor Shuffleboard: Roughriders vs. Scooby Doo (CDA)<br>10:30 Catholic Communion Service (LLAR)<br>2:00 Spill & Spell Word! (Rosie) (ComA) | 1:30 Canasta with Friends (CDA) **4** |
| 2:00 Sunday Church Services by Seventh Day (LLAR) **5** | 9:30 'Stretch' Exercises (LLAR) **6**<br>1:45 Bingo(Joan B) (CDA)<br>3:00 Texas Holdem Poker $1.00 to play! (Dale K) (CDA) | 9:30 Dice Card Game 25 cents to play! (Natasha & Jodi) (CDA) **7**<br>10:15 CanadianTrivia (Pat H) (CDA)<br>2:00 Local Artist Display (Barb F.) (CDA) | 9:30 Nature Walk: Kinsmen Park! (Sherry) (KP) **8**<br>10:00 Blackjack: $1.00 to play (Dale K) (CDA)<br>10:30 Book Reading (Betty) (RP)<br>2:00 Beach Volleyball on the Veranda! (FV) | 9:30 Trivia Teasers! (CTV) **9**<br>10:00 Bean Bag Toss! (CDA)<br>5:00 Family BBQ- Music by High Mileage Dou! (PL)<br>5:00 it's Party Time!! (PL) | 9:30 'Stretch" Exercises (LLAR) **10**<br>10:00 Floor Shuffleboard: Eager Beavers vs. Scooby Doo (CDA)<br>10:30 Catholic Church Mass (LLAR)<br>2:00 Shut the Box Game $1.00 to play! (CDA) | 1:30 Canasta with Friends (CDA) **11** |
| 2:00 Sunday Church Services by Full Gospel (LLAR) **12** | 9:30 'Stretch' Exercises (LLAR) **13**<br>10:00 Ladderball! (CDA)<br>1:45 Bingo (CDA)<br>3:00 Texas Holdem Poker $1.00 to play! (Dale K) (CDA) | 9:30 Dice Card Game 25 cents to play! (Natasha & Jodi) (CDA) **14**<br>10:00 Let's Tour! Saskatoon Farm! (Out)<br>2:00 Mahjong (HP) | 9:30 Nature Walk: Kinsmen Park! (Sherry) (KP) **15**<br>10:00 Blackjack: $1.00 to play (Dale K) (CDA)<br>10:30 Book Reading (Betty) (RP)<br>2:00 Birthday of the Month- Music by Johnson Phillips (CDA) | 9:30 Trivia Teasers! (CTV) **16**<br>10:00 Bean Bag Toss! (CDA)<br>1:30 Walmart Trip (Lynn) (waly)<br>3:00 Obie Games (CTV)<br>7:00 Cheadle Lions Bingo (CDA) | 9:30 'Stretch" Exercises (LLAR) **17**<br>10:00 Floor Shuffleboard: Spring Sprinters vs. Roughriders (CDA)<br>10:30 Catholic Communion Service (LLAR)<br>2:00 Spill & Spell Word! (ComA) | 1:30 Canasta with Friends (CDA) **18**<br>7:00 Goodwill Club Entertainment: Jim Baxter $3.00 social fee (CDA) |
| 2:00 Sunday Church Services by Alliance Church (LLAR) **19** | 9:30 'Stretch' Exercises (LLAR) **20**<br>10:00 Ladderball! (CDA)<br>1:45 Bingo (CDA)<br>3:00 Texas Holdem Poker $1.00 to play! (Dale K) (CDA) | 9:30 Dice Card Game 25 cents to play! (Natasha & Jodi) (CDA) **21**<br>10:15 CanadianTrivia! (CDA)<br>2:00 Mahjong (HP)<br>2:00 Scenic Drives at McKinnon's Flat (Stra) | 9:30 Nature Walk: Kinsmen Park! (Sherry) (KP) **22**<br>10:00 Blackjack: $1.00 to play (Dale K) (CDA)<br>10:30 Book Reading (Betty) (RP)<br>2:00 Crosswords Trivia Questions (CDA) | 9:30 Trivia Teasers! (CTV) **23**<br>10:00 Bean Bag Toss! (CDA)<br>12:00 Chinese Buffet At Imperial Dragon (Stra)<br>2:00 Ladder Ball! (FV) | 9:30 'Stretch" Exercises (LLAR) **24**<br>10:00 Floor Shuffleboard: Roughriders vs. Eager Beavers (CDA)<br>10:00 Personal Touch Fashions (CTV)<br>10:30 Catholic Church Mass (LLAR)<br>2:00 Shut the Box Game $1.00 to play! (CDA) | 1:30 Canasta with Friends (CDA) **25** |
| 2:00 Sunday Church Services by Covenant Church (LLAR) **26** | 9:30 'Stretch' Exercises (LLAR) **27**<br>10:00 Ladderball! (CDA)<br>1:45 Bingo (CDA)<br>3:00 Texas Holdem Poker $1.00 to play! (Dale K) (CDA) | 9:30 Dice Card Game 25 cents to play! (Natasha & Jodi) (CDA) **28**<br>10:00 Trivia Teasers (CDA)<br>2:00 Mahjong (HP)<br>2:45 Coffee time at Tim's! (Stra) | 9:30 Nature Walk: Kinsmen Park! (Sherry) (KP) **29**<br>10:00 Blackjack: $1.00 to play (Dale K) (CDA)<br>10:30 Book Reading (Betty) (RP)<br>2:00 Swat the Balloon! (LC) | 9:30 Trivia Teasers! (CTV) **30**<br>10:00 Bean Bag Toss! (CDA)<br>10:30 Calgary Casino (Dolores) (cash)<br>2:00 LCR Dice Game (dimes) (ComA) | 9:30 'Stretch" Exercises (LLAR) **31**<br>10:00 Decorate Our Bus for the Parade! (PL)<br>10:30 Catholic Communion Service (LLAR)<br>2:00 Floor Shuffleboard: Eager Beavers vs. Spring Sprinters (CDA) | Heritage Days Parade<br>Aug. 1st @ 9:00am<br>*come watch at the front veranda & parking lot |