

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday 10:15am Water Colour Art - SR	2 9:45am Travel Log - SR 1:30pm Trivia & Treats - MVDR	3 2:30pm Cycling without Age - CO 6:00pm Games Night - RH	4 10:30am Through Our Eyes - SR 1:30pm Entertainment: Music - SL 2:30pm Supportive Music Therapy - SR	5 9:45am Exercise Group - SR 10:30am Food Council - MVDR 2:30pm Walk the Block -TS	6 10:30am Shuffleboard - TS
7 10:30am Puzzling Minds - SR	8 9:45am Pump It Up - SR 10:30am Crafty Corner - SR 1:30pm Yard Games - SR 2:30pm Cycling without Age - CO	9 9:45am Travel Log - SR 10:30am Pic-Tune-Ary - SR 1:30pm Trivia & Treats - MVDR 2:30pm Helping Hands - SL	10 10:30am Catholic Mass - RH 11:15am Personal Touch - SR 1:30pm Bingo - DR 6:00pm Games Night - RH	11 9:45am Cranium Crunches - SR 10:30am Petals & Pots - CY 1:30pm Entertainment: Music - SL	12 9:45am Exercise Group - SR 10:30am Walk the Block -TS 1:30pm Pet Therapy - V 2:30pm Pamper Me Please - SR	13 9:30am Shuffleboard - TS 1:45pm Pic-Tune-Ary - SR
14	15 9:45am Pump It Up - SR 10:30am Crafty Corner - SR 1:30pm Yard Games - SR 2:30pm Cycling without Age - CO	16 9:30am Country Drive - CO 1:30pm Trivia & Treats - MVDR 2:30pm Helping Hands - SL	17 11:15am Personal Touch - SR 1:30pm Bingo - DR 2:45pm Book Worm - SR 6:00pm Games Night - RH	18 9:45am Cranium Crunches - SR 10:30am Petals & Pots - CY 10:30am Residents Council - MVBR 1:30pm Entertainment: Music - SL 2:30pm Supportive Music Therapy - SR	19 9:45am Exercise Group - SR 10:30am Walk the Block -TS 1:30pm Pet Therapy - V	20 9:30am Shuffleboard - TS 1:15pm Puzzling Minds - SR
21	22	23 9:45am Travel Log - SR 1:30pm Trivia & Treats - MVDR 2:30pm Helping Hands - SL	24 10:30am Catholic Mass - RH 11:15am Personal Touch - SR 1:30pm Bingo - DR 6:00pm Games Night - RH	25 9:45am Cranium Crunches - SR 10:30am Petals & Pots - CY 1:30pm Entertainment: Music - SL	26 9:45am Exercise Group - SR 10:30am Walk the Block -TS 1:30pm Pet Therapy - V	27
28 9:30am Puzzling Minds - SR 10:15am Shuffleboard - TS	29 9:30am Pump it Up - SR 10:30am Crafty Corner - SR 1:30pm Yard Games - SR 2:30pm Cycling without Age - CO	30 9:45am Travel Log - SR 10:30am Pic-Tune-Ary - SR 1:15pm Freedom Tours - CO	31 11:15am Personal Touch - SR 1:30pm Bingo - DR 2:45pm Book Worm - SR 5:45pm Pub Night - CY			

