

July 2026



AVENS Recreation Dept. Health & Wellness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Theme of the Month: <i>Growing Gardens</i> 		 <i>July Birthdays:</i> Helena, Leonard, Patrick, Boyd, & Helen T. 	 Canada Day - Parade	Morning Walks 11:00 <i>Rosary</i> 3:00 <i>SJA Dog therapy- Hiccup</i> 7:00 <i>Entertainment Night: Karaoke</i>	Morning News 10:30 <i>Bird Feeders (J)</i> 1:30 <i>Trivia in the Gardens (H)</i>	<i>Gardening</i> 
5	6	7	8	9	10	11
9:45 <i>SJA Dog therapy- Qinu (J)</i> 11:00 <i>Catholic Church (MPR)</i> 	Morning News 10:00 <i>Hydration Cart</i> 2:00 <i>Tea Party in the Gardens with Music (P&H)</i> 3:30 <i>SJA Dog Therapy- Rosie</i> 7:00 <i>Shuffleboard</i> 	10:30 <i>Ball and Balance</i> 1:30 <i>CO-OP Outing</i>  6:00 <i>SJA Dog therapy- Kirby</i> 7:00 <i>True North Rotary Bingo (Manor)</i> 	Morning News 1:00 <i>Dog Therapy – Belle</i> 1:00 <i>Recreation Staff Meeting & Planning</i> 6:00 <i>SJA Dog therapy- Chicha</i> 7:00 <i>Game Night</i>	Morning Walks 11:00 <i>Resident Council Meeting</i> 3:00 <i>SJA Dog therapy- Hiccup</i> 7:00 <i>Entertainment Night: DJ Carol</i>	Morning News 10:30 <i>Water Gun painting (J/P)</i> 1:30 <i>Bingo</i> 	<i>Spa Day</i>
12	13	14	15	16	17	18
11:00 <i>Catholic Church (MPR)</i> 	Morning News 10:30 <i>Smoothie Cart (J)</i>  1:30 <i>Dollarama Outing</i> 3:30 <i>SJA Dog Therapy- Rosie</i> 6:00 <i>SJA Dog Therapy- Cora</i> 7:00 <i>Shuffleboard</i>	10:30 <i>Ball and Balance</i> 12:00 <i>Thank you BBQ for Accreditation</i> 6:00 <i>SJA Dog Therapy- Harlow</i> 7:00 <i>True North Rotary Bingo (Manor)</i> 	Morning News 10:30 <i>Bowling</i> 1:00 <i>Dog Therapy – Belle</i> 1:00 <i>Recreation Planning</i> 7:00 <i>Game Night</i>	Morning Walks 11:00 <i>Rosary</i> 1:30 <i>Yellowknife Aquatic Centre</i> 6:00 <i>SJA Dog Therapy- Juno</i> 7:00 <i>Entertainment Night: DJ Bruce</i> 	Morning News 10:30 <i>SJA Dog therapy- Hiccup</i> 1:30 <i>FOTR At AVENS with (MPR)</i>	<i>Bunny Visits</i>
19	20	21	22	23	24	25
11:00 <i>Catholic Church (MPR)</i> 	Morning News 2:00 <i>Ice Cream Cart (P)</i> 3:30 <i>SJA Dog Therapy- Rosie</i> 6:00 <i>SJA Dog Therapy- Juno</i> 7:00 <i>Game Night in the Gardens</i> 7:00 <i>Family & Resident Council Mtg</i>	10:30 <i>Ball and Balance</i> 1:30 <i>Walmart Outing</i> 6:00 <i>SJA Dog therapy- Kirby</i> 7:00 <i>True North Rotary Bingo (Manor)</i>	Morning News 10:30 <i>Yoga</i> 1:00 <i>Dog Therapy – Belle</i> 1:00 <i>Recreation Planning</i> 6:00 <i>SJA Dog therapy- Chicha</i> 7:00 <i>Game Night</i>	Morning Walks 1:30 <i>Fred Henne Picnic</i> 6:00 <i>SJA Dog therapy- Hiccup</i> 7:00 <i>Entertainment Night: At the movies (Manor)</i>	Morning News 10:00 <i>Bunny Visits in the Garden (J)</i> 1:30 <i>Recreation Mad DayZ</i>	<i>Gardening</i> 
26	27	28	29	30	31	
9:45 <i>SJA Dog therapy- Qinu</i> 11:00 <i>Catholic Church (MPR)</i> 	Morning News 2:00- <i>Balloon Imagination Station (P)</i> 3:30 <i>SJA Dog Therapy- Rosie</i> 6:00 <i>SJA Dog Therapy- Cora</i> 7:00 <i>Shuffleboard</i>	10:30 <i>Ball and Balance</i> 1:30 <i>Tea in the garden</i> 6:00 <i>SJA Dog Therapy- Harlow</i> 7:00 <i>True North Rotary Bingo (Manor)</i> 	Morning News 10:30 <i>Balloon Badminton</i> 1:00 <i>Dog Therapy – Belle</i> 1:00 <i>Recreation Planning</i> 7:00 <i>Game Night</i>	Morning Walks 10:00 <i>Cooking up Breakfast (MPR)</i>  1:30 <i>Yellowknife Aquatic Centre</i>  6:00 <i>SJA Dog Therapy- Juno</i> 7:00 <i>Entertainment Night: with Chris</i>	11:00 <i>Memorial Service</i>  1:30 <i>Bingo</i> 	

- Garden visits and outdoor activities if weather permitting
- Calendar activities are subject to change without notice – We apologies in advance for the inconvenience.

Some Activities Changed: July 20th, 2026