

# August 2026

| Sunday                                                                                                                                                                                                                                                                                                | Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                          | Saturday                                                                                                                   |
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| <div><div>Pink - Exercise Room (ER)</div><div>Green - Main Lounge (ML)</div><div>Purple - Meeting Room (MR)</div><div>Brown - Chapel (C)</div><div>Orange - Activity Room (AR)</div><div>Blue - Entertainment</div><div>Red - Outings (sign-up required)</div><div>Light Blue - Patio (P)</div></div> |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                 |                                                                                                                            |
|                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                 | <div><div>9:00</div>Cranium Crunches (see front desk)</div> <div><div>2:30</div>Concierge's Choice (ML)</div>              |
| <div><div>2</div><div>11:00</div>Sunday Rosary (3rd floor lounge)</div> <div><div>2:30</div>Sunday Social (ML)</div>                                                                                                                                                                                  | <div><div>3</div><div>CIVIC HOLIDAY</div></div> <div><div>10:30</div>Racquet Balloon (ML)</div> <div><div>2:30</div>Wipe Board Word Games with Ruby (ML)</div>                                                                        | <div><div>4</div><div>Brant Arts Walker Clinic (AR)</div><div>(sign-up at front desk)</div></div> <div><div>10:00</div>Outing: Confederation Park (Sign-up required)</div> <div><div>10:30</div>Tai Chi (ER)</div> <div><div>12:30</div>Hangman (ML)</div> <div><div>2:30</div>Happy Hour &amp; Music with Robin &amp; Sam (AR)</div> | <div><div>5</div><div>10:30</div>Stretch &amp; Strengthen with Sarah (ER)</div> <div><div>2:30</div>Resident Satisfaction Survey Information Meeting (ER)</div> <div><div>3:30</div>Country Music Bingo (AR)</div> <div><div>7:15</div>Yathzee Club (ML)</div> | <div><div>6</div><div>Foot Care Clinic with Dr. Jason (MR)</div><div>(sign-up at front desk)</div></div> <div><div>10:00</div>Outing: Westcliff Mall (Sign-up required)</div> <div><div>10:30</div>Zumba with Linn (ER)</div> <div><div>12:30</div>Rhyme Time (ML)</div> <div><div>2:30</div>Euchre Club (ML)</div> | <div><div>7</div><div>10:15</div>Xbox Bowling (AR)</div> <div><div>10:30</div>Bible Study (MR)</div> <div><div>12:30</div>Category Grid (ML)</div> <div><div>3:00</div>Loonie Bingo (AR)</div>                                                                  | <div><div>8</div><div>9:00</div>Cranium Crunches (see front desk)</div> <div><div>2:00</div>Krishanthi on Piano (ML)</div> |
| <div><div>9</div><div>11:00</div>Sunday Rosary (3rd floor lounge)</div> <div><div>2:30</div>Sunday Social (ML)</div>                                                                                                                                                                                  | <div><div>10</div><div>10:15</div>Pretty Polish (sign-up required)(AR)</div> <div><div>10:45</div>Morning Exercise with VON (ER)</div> <div><div>12:30</div>Horse Races (ML)</div> <div><div>3:00</div>Chocolate Bar Bingo (AR)</div> | <div><div>11</div><div>10:00</div>Outing: Walmart (Sign-up required)</div> <div><div>10:30</div>Tai Chi with Shane (ER)</div> <div><div>12:30</div>Racquet Balloon (ML)</div> <div><div>2:30</div>Happy Hour &amp; Music with Alchemy Unplugged(AR)</div>                                                                             | <div><div>12</div><div>10:30</div>Stretch &amp; Strengthen with Sarah (ER)</div> <div><div>2:30</div>Passport Day - Armchair Travel to Italy (AR)</div> <div><div>3:30</div>Italian Gelato on the Patio(P)</div> <div><div>7:15</div>Yathzee Club (ML)</div>   | <div><div>13</div><div>10:30</div>Zumba with Linn (ER)</div> <div><div>12:00</div>Outing: Harbourfront Trolley (Sign-up required)</div> <div><div>2:30</div>Euchre Club (ML)</div> <div><div>7:15</div>Karaoke Pub Night (AR)</div>                                                                                 | <div><div>14</div><div>10:00</div>Outing: Bank Trip (Sign-up required)</div> <div><div>10:15</div>Xbox Bowling (AR)</div> <div><div>10:30</div>Bible Study (MR)</div> <div><div>12:30</div>Category Grid (ML)</div> <div><div>3:00</div>Loonie Bingo (AR)</div> | <div><div>15</div><div>9:00</div>Cranium Crunches (see front desk)</div> <div><div>2:30</div>Dave on Piano (ML)</div>      |

