

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

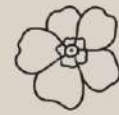
Saturday

August 2024

Legend:
 (CL)Café/
 Lounge
 (C)- Cottage
 (FL)- Front
 Lobby
 (L)- Library
 (SG)- Secret
 Garden

<p>10:30 (C)(yt) Hymn Sing 4</p> <p>2:00(C)(N) Movie:</p>	<p>5</p>  <p>2:00(C)(N) Afternoon Movie: Your Pick!</p>	<p>6 Esthetician Today</p> <p>10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:30(FL)Outdoor Walk 7:00(C)Toast Masters</p>	<p>7 Hairdresser Today Shuttle Today</p> <p>10:00TRIP *Sign up* Giant Tiger 2:00-3:00(C) Ontario Medical Supply Presentation 3:30(FL)Outdoor Walk 6:00(CL)Cribbage</p>	<p>10:15(SG)Garden Care 1 11:00(C) Seated Dance Class 1:30(C)Technology Help 2:00(C)Painting Class 3:30(C)(N) Documentary: <i>Cat People</i></p>	<p>2 Hairdresser Today Shuttle Today</p> <p>10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Cameron Caiton</p>	<p>3 2:00(C)(N) Movie: <i>The Hill</i></p> <p>2:00(CL)Cribbage</p> <p>7:00(C)(N) Movie: <i>A Little Chaos</i></p>
<p>10:30 (C)(yt) Hymn Sing 11</p> <p>2:00(C)(N) Movie: <i>Perfect Pairing</i></p>	<p>12 Hairdresser Today Shuttle Today</p> <p>Animal Care Service 1:00-4:30</p> <p>10:00TRIP *Sign up* Dollarama 10:00(C)Church Service 10:15(SG)Garden Care 2:00(C)DRUMBALL 3:15(FL)Outdoor Walk</p>	<p>13 Esthetician Today</p> <p>10:00-2:00(FL) Hardty Designs Vendor</p> <p>10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:00 Dog Visits with Samantha 7:00(C)Toast Masters</p>	<p>14 Hairdresser Today Shuttle Today</p> <p>10:30-2:00(FL) COBS Vendor</p> <p>10:30TRIP *Sign up*Lunch at Halibut House 2:00(SG)Lawn Bowling 3:30(C)Documentary: 6:00(CL)Cribbage</p>	<p>10:15(SG)Garden Care 15 11:00(C) Seated Dance Class 1:30(C)Technology Help 2:00(C)Trivia 3:00 Dog Visits with Ben 3:15(C)(N) Documentary: <i>The Island of the Sea Wolves</i></p>	<p>16 Shuttle Today</p> <p>10:15(C) JAVA Music Club 2:00(CL) Happy Hour with Bob Mclean</p>	<p>17 2:00(C)(N) Movie: <i>Long Story Short</i></p> <p>2:00(CL)Cribbage</p> <p>7:00(C)(N) Movie: <i>Walk Ride Rodeo</i></p>
<p>10:30 (C)(yt) Hymn Sing 18</p> <p>2:00(C)(N) Movie: <i>The Call of the Wild</i></p>	<p>19 Hairdresser Today</p> <p>10:00(C)Church Service 10:15(SG)Garden Care 2:00-3:00(C) Presentation with Alzheimer's Society on Dementia 3:30(FL)Outdoor Walk</p>	<p>20 Esthetician Today</p> <p>10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:00 Dog Visits with Samantha 3:15(C)DRUMBALL 7:00(C)Toast Masters</p>	<p>21 Hairdresser Today Shuttle Today</p> <p>10:00TRIP *Sign up* Eastgate Mall 10:30-2:00(FL) Cathy's Jewelry Vendor 2:00(C)Table Games 3:00(FL)Outdoor Walk 6:00(CL)Cribbage</p>	<p>10:00(L)Exploring Scripture22 10:15(SG)Garden Care 11:00(C) Seated Dance Class 1:30(C)Technology Help 2:00-3:00(CL) Lemon Meringue Tart Social 3:00 Dog Visits with Ben 3:30(C)(N) Documentary: <i>Mission Blue</i></p>	<p>10:15(C) JAVA Music Club23</p> <p>2:00(CL) Happy Hour with Jack Daniel's Show</p>	<p>24 2:00(C)(N) Movie: <i>Seventeen</i></p> <p>2:00(CL)Cribbage</p> <p>7:00(C)(N) Movie: <i>The Cider House Rules</i></p>
<p>10:30 (C)(yt) Hymn Sing 25</p> <p>2:00(C)(N) Movie: <i>Mother of the Bride</i></p>	<p>26 Hairdresser Today Shuttle Today</p> <p>10:00TRIP *Sign up* Flamboro Casino 10:00(C)Church Service 10:15(SG)Garden Care 2:00(C)DRUMBALL 3:15(FL)Outdoor Walk</p>	<p>27 Esthetician Today</p> <p>10:30(C) Brain Joggers 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:00 Dog Visits with Samantha 7:00(C)Toast Masters</p>	<p>28 Hairdresser Today Shuttle Today</p> <p>10:00TRIP *Sign up* Art Gallery of Burlington 2:00-3:00(C) Book Club 3:15(C)Documentary: <i>Our Planet II</i> 6:00(CL)Cribbage</p>	<p>10:15(SG)Garden Care 29 11:00(C)Seated Dance Class 29 2:00(C)Townhall Meeting 3:00 Dog Visits with Ben 3:15(C)Food Meeting</p>	<p>10:15(C) JAVA Music Club30</p> <p>2:00(CL) Happy Hour with Marion Shynal</p>	<p>31 2:00(C)(N) Movie: <i>Greater</i></p> <p>2:00(CL)Cribbage</p> <p>7:00(C)(N) Movie: <i>Damsel</i></p>

EXERCISE SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM-10:30AM	GENERAL EXERCISE	GENERAL EXERCISES	SEATED YOGA/TAI CHI (COTTAGE)	GENERAL EXERCISE	
10:30AM-11:30AM	RACKET BALLOON	ADVANCED EXERCISES		ADVANCED EXERCISE	
10:45AM-11:45AM			GENERAL EXERCISE (VON)		GENERAL EXERCISE (VON)
1:00PM-2:00PM	ADVANCED EXERCISE (VON)				



summer WORD SEARCH

R T O B A R B E C U E G
 Z R E W O M N W A L B M
 X N T S U G U A O J F D
 G O S E S S A L G N U S
 J L W V A C A T I O N C
 V E C F I R E W O R K S
 I M V S R O O D T U O L
 X R S A N D C H E R R Y
 N E U M B R E L L A B L
 W T D X G O G G L E S A
 A A J P Q Y V A V T E F
 S A N D C A S T L E E T

SUNGLASSES AUGUST CHERRY LAWN MOWER
 FIREWORKS UMBRELLA WATERMELON VACATION
 SAND CASTLE OUTDOORS BARBECUE GOGGLES



What to Look Out for This Month!

- Civic Holiday: Pick your choice of movie!
 - In person Animal Care
 - Jewelry Vendor
 - Hardty Designs Vendor
 - Cobs Vendor
- In Depth Presentation: Ontario Medical Supplies
- Presentation with Alzheimer's Society on Dementia
 - Lemon Meringue Tart Social
- Book Club: Starting once every month!
 - Trip to Giant Tiger
 - Trip to Dollarama
 - Lunch at Halibut House
 - Trip to Eastgate Mall
- Trip to Flamboro Casino & Lunch
- Trip to Art Gallery of Burlington