

SENIORS' SERVICES
CALENDAR OF EVENTTS



JULY 2026

Programs = Green Events = Red
Café BREAK = Magenta Lunch & Learn = Orange

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 STAT- OFFICE CLOSED NO CAFE BREAK MEAL HAPPY CANADA DAY!	2 CRIB & COFFEE 1-3	3 OUTDOOR POLE WALKING AT MHRD BEGINS! 10AM 179 SEEKINGS ST	4
5	6 HELPING HANDS 1-3	7	8 CAFÉ BREAK LUNCH 12PM	9 FOOT CLINIC 9-4	10 POLE WALKING AT MHRD 10AM	11
12	13	14 GOLDEN GAMES 1-3	15 CAFÉ BREAK LUNCH 12PM	16 CRIB & COFFEE 1-3	17 POLE WALKING AT MHRD 10AM	18
19	20 HELPING HANDS 1-3	21	22 NO CAFÉ BREAK- LUNCH OUTING BOSTON PIZZA	23	24 POLE WALKING AT MHRD 10AM	25
26	27	28 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	29 CAFÉ BREAK LUNCH 12PM	30 CRIB & COFFEE 1-3	31 POLE WALKING AT MHRD 10AM	