

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday 3:00pm Water Colour Art - SR	2 10:30am Mind Aerobics 1:30pm Bingo 3:00pm Mindful Moments	3 9:30am Wonderful World - SR 10:30am Music Therapy - SR 11:30am 10 Minute Movements 1:30pm Cranium Crunches - SR 3:00pm Marian Delight 5:45pm Games Night	4 9:30am Freedom Tours 1:30pm Live Music with Tara	5 9:30am Mile in My Shoes 10:30am Food Council - MVDR 11:30am 10 Minute Movements 1:30pm Chatterbox 3:00pm Who, What Am I?	6 9:30am Shuffleboard - TS
7 1:30pm Puzzling Minds - SR	8 1:30pm Canada EH!	9 1:30pm Bingo 2:30pm Through Our Eyes - SR	10 10:30am Catholic Mass - RH 10:30am Music Therapy - SR 2:00pm Cranium Crunches - SR 5:45pm Games Night	11 9:30am Mind Aerobics - SR 1:30pm Entertainment: Music	12 10:30am Garden Gab 1:30pm Chatterbox	13 9:30am Shuffleboard - TS 1:30pm Pic-Tune-Ary - SR
14	15 9:30am Petals & Pots - CY 10:30am Pedal Pushers 11:30am 10 Minute Movements 1:30pm Canada EH!	16 10:30am Mind Aerobics 1:30pm Bingo 3:00pm Mindful Moments	17 9:30am Wonderful World - SR 10:30am Music Therapy - SR 11:30am Summer BBQ 1:30pm Cranium Crunches - SR 3:00pm Marian Delight 5:45pm Games Night	18 9:30am Cycling without Age 10:30am Residents Council - MVBR 1:30pm Live Music: Jan Denk	19 9:30am Mile in My Shoes 10:30am Garden Gab 11:30am 10 Minute Movements 3:00pm Who, What Am I?	20 9:30am Shuffleboard - TS 1:30pm Puzzling Minds - SR
21	22 9:30am Petals & Pots - CY 10:30am Pedal Pushers 11:30am 10 Minute Movements 1:30pm Canada EH!	23 10:30am Mind Aerobics 1:30pm Bingo	24 10:30am Catholic Mass - RH 10:30am Music Therapy - SR 11:30am 10 Minute Movements 2:30pm Cranium Crunches - SR 5:45pm Games Night	25 9:30am Cycling without Age 1:30pm Entertainment: Music	26 9:30am Mile in My Shoes 10:30am Garden Gab 11:30am 10 Minute Movements 1:30pm Chatterbox	27
28 10:15am Shuffleboard - TS 2:30pm Puzzling Minds - SR	29 9:30am Petals & Pots - CY 10:30am Pedal Pushers 11:30am 10 Minute Movements 1:30pm Freedom Tours	30 10:30am Mind Aerobics 1:30pm Bingo 3:00pm Mindful Moments	31 9:30am Wonderful World - SR 11:30am 10 Minute Movements 1:30pm Cranium Crunches - SR 3:00pm Marian Delight 5:45pm Pub Night			

