











# Kenny's Pond Recreation & Social Wellness Calendar - Independent Living

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>5 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p>  <p>8:00 <b>Movie Night:</b> <i>Someone Great</i></p>	<p>6 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:15 Yoga with Mary (MP) 2:00 Paint &amp; Create (ML) 2:00 Men's Club (MP) 7:00 <b>Movie Night:</b> <i>Joy: The Birth of IVF</i></p>	<p>7 11:00 Fitness with Tyler (MP) 1:30 Walmart Outing 2:00 Jumbo Bowling (MP) 3:30 Music &amp; Memories (T) 7:00 <b>Movie Night:</b> <i>The Gray Man</i></p>	<p>1 11:00 Yoga with Mary (ML) 2:00 <b>Movie Matinee (T)</b> <i>Trail of the Caribou</i> 3:00 <b>Movie Matinee (T)</b> <i>Turning Points of History: Newfoundland at the Somme</i> 7:00 <b>Movie Night:</b> <i>The Irishman</i></p>	<p>2 11:00 Fitness with Tyler (MP) 2:00 <b>\$2 Bingo (MP)</b> 3:30 Mini Manicures (MP) 7:00 <b>Movie Night:</b> <i>Paddington</i></p> 	<p>3 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (MP) 2:00 <b>Happy Hour (ML)</b> <i>with Terry Dalton</i> 7:00 <b>Movie Night:</b> <i>Brene Brown: Call to Courage</i></p>	<p>4 10:30 Land &amp; Sea (T) 1:30 <b>Dog Therapy (ML)</b> 2:30 Knits &amp; Knots (6FL) 3:00 <b>Musical Concert (T):</b> <i>Celine Dion: A New Day (2007)</i> 7:00 <b>Music &amp; Mingle</b> <i>with Stereo Music (ML)</i></p>
<p>12 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service (T)</p>  <p>8:00 <b>Movie Night:</b> <i>Always Be My Maybe</i></p>	<p>13 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:15 Yoga with Mary (MP) 2:00 Musical Entertainment <i>with Mystery Train (ML)</i> 6:00 Tech Support <i>with Brad Amir</i></p>	<p>14 11:00 Fitness with Tyler (MP) 2:00 Sing-Along (ML) <i>with Elaine Stamp</i> 7:00 <b>Movie Night:</b> <i>Wingwomen</i></p>	<p>15 10:00 Little Lions Group (2FL) 11:00 Yoga with Mary (ML) 1:30 120's/Crib (ML) 3:00 Hymn Sing (ML) <i>with Rev. James</i> 7:00 <b>Music &amp; Mingle</b> <i>with Tyler (ML)</i></p>	<p>16 11:00 Fitness with Tyler (MP) 2:00 <b>\$2 Bingo (MP)</b> 3:30 Mini Manicures (MP) 7:00 <b>Movie Night:</b> <i>Vivo</i></p> 	<p>17 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (MP) 2:00 <b>Happy Hour (ML)</b> <i>with Lloyd Forsey</i> 7:00 <b>Movie Night:</b> <i>Crip Camp</i></p>	<p>18 10:30 Land &amp; Sea (T) 1:30 <b>Dog Therapy (ML)</b> 2:30 Knits &amp; Knots (6FL) 3:00 <b>Musical Concert (T):</b> <i>The Bee Gees: O.N.O. Sydney (1999)</i> 7:00 <b>Music &amp; Mingle</b> <i>with Stereo Music (ML)</i></p>
<p>19 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p>  <p>8:00 <b>Movie Night:</b> <i>La Dolce Villa</i></p>	<p>20 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:15 Yoga with Mary (MP) 2:00 Presentation: <b>Red Door Hearing (T)</b> 6:00 Tech Support <i>with Brad Amir</i></p>	<p>21 11:00 Fitness with Tyler (MP) 2:00 Trivia (MP) 3:30 Charades (MP) 7:00 <b>Movie Night:</b> <i>The Sleep Over</i></p>	<p>22 11:00 Yoga with Mary (ML) 1:00 Lieutenant Governor's Garden Party Outing 1:30 120's/Crib (ML) 3:00 Prayer Service (T) <i>with Divine Mercy</i> 7:00 <b>Movie Night:</b> <i>The Power of the Dog</i></p>	<p>23 11:00 Fitness with Tyler (MP) 2:00 <b>\$2 Bingo (MP)</b> 3:30 Mini Manicures (MP) 7:00 <b>Movie Night:</b> <i>Ruby</i></p> 	<p>24 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (MP) 2:00 <b>Christmas in July Happy Hour (ML)</b> <i>with Stan Butler</i> 7:00 <b>Movie Night:</b> <i>Marty: Life is Short</i></p>	<p>25 10:30 Land &amp; Sea (T) 1:30 <b>Dog Therapy (ML)</b> 3:00 <b>Musical Concert (T):</b> <i>Johnny Reid: Christmas in July</i> 7:00 <b>Music &amp; Mingle</b> <i>with Stereo Music (ML)</i></p>
<p>26 11:00 Wesley United Church(T) 3:30 Anglican Church (T) 6:45 Roman Catholic Service(T)</p>  <p>8:00 <b>Movie Night:</b> <i>The Perfect Date</i></p>	<p>27 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:15 Yoga with Mary (MP) 2:00 Musical Entertainment <i>with Music with Friends (ML)</i> 6:00 Tech Support <i>with Brad Amir</i></p>	<p>28 11:00 Fitness with Tyler (MP) 2:00 Youth Sunshine Singers <i>at Tiffany Village</i> 7:00 <b>Movie Night:</b> <i>Spencer Confidential</i></p> 	<p>29 11:00 Yoga with Mary (ML) 1:30 Scenic Bus Drive 1:30 120's/Crib (ML) 2:00 Floor Curling (MP) 7:00 <b>Musical Entertainment</b> <i>with George Bishop (at Tiffany Village)</i></p>	<p>30 11:00 Fitness with Jen (MP) 2:00 <b>\$2 Bingo (MP)</b> 3:30 Mini Manicures (MP) 7:00 <b>Musical Entertainment</b> <i>with Reflection (with Tiffany Village)</i></p>	<p>31 9:30 Wellness Walk (L) 10:00 Tea Talk (ML) 11:00 Fitness with Tyler (MP) 2:00 <b>BirthDay Happy Hour</b> <i>with Brian Finn (ML)</i> 7:00 <b>Movie Night:</b> <i>Tell Me Who I Am</i></p>	<p>Resident &amp; Family Day Car Show &amp; BBQ Tiffany Village August 1st 12:00pm-3:00pm Live Entertainment Bus Available for Transportation</p>



**Movie Night is Every Night  
At 7pm!**



Contact:  
**Recreation Coordinator**  
Assisted & Independent Living  
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Please Sign-Up for Outings  
at the Concierge Desk to  
reserve your seat.  
Please review **Program Notices**  
as **Daily Activity** programs  
are **Subject to Change.**

**Locations:**

Main Lounge (ML)	Multi-Purpose Room (MP)
Theatre (T)	Dining Room (DR)
2nd Floor Lounge (2FL)	Lobby (L)