


SUN	MON	TUES	WED	THURS	FRI	SAT
 July 2026 <i>Golden Moments Adult Day Program</i> <i>11 Main St</i>			1 CLOSED FOR CANADA DAY	2 10:00 Coffee & Conversation 10:30 Riddle Me This 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Balloon Badminton	3 10:00 Coffee & Conversation 10:30 What Am I 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Bingo	4
5	6 10:00 Coffee & Conversation 10:30 Funny Stories 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Horseshoes	7 10:00 Coffee & Conversation 10:30 Funny Jokes 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Shuffleboard	8 10:00 Coffee & Conversation 10:30 Spin the Bottle 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Ladder Ball	9 10:00 Coffee & Conversation 10:30 Funny Jokes 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Pass the Present	10 10:00 Coffee & Conversation 10:30 Reminiscing 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Balloon Badminton	11
12	13 10:00 Coffee & Conversation 10:30 Funny Jokes 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Arts & Crafts	14 10:00 Coffee & Conversation 10:30 Beach Reminiscing 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Music & Games	15 10:00 Coffee & Conversation 10:30 Tongue Twister 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Stop & Go	16 10:00 Coffee & Conversation 10:30 Name a Rhyme 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Rhythm Sticks	17 10:00 Coffee & Conversation 10:30 Cross Words 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Shake out the balls	18
19	20 10:00 Coffee & Conversation 10:30 Summer Words 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Balloon Badminton	21 10:00 Coffee & Conversation 10:30 Reminiscing 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Pass the Present	22 10:00 Coffee & Conversation 10:30 Travelogue 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Guggenheim	23 10:00 Coffee & Conversation 10:30 Who Am I 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Hot Ball	24 10:00 Coffee & Conversation 10:30 Cowboy Day 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Ring Toss	25
26	27 10:00 Coffee & Conversation 10:30 Funny Jokes 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Horseshoes	28 10:00 Coffee & Conversation 10:30 Music Quiz 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Pass the Parcel	29 10:00 Coffee & Conversation 10:30 Beach Table Talk 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Wheel of Fortune	30 10:00 Coffee & Conversation 10:30 Crafts 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Ice Cream Sundae	31 10:00 Coffee & Conversation 10:30 Music Quiz 11:30 Horoscope 11:40 Exercises 12:15 Mental Aerobics 12:30 Lunch 1:45 Bingo	