

# July 2026 Activities Calendar for Shalom Village Apartments

| Sunday                                                                                                                                    | Monday                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                     | Saturday                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Menu Week # 1</div>                                                                                                                  | <div>Location Legend</div> <div>Samuels- SAM</div> <div>Ruth Sherman Centre- RSC</div> <div>Visiting Residents-One on One</div> <div>Bubie’s Cafe- BC</div> <div>Synagogue – SG</div> <div>Main Entrance- ME</div>                                                    | <div>Location Legend</div> <div>Shalom Village Original- SVO</div> <div>Shalom Village Too- SVToo</div> <div>Movie Theatre – MT</div> <div>Goldies Place- GP</div> <div>Art Room – AR</div> <div>Links 2 Wellbeing - L2W</div>               | <div>1</div> <div>Canada Day</div> <div>(No Housekeeping Today)</div> <div>** 2:30 Canada Day Concert</div> <div>(Goldies Place) *</div> <div></div>                                                                                         | <div>2</div> <div>Fast of Tammuz</div> <div>10:00-2:00 Trishaw Rides</div> <div>(Sign up with Tracy x274)</div> <div>10:30 Walmart</div> <div>10:45 Walkercise (SAM/L2W)</div> <div>1:30 University Plaza</div>                                                                                                                                   | <div>3</div> <div>10:30 Knit and Chat</div> <div>(SVToo 3<sup>rd</sup> Floor Lounge)</div> <div>1:30 Walmart</div> <div>2:00 Painting Class</div> <div>(Art Room/L2W)</div>                                | <div>4</div> <div>1:30</div> <div>SKIP-BO Card Game</div> <div>Outside Rabbi’s Office</div>                                                                                                            |
| <div>5</div> <div>Menu Week # 2</div>                                                                                                     | <div>6</div> <div>10:30 Banks</div> <div>10:30 Walking Group</div> <div>(SVO Main Lobby/L2W)</div> <div>1:30 Len’s Mills</div> <div>** 2:00 Canada the Great</div> <div>with Synchronicity Duo</div> <div>(Samuels) **</div>                                          | <div>7</div> <div>10:00 Parsha Discussion (SG)</div> <div>11:00 Trivia (Movie Theatre)</div> <div>1:30 Food Basics</div> <div>2:00 Bingo (Art Room)</div> <div>2:30 Oscar the Dog Visit</div> <div>(SVToo 3<sup>rd</sup> Floor Lounge)</div> | <div>8</div> <div>10:30 Cruise/Williams Cafe</div> <div>1:30 Denningers</div> <div>2:00 Tile Rummy (Outside the</div> <div>Corner Store)</div> <div>6:30 Lashon Hara</div> <div>with Rabbi Selevan (Synagogue)</div>                                                                                                            | <div>9</div> <div>10:00-2:00 Trishaw Rides</div> <div>(Sign up with Tracy x274)</div> <div>10:45 Walkercise (SAM/L2W)</div> <div>1:30 University Plaza</div> <div>2:30 Music with Cantor Paula</div> <div>(SVO 1<sup>st</sup> Floor Lounge)</div>                                                                                                 | <div>10</div> <div>10:30 Walmart</div> <div>10:30 One on One Visits</div> <div>1:30 Walmart</div> <div>2:00 Dunda’s Valley</div> <div>Orchestra (SVO 1<sup>st</sup> Floor</div> <div>Lounge)</div>         | <div>11</div> <div>1:30</div> <div>SKIP-BO Card Game</div> <div>Outside Rabbi’s Office</div>                                                                                                           |
| <div>12</div> <div>2:00</div> <div>Non-denominational</div> <div>Church Service</div> <div>(Goldies Place)</div> <div>Menu Week # 3</div> | <div>13</div> <div>10:30 Winners/HomeSense</div> <div>10:30 Walking Group</div> <div>(SVO Main Lobby/L2W)</div> <div>1:00 Virtual Reality</div> <div>Workshop (MT)</div> <div>1:30 Burlington Mall</div> <div>3:00 Apartment Resident</div> <div>Townhall (RSC)</div> | <div>14</div> <div>10:00 Parsha Discussion (SG)</div> <div>10:30 Fortino’s Dundurn</div> <div>10:30 Lemonade Lounge</div> <div>(Front Parking Lot Garden)</div> <div>1:00 – 1:30 Bookmobile</div> <div>(Front Parking Lot)</div>             | <div>15</div> <div>Footcare</div> <div>10:30 Turner Park Library</div> <div>10:30 Green Thumb Club</div> <div>(SVToo 3<sup>rd</sup> Floor Garden)</div> <div>1:30 Terra Greenhouse</div> <div>2:00 Tile Rummy (Outside the</div> <div>Corner Store)</div> <div>6:30 Lashon Hara</div> <div>with Rabbi Selevan (Synagogue)</div> | <div>16</div> <div></div> <div>10:00-2:00 Trishaw Rides</div> <div>(Sign up with Tracy x274)</div> <div>10:45 Walkercise (SAM/L2W)</div> <div>11:00 University Plaza</div> <div>2:30 Oscar the Dog Visit</div> <div>(SVToo 3<sup>rd</sup> Floor Lounge)</div> | <div>17</div> <div>10:30 Walmart</div> <div>10:30 Meditation Morning</div> <div>(SVToo 3<sup>rd</sup> Floor Garden)</div> <div>1:30 Walmart</div> <div>2:00 Painting Class</div> <div>(Art Room/L2W)</div> | <div>18</div> <div>10:30</div> <div>Shabbat Service</div> <div>&amp; Kiddush Lunch</div> <div>(Synagogue/Goldies)</div> <div>1:30</div> <div>SKIP-BO Card Game</div> <div>Outside Rabbi’s Office</div> |
