Sunday Monday Tuesday Wednesday Thursday Friday Saturday

AUGUST

Perry Neighbourhood



PM Neighbourhood Time

2:30pm Brains & Banter

2:30 Popsicle Social - L

PM Musical Moments - OA

PM - For the Soul

| 4 WILFRED SCHLEGEL DAY | 5 | 6 | 7 | 8 | 9 |
|---------------------------|--|--|---|--|---|
| PM Neighbourhood Time | PM Neighborhood time -OA | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time |
| PM Brains and Banter - OA | PM Manicures -OA | PM Musical Moments | PM For the fun of fit | PM Musical moments - OA | PM Express Yourself |
| PM Ice Cream Social - L | PM Stepping out PM Bingo - FC | 6:30pm Pub Night - MS | PM Trivia - FC | PM Express yourself | PM Soothing Sensations |
| 11 | 12 | 13 | 14 | 15 | 16 |
| PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | 10:00 am Catholic Mass - TH | PM Neighbourhood Time |
| 2:30pm Country Drive | PM Java - CK | 2:30pm Monthly Birthday Party - MS | PM Gardening - C | PM Brains and Banter- OA | 2:30pm Express Yourself -CC |
| PM Ice Cream Social - L | PM You and I 6:30 pmMusical Moments - FC | PM For the fun of fit - OA | PM Movie Night- FC | PM Soothing Sensation- OA | PM Circle of Friends - OA |
| 18 | 19 | 20 | 21 | 22 | 23 |
| PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time |
| PM Brains and Banter - OA | PM For the soul-OA | 2:30pm Peach Social - MS | PM Gardening - C | PM Circle of friends OA | PM Stepping out |
| PM Ice Cream Social - L | PM You and I 6:30 pm Bingo- FC | PM For the Fit of Fun | PM Trivia FC | PM Manicures OA | PM Soothing Sensations |
| 25 | 26 | 27 Fun Fair! | 28 | 29 | 30 |
| PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time | PM Neighbourhood Time |
| PM Brains and Banter - OA | PM Manicures - T | PM Fun Fair - TH | PM For the fit of Fun - OA | 2:30pm Residents Council - FC | PM Stepping out - T |
| PM Ice Cream Social - L | PM Stepping out - T 6:30PM Musical Moments - FC | PM For the Soul - OA | PM Movie Night - FC | PM Soothing Sensations - T | PM For the Soul - OA |
| | PM Neighbourhood Time PM Brains and Banter - OA PM Ice Cream Social - L 11 PM Neighbourhood Time 2:30pm Country Drive PM Ice Cream Social - L 18 PM Neighbourhood Time PM Brains and Banter - OA PM Ice Cream Social - L 25 PM Neighbourhood Time PM Brains and Banter - OA | PM Neighbourhood Time PM Neighborhood time -OA PM Brains and Banter - OA PM Ice Cream Social - L PM Stepping out PM Bingo - FC 11 PM Neighbourhood Time PM Neighbourhood Time PM Java - CK PM Ice Cream Social - L PM You and I 6:30 pmMusical Moments - FC 18 PM Neighbourhood Time PM Brains and Banter - OA PM Ice Cream Social - L PM You and I 6:30 pm Bingo - FC 25 PM Neighbourhood Time PM Reighbourhood Time PM Rou and I 6:30 pm Bingo - FC 26 PM Neighbourhood Time PM Reighbourhood Time PM Rou and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM You and I 6:30 pm Bingo - FC PM Stepping out - T | PM Neighbourhood Time PM Neighborhood time -OA PM Neighbourhood Time PM Brains and Banter - OA PM Manicures -OA PM Musical Moments PM Neighbourhood Time | PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Manicures -OA PM Musical Moments PM For the fun of fit PM For the fun of fit PM Trivia - FC PM Trivia - FC PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Stepping out PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Stepping out PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM For the fun of fit - OA PM Neighbourhood Time PM For the soul-OA PM Ice Cream Social - L PM You and I 6:30 pm Bingo- FC PM For the Fit of Fun PM For the Fit of Fun PM For the fit of Fun PM Neighbourhood Time PM For the Fit of Fun PM Neighbourhood Time | PM Neighbourhood Time PM Brains and Banter - OA PM Manicures - OA PM Musical Moments PM For the fun of fit PM Musical moments - OA PM Ice Cream Social - L PM Stepping out PM Bingo - FC PM Neighbourhood Time PM Stepping out PM Neighbourhood Time PM Stepping out PM Neighbourhood Time PM Neighbourhood Time PM Neighbourhood Time PM Soothing Sensation- OA PM Neighbourhood Time PM For the soul-OA PM For the Soul-OA PM For the Fit of Fun PM For the fit of Fun - OA PM Neighbourhood Time |

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PM Neighbourhood Time

PM Express yourself - CK

PM For the fun of fit- OA



Legend

CK- Country Kitchen

TH—Town Hall

MS- Main Street

TS—Town Square FC—Fitness Centre

OA- open area

L—Library

rea T Traveling
FC—Fitness Centre
C— Courtyard

Outing

—Resident Run Program

— Off the Neighbourhood

Note/Announcement:

AUGUST

Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

The Five Pillars

Meaningful and Active Engagement; Enjoyable Mealtimes; Empowered Care Partners; Thoughtful Design; Supportive Approaches to Care.

New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

New Program Descriptions Neighbourhood Time

• Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

In The Kitchen

Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food.

Replaces; Baking, cooking, etc.

Circle of Friends

Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

Brains & Banter

A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

Musical Moments

Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

New Program Descriptions Stepping Out

A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

You & I

Replaces One to One & Friendly Visits

For the Fun of Fit

Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

Express Yourself

Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

Soothing Sensations

A program that focuses on sensory enrichment. Replaces; Sensory programming

For the Soul

Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.