

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  August 2026 Location Legend: AR= Activity Room FR= Friendship Room T= Theatre Room L= Library 						1 2:00 Bingo=AR 6:45 Movie Night “The Grand Budapest Hotel”=T
2 11:00 Catholic Mass=T 2:00 Salvation Army= T 6:45 Cards=FR	3 Civic Holiday 9:30 TV Series “This is Us” =T 2:00 Bingo=AR 3:00 Entertainment with Laurence Marks=T	4 1-4pm Van Shuttle 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR 6:30 Happy Hour=AR	5 9:30 TV Series “This is Us”=T 11:00 Gentle Exercises=AR 6:30 Movie Night “Enola Holmes 2”=T	6 9am-12pm Shuttle Van 9:00 Netflix Series “Somebody Feed Phil=T 1-2pm Tuck Shop=AR 2:30 Jeopardy=T 3:30 Iced Coffee Social=AR	7 9:30 TV Series: “This is Us”=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR	8 11:00 Chair Yoga with Guided Meditation=T 12:00 BBQ Lunch Outside in Garden 2:00 Bingo=AR 6:45 Movie Night “My Old Lady”
9 11:00 Catholic Mass=T 2:00 Movie Matinee “Let Him Go”=T 6:45 Cards=FR	10 9:30 TV Series “This is Us”=T 11:00 Gentle Exercises=AR 1:30 Van Outing to Peterborough Casino 2:00 Bingo	11 1-4pm Van Shuttle 10-3 Gemini Jewelry Sale=FR 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR 6:30 Happy Hour Bar Opens 7:00 Entertainment with Randy Reed=AR	12 9:30 TV series “This is Us”=T 11:00 Gentle Exercises=AR 2:30 Beginner Chair Dance=AR 6:45 Movie Night “Jerry & Marge Go Large”=T	13 9am-12pm Van Shuttle 9:00 Netflix Series “Somebody Feed Phil”=T 1-2pm Tuckshop=AR 2:30 Ladder Ball in the Courtyard 3:00 Summer Specialty Drinks in the Courtyard	14 9:30 TV Series: “This is Us”=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR 3:15 Entertainment with Keith Kirkpatrick=T	15 2:00 Bingo=AR 6:45 Movie Night “The Secret Life of Pets”=T Update July 30, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 11:00 Catholic Mass=T 2:00 Movie Matinee “Annie (1982)=T 6:45 Cards=FR	17 Heather on Holidays for the week 9:15 TV Series “This is Us”=T (time change today) 11:00 Exercise Video by Heather=T 2:00 Bingo=AR	18 No Van Shuttle Today 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR 1:00 Bus Trip to Walmart and Landsdowne Place No Happy Hour Tonight	19 9:15 TV Series “This is Us”=T (time change today) 11:00 Gentle Exercise with Josee =T 2:00 Food Forum=T 2:30 Resident Council Meeting=T 6:30 Movie Night “Ghost Town”=T	20 No Van Shuttle Today 9:00 Netflix Series “Somebody Feed Phil”=T 2:00 Seated Exercises with Jasmine=AR	21 9:15 TV Series: “This is Us”=T (time change today) 11:00 Exercise Video by Heather=T 2:00 Card Bingo=AR 3:15 Entertainment with Mike & Darlene=T	22 11:00 Chair Yoga with Guided Meditation=T 2:00 Bingo 6:45 Movie Night “Find Me Falling”=T
23 11:00 Catholic Mass=T 2:00 Movie Matinee “Death on the Nile”=T 6:45 Cards=FR	24 10am-3pm Hearing Clinic=L 9:30 TV Series “This is Us” =T 11:00 Gentle Exercises=AR 1-2pmTuck Shop=AR 2:00 Bingo=AR 3:30 Beginner Better Balance Bones=AR	25 1-4pm Van Shuttle 9:00 Knit & Quilt=AR 11:00 Falls Prevention Class=AR 6:30 Happy Hour=AR	26 9:30 TV series “This is Us”=T 11:00 Gentle Exercise=AR 2:30 Birthday Party/New Resident Welcome with Mark Edwards=AR 6:45 Movie Night “Woman of the Hour=T	27 9am-12pm Van Shuttle 9:00 Netflix Series “Somebody Feed Phil”=T 1-2pm Tuckshop=AR 2:30 Horseshoes Outside Gardens 3:00 Ice Cream Social Outside Gardens	28 9:30 TV Series: “This is Us”=T 11:00 Gentle Exercises=AR 2:00 Card Bingo=AR	29 2:00 Bingo 6:45 Movie Night “La Bamba”=T
30 11:00 Catholic Mass=T 2:00 Movie Matinee “The Upside”=T 6:45 Cards=FR	31 9:30 TV Series “This is Us” =T 11:00 Gentle Exercises=AR 1-2pmTuck Shop=AR 2:00 Bingo=AR 3:30 Beginner Better BalanceExercises=AR	August 2026  Location Legend: AR= Activity Room FR= Friendship Room T= Theatre L= Library Update July 30, 2026 				