

July 2026 Poplar Heights Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs are subject to change.	Exercise calendars are posted in the Resident home area.	One to One visit happens when Recreation is present.	July 1 8:00 Breakfast 10:30 Calendars 2:00 Social	July 2	July 3 10:00 Physical Games 2:00 Trivia	July 4
July 5	July 6 10:00 Birthday Party 2:00 Bingo	July 7 10:00 Art 2:00 Table Games	July 8 2:00 Music with Terry Carter 6:15 Campfire	July 9 10:00 Snoezelen Visits 2:00 Trivia	July 10 9:00 to 11:00 Norview Café 2:00 Music with Angie	July 11
July 12	July 13 2:00 Bingo 5:00 Supper Program	July 14 10:00 Bell Choir 2:00 United Church 2:00 Outdoor Walks	July 15 10:00 History with Angela 2:00 Music with Jeff Dawdy	July 16 10:00 Table Games 10:30 Roman Catholic Mass 2:00 Happy Hour	July 17	July 18 8:00 Breakfast Club 10:30 Cards 1:30 Word Games
July 19 10:00 Hymn Sing 2:00 Euchre	July 20 10:00 Green Thumbs 2:00 Whole Home Bingo	July 21 9:15 Sing-along 12:00 Lunch Program 2:00 Outdoor Walks	July 22 9:30 Country Drive 2:00 Norview Choir Performance	July 23 1:30 Whole Home Bowling	July 24 11:00 Tuck Shop Visits 2:00 Categories	July 25
July 26	July 27 10:00 Library Program 2:00 Bingo	July 28 10:00 Art 2:00 Baptist Church	July 29 10:00 Bell Choir 2:00 Music with Elvis	July 30 10:00 Social 2:00 Name Ten Things	July 30 9:30 Ice Cream Bus Trip 2:00 Sing-along	Poplar Heights Recreation Therapist is Lynsey Sendrowski