

AUGUST



Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><div><div>WILFRED SCHLEGEL</div><div>Day</div><div>Monday, August 4</div></div><div><div></div><div>This day kicks off a month of giving back to the community.</div><div>#WilfredSchlegelDay</div></div></div>					<div>1</div> <div>9:30 Calendar Hang Up 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 Bingo on Pollock 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>2</div> <div>9:30 Morning Stretches 10:30 Weekend Walks 2:00 Entertainment with Andy (Ma) 3:15 Calendar Planning & Bill of Rights Meeting</div>
<div>3</div> <div>10:00 For the Soul 11:00 Stepping Out 2:00 Soothing Sensations 3:00 Popsicles on the Patio</div>	<div>4</div> <div>WILFRED SCHLEGEL DAY 10:00 Group Exercise 11:00 Domino/ Card Games 2:00 Stepping Out 3:00 You and Me 6:30 Game Show Trivia (CC)</div>	<div>5</div> <div>9:30 Rosary (C) 10:00 Stepping Out 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Word Games 6:30 In The Kitchen (CC)</div>	<div>6</div> <div>10:30 YMCA Camp (MS) 2:00 PEG Talk: 7 Wonders of the World (C) 3:15 Stepping Out 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)</div>	<div>7</div> <div>Water Day 9:30 Chapel Service (C) 10:30 Deer Hunt (Jo) 11:00 Merry Melodies (C) 1:30 Slip 'N Slide (RH) 6:30 Active Games (MS)</div>	<div>8</div> <div>9:30 Stepping Out 10:30 Sit 'N Get Fit 11:00 For the Fun of Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>9</div> <div>10:00 Group Exercise 11:00 Weekend Walk 2:00 Entertainment with Jontue (Po) 3:30 Circle of Friends</div>
<div>10</div> <div>10:00 For the Soul 11:00 August Trivia 2:00 Corn Hole 3:00 Popsicles on the Patio</div>	<div>11</div> <div>10:00 Soothing Sensations 11:00 Nature Walk 2:00 Travelling Cart: Sundaes 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>12</div> <div>9:30 Rosary (C) 10:00 Group Exercise 10:45 Art with Sonal 11:00 Stepping Out 2:00 Bingo (MS) 3:00 Movie and Popcorn 3:15 Hand Therapy (FC) 6:30 For the Soul (C)</div>	<div>13</div> <div>10:30 YMCA Camp (MS) 2:00 Game Show: Outburst (C) 3:15 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>14</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Music Reminiscing 11:00 Merry Melodies (C) 2:00 Residents Council (C) 2:15 Stepping Out 3:00 Manicures/ Nail Care 6:30 Active Games (MS)</div>	<div>15</div> <div>9:30 You & Me 10:30 Sit 'N Get Fit 11:00 Dominoes/Cards 2:00 Bingo on Pollock 6:30 Crafting Club (CC)</div>	<div>16</div> <div>10:00 Weekend Perk 11:00 Stepping Out 2:00 Karaoke Afternoon (Jo) 3:15 You and Me</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:00 For the Soul 11:00 Weekend Walk 2:00 For the Fun of Fit 3:00 Patio Time	18 10:00 Movement & Music Monday 11:00 Express Yourself 2:00 Travelling Cart: Hot Chocolate 3:00 Stepping Out 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	19 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Daily Perk 6:30 In The Kitchen (CC)	20 10:30 YMCA Camp (MS) 2:00 Tim Hortons Social 3:00 Throwback Music 3:30 Balance Class (FC) 6:30 Games Night (CC)	21 9:30 Chapel Service (C) 9:00 Van Outing 10:30 Zumba (FC) 2:00 Pub Afternoon with Hubert (MS) 3:15 You and Me 6:30 Active Games (MS)	22 10:00 Group Exercise 10:30 Sit 'N Get Fit 11:00 Stepping Out 2:00 In the Kitchen 3:15 You and Me 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	23 9:30 Weekend Walks 10:30 In the Kitchen: Homemade Ice Cream Sandwiches 2:00 Entertainment with Jim (Do) 3:30 You & Me
24 10:00 For the Soul 11:00 Music: Favourite Songs 2:00 Ladder Ball 3:00 Neighbourhood Time	25 10:00 Group Exercise 11:00 Nature Walk 2:00 Travelling Cart : General Store 3:00 Movie & Popcorn 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	26 9:30 Rosary (C) 10:45 Art with Sonal 11:00 Outdoor Walk 1:00 Bus Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 For the Soul (C)	27 10:30 Corn Husking (MS) 2:00 Food Committee (Ma) 2:15 Movie and Popcorn 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	28 10am-3pm 10th Anniversary Carnival! 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Merry Melodies (C)	29 9:30 Daily Perk 10:30 Sit 'N Get Fit 11:00 Arts & Crafts 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	30 10:00 Chair Dancing Exercise 11:00 The Weekend Perks 2:00 Games Afternoon (MS) 3:15 Stepping Out
31 10:00 For the Soul 11:00 Calendar Hang Up 2:00 Patio Time 3:00 Weekend Walk	<div><div>Outings: August 21st - Walmart August 26th - Dairy Queen</div><div>Your Recreation Team: Full-Time - Pearl Part-Time - Danica</div></div> <div>Calendar Planning and Resident Bill of Rights We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings! Hosted by your Recreation Team Member.</div> 