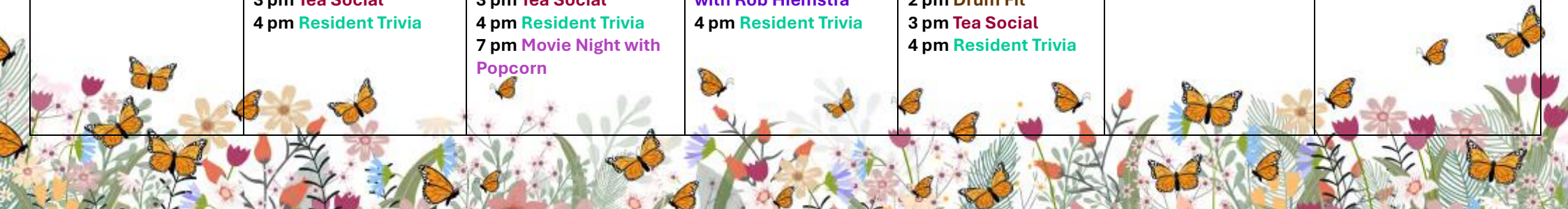


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 2026						1 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia
2 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia	3 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Knitting Club 11 am Church Service W/ Rev. David 3 pm Tea Social 4 pm Resident Trivia Le Drew (Porter), Hazel's Birthday	4 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie Night with Popcorn	5 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Bingo 3 pm Jewellery Making 3 pm Tea Social 4 pm Resident Trivia Bannister, Muriel's Birthday	6 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Sing Along w/ Bry & Ries 2 pm Drum Fit 3 pm Tea Social 4 pm Resident Trivia Shaw, Charlene's Birthday	7 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Fit Minds 11 am Therapy Dog 2 pm Beer, Music & Memories 3 pm Tea Social 4 pm Resident Trivia McCarthy, Merle & Barber, Beatrice's Birthday	8 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia
9 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia	10 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Knitting Club 11 am Church Service W/ Rev. David 1:45 pm Bus Trip Cedarbrae Mall 3 pm Tea Social 4 pm Resident Trivia	11 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 11 am Anglican Church 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie Night with Popcorn	12 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Bingo 3 pm Tea Social 3:30 pm Live Music with Rob Hiemstra 4 pm Resident Trivia	13 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Sing Along w/ Bry & Ries 11:30am – 2:00pm Eye check up 2 pm Drum Fit 3 pm Tea Social 4 pm Resident Trivia	14 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Fit Minds 11 am Therapy Dog 2 pm Sip and Paint 3 pm Tea Social 4 pm Resident Trivia	15 9 am Balance Exercise 9:45 am Physio Fit 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia Campbell, Elizabeth's Birthday	17 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Knitting Club 11 am Church Service W/ Rev. David 1:45 pm Bus Trip D Spot Dessert Café 3 pm Tea Social 4 pm Resident Trivia	18 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie Night with Popcorn	19 9 am Balance Exercise 9:45 am Physio Fit 10-3 pm Seasonal Clothing Sale 2 pm Bingo 3 pm Nail Care Social 3 pm Tea Social 4 pm Resident Trivia Fulton, Wendy's Birthday	20 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Sing Along w/ Bry & Ries 2 pm Drum Fit 2:45 pm Resident meeting with Recreation Manager 3 pm Tea Social 4 pm Resident Trivia	21 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Fit Minds 11 am Therapy Dog 11:30 am Emergency Fire Drill – Full Evacuation 12 pm BBQ Lunch 2 pm Patio Playtime 3 pm Tea Social 4 pm Resident Trivia	22 9 am Balance Exercise 9:45 am Physio Fit 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia
23 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia	24 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Knitting Club 11 am Church Service W/ Rev. David 1:45 pm Bus Trip Walmart 3 pm Tea Social 4 pm Resident Trivia	25 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Karaoke Fun with Brant 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie Night with Popcorn	26 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Bingo 3 pm Art and crafts 3 pm Tea Social 4 pm Resident Trivia	27 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Sing Along w/ Bry & Ries 2 pm Drum Fit 3 pm Town Hall Meeting 3 pm Tea Social 4 pm Resident Trivia	28 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Fit Minds 11 am Therapy Dog 2 pm Birthday Social with Tony 3 pm Tea Social 4 pm Resident Trivia Bridgeman, Carol's Birthday	29 9 am Balance Exercise 9:45 am Physio Fit 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia
30 10:45 am Tai-chi / Qi Gong 2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia	31 9 am Balance Exercise 9:45 am Physio Fit 10:30 am Knitting Club 11 am Church Service W/ Rev. David 1:45 pm Bus Trip Halibut House 3 pm Tea Social 4 pm Resident Trivia Fick, Margaret's Birthday	Program Locations: Multipurpose Room Theatre Dining Room Lobby Patio				

