



# AUGUST 2019

## Williamsburg, Becker & Ailsa Craig



### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

CH-Chapel  
 LL- Basement  
 H- Hobby Shop  
 TH-Town Hall  
 MS-Main Street  
 TS-Town Square  
 L-Library  
 SH-School House  
 SC-Social Club  
 \*-Independent Program

FC- Fitness Centre  
 A- Art Studio  
 C-Café  
 EG (2nd Floor)-Egerton  
 EM (2nd Floor)-Emma's  
 CC- Community Center (LTC)

**Please refer to the "Today's Activity Board" for any program time changes, location changes, or cancellations**

**1**  
**Buy Your Progressive Bingo Cards \$1-H**  
 9:30 Mother Goose - TH  
**10:30 Art Express Program Info Session - TH**  
 10:30 Balance Class-FC  
 10:45 Buzz Words - SC  
 1:30 Sacred Moments Prayer Time - CH  
 4:15 Progressive Bingo # - H  
 6:00 VON Education Series with Renate: "From Stress to Strength"-SH

**2**  
**10-3 Sign Up Day - H**  
 9:30 Book Club with Ken - L  
 10:30 Morning Movements - TH  
 11:00 Guided Meditation - TH  
 1:15 Falls Prevention with VON - FC  
 1:15 Friendly Visits/ Stepping Out with Lauren  
 2:00 Newspaper Club - L\*  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:30 Friday Night Flick - "Seven Years in Tibet" - TH

**3**  
 10:30 Chair Yoga with Miranda-EG  
 11:00 Guided Meditation-EG  
 2:00 Hand Wax Therapy-H  
 4:15 Progressive Bingo # - H

**4**  
 9:30 Church with Curtis Hanson-TH  
 10:45 Specialty Tea & Coffee - H  
 2:00 Cardio & Core with Dana-FC  
 2:30 Church with Ken - TH  
 4:15 Progressive Bingo # - H

**5**  
 10:45 Bocce Ball - MS  
 2:00 Pole Walking with Dana-FC  
 2:00 Knitting Club - L\*  
 3:30 4 Pictures, 1 Word - TH  
 4:15 Progressive Bingo # - H  
 6:00 Bid Euchre (Everyone Welcome!) - SC\*  
 7:00 Chaplet of the Divine Mercy - CH

**6**  
**9:15 Breakfast Club - Sign Up**  
 10:45 Chair Yoga with Nicole-TH  
 1:15 Friendly Visits/Stepping out for Williamsburg Residents  
**1:30 No Frills Shuttle - Sign Up**  
 2:30 Chef Tips with Jesse-H  
 3:00 Strength Class-FC  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:15 Bridge - SC\*  
 7:30 Tuesday Night Documentary: The Creative Brain"-TH

**7**  
 10:45 Sing-a-Long with Lesley-Café  
 11:00 Range of Motion - FC  
 11-2:30 Palliative Care Fundraiser Lunch-CC  
 2:00 Tai Chi with Dan - FC  
 2:30 Hymn Sing - CH  
 3:00 Loonie Bingo - H  
 4:15 Progressive Bingo # - H  
 7:00 Men's Club - SC  
 7:00 Christmas Bazaar Craft w/ Lauren - H

**8**  
 9:30 Mother Goose - TH  
 10:30 Ball Fitness with Zech-FC  
 1:30 Sacred Moments Prayer Time - CH  
 3:00 Music Crossword - SC  
 4:15 Progressive Bingo # - H  
 6:00 VON Education Series with Renate: "From Stress to Strength"-SH  
 7:00 Ladies Social Night with Miranda & Nail Painting - H

**9**  
 10:30 Poetry and Reflection with Ken - L  
 10:30 Morning Movements - TH  
 11:00 Guided Meditation - TH  
 1:15 Falls Prevention with VON - FC  
 1:15 Friendly Visits/ Stepping Out with Lauren  
 2:00 Newspaper Club - L\*  
**2:30 Ice Cream Truck - Cafe**  
 4:15 Progressive Bingo # - H  
**4:45 Legion Fish & Chips - Sign Up - \$**  
 7:30 Friday Night Flick - "The Breakfast Club" - TH

