

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Tiger Cat Game & Snacks (T) Calgary vs Hamilton 7:00 Saturday Night Comedy Movie Resident Choice (T)
10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	Civic Holiday 9:45 Virtual Chair Exercises (C) 10:00 Morning Walk with a friend 10:00 Classic Comedy Clips *MASH* (T) 2:00 Special Summer Time BINGO (CL) 3:30 Activity Package pick up	9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Afternoon BINGO (C) 3:15 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	Hearing Clinic Bus Trip 9:30 Hearing Aid Clinic Sign up at the front Desk 9:45 Tai Chi with Ivan (C) 10:00 Outing - Walking at Spencer Smith Park 10:45 VON Exercise Program (C) 11:00 Grand Hotels of Canada Documentary (T) 2:00 Music & Memories Karaoke Social (C) 3:30 Word In A Word (T)	Resident Survey Launch Social 10:00 Tai Chi with Harvey (C) 10:30 Colour & Connect Creative Corner (CL) 2:00 Resident Satisfaction Survey Launch Social (CL) 3:30 Get To Know Your Neighbour (C) 7:30 Series: Little House on the Prairie (T)	Calendar Meeting Live Entertainment 10:45 VON Exercise Class (C) 11:00 Calendar Meeting with Terri (T) 11:00 Friendly Billiards (B) 2:00 Live Entertainment & Happy Hour with Cameron Caton 3:30 Breath of Fresh Air Walking Club	10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Puzzle Package pick up at the Recreation Table 7:00Tiger Cat Game & Snacks (T) BC Lions vs Hamilton
10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge 3:00 Chapel Service (T)	Bus Trip 9:30 Monday Morning Tuck Shop Open in the Lobby 9:45 Drum Circle (C) 10:00 Outing - Shopping at Giant Tiger 2:00 Name That Tune Summer Social (CY) 3:30 Crossword Connection (T)	9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Peach Sundae Summer BINGO (CY) 3:15 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	Bus Trip 9:45 Tai Chi with Ivan (C) 10:00 Outing - Scenic Drive & Stop at Snyder's Sweet Corn Farm 10:45 VON Exercise Program (C) 2:00 Music & Memories Karaoke Social (C) 3:30 Word In A Word Wednesday (T)	Dental Clinic 10:00 Tai Chi with Harvey (C) 10:30 Corn Shucking (CY) 1:00 Danton Smiles Dental Clinic Sign up at the Front Desk 1:45 Zumba with Linn (C) 3:30 Get To Know Your Neighbour (C) 7:30 Series: Little House on the Prairie (T)	Bus Trip Corn Roast BBQLive Entertainment 11:00 Outing - Lunch at Swiss Chalet 10:45 VON Exercise Class (C) 11:30 Summer Corn Roast Lunch BBQ (CL) 2:00 Live Entertainment & Happy Hour with Kim Atkins 3:30 Breath of Fresh Air Walking Club	10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Puzzle Package pick up at the Recreation Table 7:00 Tiger Cat Game & Snacks (T) Saskatchewan vs Hamilton

August 2026

Recreation Manager - Terri Ryckman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	17 Bus Trip 9:30 Monday Morning Tuck Shop Open in the Lobby 9:45 Drum Circle (C) 10:00 Outing - Shopping at Walmart 2:00 Calendar Meeting (T) 3:30 Name That Tune Social (CY)	18 9:45 Exercise with Ivan (C) 10:00 Peterborough Lift Lock Documentary (T) 11:00 Writers' Circle Pages & Poetry (L) 10:45 Badminton Game with Ivan (C) 2:00 Afternoon BINGO (C) 3:15 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	19 Bus Trip 9:45 Tai Chi with Ivan (C) 10:00 Outing - Krispy Kreme Donuts 10:45 VON Exercise Program (C) 2:00 Music & Memories Karaoke Social (C) 3:30 Word In A Word Wednesday (T)	20 10:00 Tai Chi with Harvey (C) 10:45 The Queens Garden Documentary (T) 2:00 Court Yard Summer Horse Race Game (CY) 3:30 Get To Know Your Neighbour (C) 7:30 Sip & Paint Night with Terri (C/L)	21 Monthly Birthday Party Live Entertainment 10:30 Fresh Fruit Friday Fruit Smoothies (CL) 10:45 VON Exercise Class (C) 11:00 Friendly Billiards (B) 2:00 Birthday Party & Live Entertainment Happy Hour with Jeff King (CL) 3:30 Breath of Fresh Air Walking Club	22 10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Puzzle Package pick up at the Recreation Table 7:00 Tiger Cat Game & Snacks (T) Toronto vs Hamilton
23 10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	24 PORTS OF CALL ARUBA 9:30 Monday Morning Tuck Shop Open in the Lobby 9:45 Drum Circle (C) 10:00 Outing - Coffee at Williams Cafe 11:00 Wonders of the Caribbean Documentary (T) 2:00 Sounds of Aruba Pool Party Social (CY)	25 PORTS OF CALL HAITI 9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Discover the Beauty of Haiti (T) 3:30 Tropical Treasures BINGO (CY) 7:00 Tuesday Night Classic Board Games (CL)	26 PORTS OF CALL BARBADOS 9:45 Tai Chi with Ivan (C) 10:00 Outing - Scenic Drive 10:45 VON Exercise Program (C) 11:00 Fun Caribbean Activity Package pick up 2:00 Living in Barbados (T) 3:00 Island Rhythms Barbados Karaoke Social (C)	27 PORTS OF CALL TRINIDAD 10:00 Tai Chi with Harvey (C) 1:30 Zumba with Linn (T) 2:00 Town Hall (C) 3:00 Travel to Trinidad & Tobago (T) 7:30 Caribbean Canvas & Cocktails Sip & Paint Night with Terri (C/L)	28 PORTS OF CALL WELCOME HOME Live Entertainment 10:00 Outing - Shopping at Fortinos 10:45 VON Exercise Class (C) 12:00 Caribbean Cruise BBQ Lunch (C/L) 2:00 Live Entertainment & Happy Hour with Escapade (CL) 3:30 Breath of Fresh Air Walking Club	29 10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Tiger Cat Game & Snacks (T) Calgary vs Hamilton 7:00 Saturday Night Comedy Movie Resident Choice (T)
30 10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	31 Bus Trip 9:30 Monday Morning Tuck Shop Open in the Lobby 9:45 Drum Circle (C) 10:00 Outing - Picnic Lunch at Confederation Park 2:00 Name That Tune Social (CY) 3:30 Crossword Connection (T)	Legend CL= Cafe/Lounge L= Library C= Cottage T= Theatre AR= Activity Room CY= Court Yard B= Billiards D= Dining Room MOD= Manager On Duty Program				