

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday 9:45am Water Colour Art - L	2 9:45am Mind Aerobics - L 10:30am CANnonball - L 1:30pm Mindful Colouring - L	3 9:30am Cycling without Age - CO 10:30am Catholic Mass - RH 11:30am Summer BBQ - CY 2:15pm Pamper Me Please - L 3:00pm Tunes & Treats - L	4 11:15am Personal Touch - L 1:30pm Entertainment: Music - L 3:00pm Card Games - L 6:00pm Go with the Flow - V	5 9:45am Bingo - L 10:30am Food Council - MVDR 10:30am Bocce Ball - L 1:30pm Book Worm - L 2:30pm Travel Log - L	6 2:30pm Frisbee Golf - L
7 10:30am Supportive Music Therapy - L	8 10:30am Supportive Music Therapy - V 2:30pm Petals & Pots - CY	9 9:45am Mind Aerobics - L 10:30am CANnonball - L 1:30pm Mindful Colouring - L	10 9:30am Cycling without Age - CO	11 10:15am Through Our Eyes - L 11:15am Personal Touch - L 1:30pm Entertainment: Music - L 3:00pm Card Games - L 6:00pm Go with the Flow - V	12 9:45am Bingo - L 10:30am Bocce Ball - L 1:30pm Book Worm - L 2:30pm Travel Log - L	13
14 9:30am Fantastic Franchises - L 2:30pm Frisbee Golf - L	15 9:45am What's the Noise - L 10:30am Going Places - VRCC 1:30pm All About Me - V 2:30pm Petals & Pots - CY 3:00pm Supportive Music Therapy - V	16 9:45am Mind Aerobics - L 10:30am CANnonball - L 1:30pm Mindful Colouring - L	17 9:30am Cycling without Age - CO 10:30am Catholic Mass - RH 1:30pm Pamper Me Please - L 2:30pm Tunes & Treats - L	18 10:30am Residents Council - MVBR 11:15am Personal Touch - L 1:30pm Entertainment: Music - L 3:00pm Card Games - L 6:00pm Go with the Flow - V	19 9:45am Bingo - L 2:30pm Travel Log - L	20
21 10:30am Supportive Music Therapy - L 1:30pm Jumbo Games - L	22 9:45am What's the Noise - L 10:30am Going Places - VRCC 1:30pm All About Me - V 2:30pm Petals & Pots - CY 3:00pm Supportive Music Therapy - V	23 9:45am Mind Aerobics - L 10:30am CANnonball - L 1:30pm Freedom Tours - CO	24 9:30am Cycling without Age - CO 1:30pm Pamper Me Please - L 2:30pm Tunes & Treats - L	25 11:15am Personal Touch - L 1:30pm Entertainment: Music - L 3:00pm Card Games - L 6:00pm Go with the Flow - V	26 9:45am Bingo - L 10:30am Bocce Ball - L 1:30pm Book Worm - L 2:30pm Travel Log - L	27 2:15pm Yard Games - L
28	29 9:45am What's the Noise - L 2:30pm Petals & Pots - CY 3:00pm Supportive Music Therapy - V	30 9:30am Freedom Tours - CO 1:30pm Mindful Colouring - L	31 9:30am Cycling without Age - CO 10:30am Catholic Mass - RH 1:30pm Pamper Me Please - L 2:30pm Tunes & Treats - L			