**10**  
**10-12 Jeans Flowers Vendor-MS**  
 10:30 Baking: Apple Pie Bites - H  
 1:15 Friendly Visits  
**2:30 Be-Bop Jake Entertains-EG**  
 4:15 iPad Games - SC  
 4:15 Progressive Bingo # - H  
 7:15 Sing-a-Long with Zech-TH

**11**  
 9:30 Church with Sharon - TH  
 10:45 Specialty Tea & Coffee - H  
 1:15 Friendly Visits  
 2:30 Church with Ken - TH  
 3:00 Wii Games - SC  
 4:15 Progressive Bingo # - H

**12**  
**10:00 Hospitality Committee Meeting-SH**  
 10:45 Horseshoes - MS  
 1:15 Falls Prevention with VON - FC  
 2:00 Knitting Club - L\*  
 3:30 Wheel of Fortune - SC  
 4:15 Progressive Bingo # - H  
 6:00 Bid Euchre (Everyone Welcome!) - SC\*  
 7:00 Chaplet of the Divine Mercy - CH

**13**  
**10-3 Nelly Comfort Shoes Vendor-MS**  
**10:45 Corn Husking - H**  
**2:30 Country Theme Entertainer - TS**  
 3:00 Strength Class-FC  
 4:15 Progressive Bingo # - H  
 7:15 Bridge - SC\*  
 7:30 Tuesday Night Movie "The Queen"- TH  
 9:00 Mobile Equipment Cleaning Clinic Sign Up-FC

**14**  
 10:30 Group Crossword-SC  
 11:00 Range of Motion - FC  
**1:30 Fortino's Mall Rd. Grocery Shuttle - Sign Up**  
 2:00 Tai Chi with Dan-FC  
 2:30 Hymn Sing - CH  
 3:00 Christmas Bazaar Craft w/Lauren - H  
 4:15 Progressive Bingo # - H  
 7:00 Men's Club - SC  
**7:15 Paula French Entertains - TH**

**15**  
 9:30 Mother Goose - TH  
 10:30 Balance Class-FC  
 10:45 Arm Chair Travel-SC  
 1:15 Friendly Visits with Lauren  
 1:30 Sacred Moments Prayer Time - CH  
 2:30 Java Music Club  
 4:15 Progressive Bingo # - H  
 6:00 VON Education Series with Renate: "From Stress to Strength"-SH  
 7:00 Ladies Social Night - H

**16**  
 9:30 Book Club with Ken - L  
 10:30 Morning Movements - TH  
 11:00 Guided Meditation - TH  
 1:15 Falls Prevention with VON - FC  
 1:15 Friendly Visits/ Stepping Out with Lauren  
 2:00 Newspaper Club - L\*  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:30 Friday Night Flick - "Sully" - TH

**17**  
**10-3 Wreath & Baked Goods Vendor-MS**  
 10:30 Drop-in Balance Obstacle Course with Dan-FC  
 10:30 Chair Yoga with Miranda-EG  
 11:00 Guided Meditation-EG  
 2:00 Hand Wax Therapy-H  
 4:15 Progressive Bingo # - H

**18**  
 9:30 Church with Stirling Irvine- TH  
 10:45 Specialty Tea & Coffee - H  
 11:00 So you think you can Stretch?- FC  
**1:30 Art Project with Miranda - H**  
 2:00 Cardio & Core with Dana-FC  
 2:30 Church with Ken - TH  
 3:00 Wii Games-SC  
 4:15 Progressive Bingo # - H

**19**  
 9:30 Shingles Presentation by Sharon - SH  
 10:45 Carpet Bowling - MS  
 1:15 Falls Prevention with VON - FC  
**2:00 VON Caregiver Education Series with Renate-SH**  
 2:00 Knitting Club - L\*  
 4:15 Progressive Bingo # - H  
 6:00 Bid Euchre (Everyone Welcome!) - SC\*  
**7:00 Celebration of Life Service- CH**

**20**  
 10:45 Ball Fitness - TH  
 1:15 Friendly Visits/Stepping out for Williamsburg Residents  
**1:30-3 Children's Lemonade Stand for Sick Kids-TS**  
**Zarky's Grocery Shuttle - Sign Up**  
 3:00 Strength Class-FC  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:15 Bridge - SC\*  
 7:30 Tuesday Night Movie "Les Miserables"-TH

