





The Bentley Yorkton Kerri Anaka Active Living Coordinator:
Kerri.Anaka@congriseniorliving.ca

July 2025






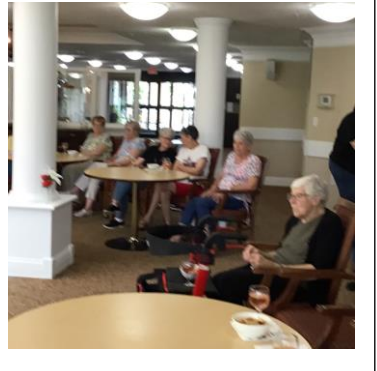

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day 9:15 Weights Exercises – A 9:30 Pole Walking – L 9:45 Weights Exercises – A 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	2 9:15 Tiered One Exercises 9:30 Pole Walking – L 9:45 Tiered Two Exercises 10:30 Bling Ball – A 11:30 & 12:30 Canada BBQ 1:30 Whist and Crib – C 2:00 Canada Day Happy Hour with Garry Laycock-D 7:00 Tri-Ominos – C 7:00 Documentary – A	3 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bean Bag Baseball – A 1:30 Mall Shopping 1:30 Bingo – A 7:00 Shuffleboard – C	4 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:00 Happy Hour with Tim Richards – D 3:30 Skip-Bo – C 7:00 Kaiser – C	5 9:15 Weight Exercises –A 10:00 Bean Bag Baseball 10:50 Pole Walking – L 1:30 Carpet Darts – A 2:30 Rummikub – C 7:00 Kings Corner – C
6 9:15 Tiered One Exercises 10:00 Bling Ball – A 10:50 Pole Walking – L 1:30 Bingo – A 3:30 Tile Rummy – C 7:00 Checkers – C	7 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Horse Races – C 3:30 Crafts with Faith-PD 3:30 King's Corner – C 7:00 Chicken Foot – C	8 9:15 Weights Exercises – A 9:30 Pole Walking – L 9:45 Weights Exercises – A 10:30 Carpet Darts – A 2:00 Town Hall Meeting-D 2:30 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	9 9:15 Tiered One Exercises 9:30 Pole Walking – L 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Whist and Crib – C 1:30 Hockey Shoot Out – A 7:00 Tri-Ominos – C 7:00 Documentary – A	10 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bean Bag Baseball-A 1:30 Dollarama Shopping 1:30 Bingo – A 7:00 Shuffleboard – C	11 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Bling Ball – A 2:00 Happy Hour with Jack Dawes – D 3:30 Skip-Bo – C 7:00 Kaiser – C	12 9:15 Weight Exercises – A 10:00 Beanbag Baseball 10:50 Pole Walking – L 1:30 Carpet Darts – A 2:00 Sing Along with Vera – D 3:00 Rummikub – C 7:00 Kings Corner – C
13 9:15 Tiered One Exercises 10:00 Bling Ball – A 10:50 Pole Walking – L 1:30 Bingo – A 3:30 Tile Rummy – C 7:00 Checkers – C	14 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Wall Darts – A 3:30 Crafts with Faith-PD 3:30 King's Corner – C 7:00 Chicken Foot – C	15 9:15 Weight Exercises – A 9:30 Pole Walking – L 9:45 Weight Exercises – A 10:30 Ukrainian Service-CH 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	16 9:15 Tiered One Exercises 9:30 Pole Walking – L 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 2:15 Hockey Shoot Out – A 7:00 Tri-Ominos – C 7:00 Documentary – A	17 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Anglican Service-CH 10:30 Bingo-A 1:30 Dollar Tree Shopping 1:30 Bingo – A 7:00 Shuffleboard – C	18 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Horse Shoes – A 2:00 Happy Hour with Hank Ukranetz – D 4:30 & 6:15 Pig Roast – D 8:00 Entertainment – D	19 9:15 Weight Exercises – A 10:00 Beanbag Baseball –A 10:50 Pole Walking – L 1:30 Carpet Darts – A 3:00 Rummikub – C 7:00 King's Corner – C



ActiveLiving

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20 9:15 Tiered One Exercises 10:00 Bling Ball – A 10:50 Pole Walking – L 1:30 Bingo – A 3:30 Tile Rummy – C 7:00 Checkers – C	21 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Horse Races – C 3:00 Banana Splits – C 3:30 Crafts with Faith-PD 3:30 King's Corner – C 7:00 Chicken Foot – C	22 9:15 Weight Exercises – A 9:30 Pole Walking – L 9:45 Weight Exercises – A 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	23 9:15 Tiered One Exercises 9:30 Pole Walking – L 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 1:30 Crib & Whist – A 1:30 Hockey Shoot Out – A 3:00 Lemonade Social – D 7:00 Tri-Ominos – C 7:00 Documentary – A	24 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Beanbag Baseball – A 1:30 Walmart Shopping 1:30 Bingo – A 7:00 Karaoke with Ervin-D	25 9:15 Band Exercises 9:45 Band Exercises 10:30 Rosary – CH 10:30 Wall Darts – A 2:00 Happy Hour with Jim Bot 3:30 Skip-Bo – C 7:00 Kaiser – C	26 9:15 Weight Exercises – A 10:00 Beanbag Baseball –A 10:50 Pole Walking – L 1:30 Carpet Darts – A 2:30 Rummikub – C 7:00 King's Corner – C
27 9:15 Tiered One Exercises 10:00 Bling Ball – A 10:50 Pole Walking – L 1:30 Bingo – A 3:30 Tile Rummy – C 7:00 Checkers – C	28 7:30 Manager's Breakfast 9:15 Band Exercises – A 9:45 Band Exercises – A 10:30 Horseshoes – A 1:00 Wall Darts – A 3:30 Crafts with Faith-PD 3:30 King's Corner – C 7:00 Chicken Foot – C	29 9:15 Weight Exercises – A 9:30 Pole Walking – L 9:45 Weight Exercises – A 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Tile Rummy – C 7:00 Movie Night – A	30 9:15 Tiered One Exercises 9:30 Pole Walking – L 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Chair Yoga – A 2:00 Monthly Birthdays – D 7:00 Tri-Ominos – C 7:00 Documentary – A			
				DATES TO REMEMBER June 6 th Lawrence Kitz June 13 th Len Gadica June 20 th George Flunder June 27 th Gordon Weick	DATES TO REMEMBER June 12 th Diane & Keith June 14 th Vera June 15 th Sheldon June 18 th Roy	ROOM LEGEND A – Activity Room D – Dining Room C – Common Area 1 st , 2 nd ,3 rd CH – Chapel on 2 nd Floor