

South Granville Park Lodge

Activity Calendar

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Canada Day with Cherelle from Hand Over Heart 4:00pm Happy Half 6:45pm Gong Therapy CANADA DAY	2 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Dominos and Margaritas	3 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Cookie Baking	4 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Movie Night US INDEPENDENCE DAY
5 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm BlazePods	6 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	7 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch / Lunch & Learn 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	8 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Birthday Party with Luna Rosa 4:00pm Happy Half 6:45pm Gong Therapy	9 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Wordtimer	10 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Arts and Crafts 2:45pm Waffle Party - 2 4:00pm Happy Half 6:45pm Cinnamon Bun Baking	11 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Cooking Class 4:00pm Happy Half 6:45pm Movie Night
12 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Pub Night - Trivia & Ice Cream	13 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	14 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	15 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Music 50's & 60's with Michael Diaconu 4:00pm Happy Half 6:45pm Gong Therapy	16 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Arts and Crafts	17 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Ice Cream Social - Patio 3:00pm Arts and Crafts - 2 4:00pm Happy Half 6:45pm Cookie Baking	18 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Canadian Superstars with Hal Copeland 4:00pm Happy Half 6:45pm Movie Night

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Activity Calendar

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Elton John Tribute with Bob Collins 4:00pm Happy Half 6:45pm Bingo	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Gong Therapy 2:30pm Baking - Dining Room 4:00pm Happy Half 6:45pm Bingo	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:15am Fitness - 2 2:00pm Carnival Day 4:00pm Happy Half 6:45pm Hangman 	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Afternoon @ the Cafe - Patio 4:00pm Happy Half 6:45pm Cinnamon Bun Baking	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Movie Night
26	27	28	29	30	31	
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Pub Night - Trivia	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm Resident / Food Council Meeting 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Welcome New Residents with Hand Over Heart 4:00pm Happy Half 6:45pm Gong Therapy	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm BlazePods - Patio	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Arts and Crafts	