**21**  
**10:30 Roman Catholic Mass-CH**  
 10:45 Sing-a-Long with Lesley-Café  
**11:00 Hutch's Lunch Outing - Sign Up**  
 11:00 Range of Motion - SC  
 2:00 Tai Chi with Dan - FC  
 2:30 Hymn Sing - CH  
 3:00 Christmas Bazaar Craft w/ Lauren - H  
 4:15 Progressive Bingo # - H  
 7:00 Men's Club - SC

**22**  
 9:30 Mother Goose - TH  
 10:30 Balance Class-FC  
 1:30 Sacred Moments Prayer Time - CH  
 2:30 Java Music Club-L  
 4:15 Progressive Bingo # - H  
**5:15 Diner's Club - Sign Up - \$**  
 6:00 VON Education Series with Renate: "From Stress to Strength"-SH  
**7:00 Ladies Social & Arbonne Pamper Night-H**

**23**  
**10-3 Shiny Jewelry by Elizabeth Vendor**  
**10-8 Grocery Baggins @ Fortino's Mall Rd. for City KidZ**  
 10:30 Poetry and Reflection with Ken - L  
**10:45 LTC Summer Choir Concert - TH**  
 1:15 Falls Prevention with VON - FC  
 1:15 Friendly Visits/ Stepping Out with Lauren  
 2:00 Newspaper Club - L\*  
**2:30 Ice Cream Truck - Cafe**  
 4:15 Progressive Bingo # - H  
 7:30 Friday Night Flick - "Citizen Kane" - TH

**24**  
**10-12 Jeans Flowers Vendor-MS**  
 10:30 Baking: Friendship Cookies - H  
 1:15 Friendly Visits  
**2:30 Bill Speer Entertains - TH**  
 4:15 iPad Games - SC  
 4:15 Progressive Bingo # - H

**25**  
 9:30 Church with Sharon- TH  
 10:45 Specialty Tea & Coffee - H  
 2:30 Church with Ken - TH  
**3:00 Super Loonie Bingo - H**  
 4:15 Progressive Bingo # - H

**26**  
 10:45 Mini Putt -BP  
 1:15 Falls Prevention with VON - FC  
 2:00 Knitting Club - L\*  
 3:30 Word Makers - SC  
 4:15 Progressive Bingo # - H  
 6:00 Bid Euchre (Everyone Welcome!) - SC\*  
 7:00 Chaplet of the Divine Mercy - CH

**27**  
 10:45 Chair Yoga-TH  
**1:30 Fortinos & South Hamilton Shuttle - Sign Up**  
 3:00 Strength Class-FC  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:15 Bridge - SC\*  
 7:30 Tuesday Night Movie "Theory of Everything" - TH

**28**  
 10:00 Welcome Committee Outing  
 11:00 Range of Motion - FC  
 2:00 Tai Chi with Dan-FC  
 2:30 Hymn Sing - CH  
 3:00 Loonie Bingo - H  
 4:15 Progressive Bingo # - H  
 7:00 Men's Club - SC  
 7:00 Christmas Bazaar Craft w/ Lauren - H

**29**  
 9:30 Mother Goose - TH  
 10:30 Balance Class-FC  
 10:45 Buzz Words - SC  
 1:30 Sacred Moments Prayer Time - CH  
**1:30 Hewitt's Dairy Bar Outing - Sign Up-\$**  
 4:15 Progressive Bingo # - H  
 7:00 Ladies Social Night with Miranda- H

**30**  
 9:30 Book Club with Ken - L  
 10:30 Morning Movements - TH  
 11:00 Guided Meditation - TH  
 1:15 Falls Prevention with VON - FC  
 1:15 Friendly Visits/Stepping Out with Lauren  
 2:00 Newspaper Club - L\*  
 3:00 Happy Hour - SC  
 4:15 Progressive Bingo # - H  
 7:30 Friday Night Flick - "Julie & Julia" - TH

**31**  
 10:30 Baking Program with Miranda- H  
 2:00 Hand Wax Therapy-H  
 2:30 Music Crossword-SC  
 4:15 Progressive Bingo # - H