

August 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|-------------------------------------|
| | 1 Civic Holiday 3:30pm Water Colour Art - L | 2 1:30pm Bingo in MVDR - L 3:30pm Seated Zumba - L | 3 9:30am Cranium Crunches - L 10:15am Outdoor Walks 4/5 - CY 10:30am Catholic Mass - RH 2:30pm Bocce Ball - L | 4 11:00am Exercise Group - L 1:30pm Entertainment: Music - L 3:00pm Personal Touch - L | 5 10:15am Book Club - L 10:30am Food Council - MVDR 1:15pm Cycling Without Age 4/5 - CO 3:30pm Get the Scoop! 4/5 - MVDR | 6 9:30am Frisbee Golf - L |
| 7 9:30am Supportive Music Therapy - L | 8 1:30pm Supportive Music Therapy - V 1:30pm Pet Therapy - V 3:30pm Mind Aerobics - L | 9 10:15am Creative Writing - L 1:30pm Bingo - L 3:30pm Yoga - L 6:00pm What's Your Like (board game) - L | 10 9:30am Cranium Crunches - L 10:15am Outdoor Walks 4/5 - CY 2:00pm Bocce Ball - L | 11 11:00am Exercise Group - L 1:30pm Entertainment in the Rec Hall - L 3:00pm Personal Touch - L | 12 1:15pm Cycling without Age 4/5 - CO 3:30pm Get The Scoop 4/5 - MVDR | 13 |
| 14 9:30am Frisbee Golf - L 3:30pm Fantastic Franchises - L | 15 1:00pm Pet Therapy - V 1:30pm Dance Away - L 3:30pm Mind Aerobics - L 6:00pm Pub Night | 16 10:15am Creative Writing - L 1:30pm Bingo - L 3:30pm Yoga - L 6:00pm What's Your Like (board game) - L | 17 9:30am Through Our Eyes - L 10:15am Outdoor Walks 4/5 - CY 10:30am Catholic Mass - RH 2:30pm Bocce Ball - L | 18 10:30am Residents Council - MVBR 11:00am Exercise Group - L 1:30pm Afternoon at the Park - CO | 19 10:45am Book Club - L 3:30pm The Scoop! 4/5 - MVDR | 20 |
| 21 9:30am Music Therapy - L 2:30pm Jumbo Games - L | 22 1:30pm Supportive Music Therapy - V 3:30pm Mind Aerobics - L | 23 10:15am Creative Writing - L 1:30pm Bingo - L 3:30pm Yoga - L 6:00pm What's Your Like (board game) - L | 24 9:30am Cranium Crunches - L 10:15am Outdoor Walks 4/5 - CY 2:30pm Bocce Ball - L | 25 9:30am Summer Drive - CO 1:30pm Entertainment in the Rec Hall - L 3:00pm Personal Touch - L | 26 10:15am Book Club - L 1:15pm Cycling Without Age 4/5 - CO 3:30pm Get the Scoop! 4/5 - MVDR | 27 1:30pm Yard Games - L |
| 28 | 29 1:30pm Pet Therapy - V 3:30pm Mind Aerobics - L | 30 10:15am Creative Writing - L 1:30pm Bingo - L 3:30pm Yoga - L 6:00pm What's Your Like (board game) - L | 31 9:30am Cranium Crunches - L 10:30am Catholic Mass - RH 11:30am Summer BBQ - CY 2:30pm Bocce Ball - L | | | |