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| Sunday                                                                                                               | Monday                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                               |
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| <div>16</div> <div><b>11:00</b> Sunday Rosary<br/>(3rd floor lounge)</div> <div><b>2:30</b> Sunday Social (ML)</div> | <div>17</div> <div><b>10:45</b> Morning Exercise<br/>with VON (ER)</div> <div><b>3:00</b> Chocolate Bar Bingo<br/>with Shannon (AR)</div>                                                                                                                                                  | <div>18</div> <div><b>10:00 Outing: Gage Park</b><br/>(Sign-up required)</div> <div><b>10:30</b> Tai Chi with Shane<br/>(ER)</div> <div><b>2:30 Happy Hour &amp; Music</b><br/>with Kim Atkins (AR)</div>                                                                                             | <div>19</div> <div><b>10:30</b> Virtual Exercise<br/>with Ruby (AR)</div> <div><b>12:30</b> Hangman (ML)</div> <div><b>2:30</b> Art with Ruby (MR)</div> <div><b>7:15</b> Yathzee Club (ML)</div>                                                                                                              | <div>20</div> <div><b>10:00 Outing: University Plaza/Shopper's Drug Mart</b><br/>(Sign-up required)</div> <div><b>10:30</b> Zumba with Linn (ER)</div> <div><b>2:30</b> Euchre Club (ML)</div> | <div>21</div> <div><b>10:30</b> Bible Study with Bella (ER)</div> <div><b>2:00</b> Linda on Piano (ML)</div> <div><b>3:30</b> Trivia with Ruby (ML)</div>                                                                                              | <div>22</div> <div><b>Foot Care Clinic</b><br/>with Dr. Barbara (MR)<br/>(sign-up at front desk)</div> <div><b>9:00</b> Cranium Crunches<br/>(see front desk)</div> <div><b>2:30</b> Concierge's Choice<br/>(ML)</div> |
| <div>23</div> <div><b>11:00</b> Sunday Rosary<br/>(3rd floor lounge)</div> <div><b>2:30</b> Sunday Social (ML)</div> | <div>24</div> <div><b>10:15</b> Pretty Polish<br/>(sign-up required) (AR)</div> <div><b>10:45</b> Morning Exercise<br/>with VON (ER)</div> <div><b>12:30</b> Bean Bag Toss<br/>(ML)</div> <div><b>3:00</b> Chocolate Bar Bingo<br/>(AR)</div>                                              | <div>25</div> <div><b>10:00 Outing: Walmart</b><br/>(Sign-up required)</div> <div><b>10:30</b>Tai Chi with Shane<br/>(ER)</div> <div><b>12:30</b> Hangman (ML)</div> <div><b>2:30 Birthday Party</b><br/>Happy Hour and Music<br/>with Paula French (AR)</div>                                        | <div>26</div> <div><b>Hear Right Clinic</b><br/>(sign-up at front desk)</div> <div><b>10:30</b> Stretch &amp;<br/>Strengthen with Sarah<br/>(ER)</div> <div><b>2:30</b> Cooking Class with<br/>Chef Leona in the Cafe</div> <div><b>3:30</b> Picture Bingo (AR)</div> <div><b>7:15</b> Yathzee Club (ML)</div> | <div>27</div> <div><b>10:30</b> Zumba with Linn (ER)</div> <div><b>12:45 Outing: Hamiltonian Harbour Tour</b><br/>(Sign-up required)</div> <div><b>2:30</b> Euchre Club (ML)</div>             | <div>28</div> <div><b>10:00 Outing: Giant Tiger</b><br/>(Sign-up required)</div> <div><b>10:15</b> Xbox Bowling(AR)</div> <div><b>10:30</b> Bible Study (MR)</div> <div><b>2:00</b> Linda on Piano (ML)</div> <div><b>3:00</b> Loonie Bingo (AR)</div> | <div>29</div> <div><b>9:00</b> Cranium Crunches<br/>(see front desk)</div> <div><b>2:30</b> Concierge's Choice<br/>(ML)</div>                                                                                          |
| <div>30</div> <div><b>11:00</b> Sunday Rosary<br/>(3rd floor lounge)</div> <div><b>2:30</b> Sunday Social (ML)</div> | <div>31</div> <div><b>10:15</b> Pretty Polish<br/>(sign-up required) (AR)</div> <div><b>10:45</b> Morning Exercise<br/>with VON (ER)</div> <div><b>12:30</b> Target Shoot (ML)</div> <div><b>2:30</b> Town Hall Meeting<br/>(ER)</div> <div><b>3:00</b> Chocolate Bar Bingo<br/>(AR)</div> | <div><div>Pink - Exercise Room (ER)</div><div>Green - Main Lounge (ML)</div><div>Purple - Meeting Room (MR)</div><div>Brown - Chapel (C)</div><div>Orange - Activity Room (AR)</div><div>Blue - Entertainment</div><div>Red - Outings (sign-up required)</div><div>Light Blue - Patio (P)</div></div> |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                        |