| <div>19</div> <div>Menu Week # 1</div>                                                                                                    | <div>20</div> <div>10:30 Walking Group</div> <div>(SVO Main Lobby/L2W)</div> <div>10:30 Food Basics</div> <div>1:30 Virtual Reality</div> <div>Workshop (MT)</div> <div>1:30 Giant Tiger</div>                                                                        | <div>21</div> <div>10:00 Parsha Discussion (SG)</div> <div>10:30 One on One Visits</div> <div>1:30 Healthy Planet</div>                                                                                                                      | <div>22</div> <div>10:30 One on one Visits</div> <div>12:00 Easterbrooks Lunch</div> <div>2:30 Oscar the Dog Visit</div> <div>(SVToo 3<sup>rd</sup> Floor Lounge)</div>                                                                                                                                                         | <div>23</div> <div>Tishah B’Av</div> <div>10:30 Tishah B’Av Service (SG)</div> <div>10:00-2:00 Trishaw Rides</div> <div>(Sign up with Tracy x274)</div> <div>10:30 Farm Boy</div> <div>10:45 Walkercise (SAM/L2W)</div> <div>1:30 University Plaza</div>                                                                                          | <div>24</div> <div>10:30 Walmart</div> <div>** 12:00 – 2:00 **</div> <div>BBQ Friday</div> <div>Music: Tom Cowles</div> <div>(SVO Garden)</div> <div>1:30 Walmart</div>                                    | <div>25</div> <div>1:30</div> <div>SKIP-BO Card Game</div> <div>Outside Rabbi’s Office</div>                                                                                                           |
| <div>26</div> <div>Menu Week # 2</div>                                                                                                    | <div>27</div> <div>Footcare</div> <div>10:30 Walking Group</div> <div>(SVO Main Lobby/L2W)</div> <div>1:30 Fortino’s Main West</div> <div>1:30 Virtual Reality</div> <div>Workshop (MT)</div>                                                                         | <div>28</div> <div>10:00 Parsha Discussion (SG)</div> <div>1:30 Ancaster Ice-cream Parlor</div> <div>2:00 Bingo (Art Room)</div> <div>** 7:00 Karaoke Night</div> <div>with Tom Cowles</div> <div>(Movie Theatre) **</div>                   | <div>29</div> <div>11:30 Mandarin Lunch</div> <div>2:30 Tile Rummy (Outside the</div> <div>Corner Store)</div> <div>6:30 Lashon Hara</div> <div>with Rabbi Selevan (Synagogue)</div>                                                                                                                                            | <div>30</div> <div>10:00-2:00 Trishaw Rides</div> <div>(Sign up with Tracy x274)</div> <div>10:30 Walmart</div> <div>10:45 Walkercise (SAM/L2W)</div> <div>1:30 University Plaza</div>                                                                                                                                                            | <div>31</div> <div>1:30 Walmart</div> <div>2:00 Wine Social (SVToo</div> <div>3<sup>rd</sup> Floor Lounge)</div> <div>3:00 Pre-Shabbat Service</div> <div>with Cantor Paula</div> <div>(Synagogue)</div>   | <div></div>                                                                                                       |

\*We extend our heartfelt thanks to **Sandra Witelson** for her generous support of our Assisted Living Recreation Programs\*



# July 2026 Activities Calendar for Shalom Village Apartments

## Nurse Cindy's "In Office" Calendar

### July 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |

## Announcements



**Footcare**  
**Wednesday July 15th**  
**And**  
**Monday July 27th**  
**To set up your appointment**  
**please call Tracy X274**

**Apartment Resident Townhall**  
**Monday July 13th**  
**3:00 pm**  
**(SVToo 4<sup>th</sup> Floor**  
**Ruth Sherman Centre)**

**BBQ Friday**  
**Friday July 24th**  
**12:00 – 2:00**  
**Music: Tom Cowles**



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