

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Ground Floor Programs Calendar

			9:00- ΑΓΙΩΝ ΑΝΑΓΥΡΩΝ - Όρθρος- Πανηγυρική Θεία Λειτουργία 11:00- Group Exercise 1:30- Discussion "Canada Day" 2:15- Canada Day Celebration  3:00- Garden Visit Canada Day	9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Discussion Group "July Tradition" 2:30- Manicure Time 3:00- Garden Visit- 1:1 Activities	9:45- iPad/iPod Music 10:15- Group Exercise 11:15- Ball Toss 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Greek Yogurt Social 3:45- Garden Visit: Small Group Activities 6:00- Sports Games Independence Day (U.S.)
9:00- ' ΜΑΤΘΑΙΟΥ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Music & Relaxation 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	9:45- iPod/iPod Music 10:00- Group Exercise 10:30- Ball Toss 1:30- 1:1 Visits 2:30- Montessori Activities 3:30- Garden Visit- Balloon Tennis 6:00- Memory Games	10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:30- Bingo 3:30- Garden Visit- Target Toss	10:00- Group Exercise 10:30- Ball Toss 11:00- Knitting, Lacing and Puzzles 1:30- Greek Coffee Social 2:30- World Chocolate Day 3:30- Garden Visit: Sing-along 6:00- 1:1 Visits	9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:30- Manicure Time 3:00- Garden Visit- 1:1 Activities	9:45- iPad/iPod Music 10:15- Group Exercise 11:15- Ball Toss 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	10:00- iPod/iPad Music 10:15- Bingo 2:00- Pet Therapy 3:00- Knitting, Lacing and Puzzles 3:45- 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
9:00- ΣΤ' ΜΑΤΘΑΙΟΥ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Music & Relaxation 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	9:45- iPod/iPod Music 10:00- Group Exercise 10:30- Ball Toss 1:30- 1:1 Visits 2:30- Montessori Activities 3:30- Garden Visit- Small Group Activities 6:00- Memory Games	10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:30- Bingo 3:15- Live Music by PeterPaul 3:30- Garden Visit: Sports Games Bastille Day	10:00- Resident Council Meeting 11:00- Group Exercise 11:30- Ball Toss 2:00- Summer Carnival Day 3:30- Garden Visit: Sports Games 6:00- 1:1 Visit	9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Religious Reading 2:30- Manicure Time 3:30- Garden Visit with National Pudding Day	9:45- iPad/iPod Music 10:15- Group Exercise 11:15- Ball Toss 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Watermelon Social 3:45- 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
9:00- ΑΓ. ΠΑΤΕΡΩΝ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Music & Relaxation 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	9:45- iPod/iPod Music 10:00- Group Exercise 10:30- Ball Toss 1:30- International Self Care Day 3:30- Garden Visit- Balloon Tennis 6:00- Memory Games	10:15- Coffee Social at Estia 1:30- Bingo 3:15- Live Music by PeterPaul 3:30- Garden Visit with National Peach Ice Cream Day	10:00- Group Exercise 10:30- Ball Toss 11:00- Discussion on "Italian Culture" 2:30- Resident and Staff Appreciation: Italian Cuisine 3:30- Garden Visit- Sports Games 6:00- 1:1 Visit	9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Religious Reading 2:30- Manicure Time 3:00- Garden Visit- 1:1 Activities	9:45- iPad/iPod Music 10:15- Group Exercise 11:15- Ball Toss 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Greek Yogurt Social 3:45- 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
9:00- Η' ΜΑΤΘΑΙΟΥ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Spa Day 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	9:45- iPod/iPod Music 10:00- Group Exercise 10:30- Ball Toss 1:30- 1:1 Visits 2:30- Hangman 3:30- Garden Visit- Small Group Activities 6:00- Memory Games	10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:30- Bingo 3:15- Live Music by PeterPaul 3:30- Garden Visit- Sports Games	10:00- Residents Birthday Celebration 10:30- Group Exercise 11:00- Ball Toss 1:30- Greek Coffee Social 1:45- Pizza Day 3:30- Garden Visit: Sing-along 6:00- 1:1 Visit	9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Religious Reading 2:30- Manicure Time 3:00- Garden Visit- 1:1 Activities	9:45- iPad/iPod Music 10:15- Group Exercise 11:15- Ball Toss 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	