

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Assisted Living Calendar

Assisted Living Calendar							9:30 Morning Exercise 10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 3:30 Sing Along	1					
10:30 Activity Booklet (Available at reception) 2:00 Church Service w/Richard Saunders (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	2	10:00 Concert on Screen: Andre Rieu; Dancing through the Skies (GR) Civic Holiday	3	Vendor: Avon 9:30 Guided Meditation 11:30 Depart to Gage Park for Picnic -by sign up 1:00 Friendly Visits 3:30 Ball Toss 4:00 Watering the Plants	4	9:30 Morning Exercise 10:00 Mr. Bean Show 1:00 Friendly Visits 2:00 Hands on Exotics (CR) 4:00 Watering the Plants	5	9:30 Walking Club 10:15 Roman Catholic Church Service (GR) 1:00 Friendly Visits 3:00 Pet Visits w/Marla & Ernie! 3:30 Blowing Bubbles 4:00 Watering the Plants	6	9:30 Morning Exercise 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants	7	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR)	8
10:30 Activity Booklet (Available at reception) 2:00 Church Service w/ St James Apostle Church (L) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	9	9:30 Morning Exercise 10:15 National Geographic 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants	10	Vendor: Ez Fits Shoes 9:30 Guided Meditation 1:00 Friendly Visits 2:00 Chair Yoga w/Simone (CR) 3:30 Balloon Tennis 4:00 Watering the Plants	11	9:30 Beach Ball Toss 10:00 Mr. Bean Show 1:00 Friendly Visits 3:30 Afternoon Exercise 4:00 Watering the Plants	12	9:30 Walking Club 10:30 Presentation on UTI'S (CR) 1:00 Friendly Visits 3:00 Pet Visits w/Marla & Ernie! 3:30 Can Stack Game 4:00 Watering the Plants	13	9:30 Morning Exercise 11:30 Tuck Shop (HK) 1:00 Friendly Visits 2:00 Fun in the Sun w/The Sparklettes (CR) 3:30 Movie Matinee 4:00 Watering the Plants	14	9:30 Morning Exercise 10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 3:00 Piano w/Amala (CR)	15
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	16	9:30 Morning Exercise 10:45 We Care Intl: Presentation on Fraud & Scammers (CR) 11:45 Tuck Shop (HK) 3:30 Manicure Monday 4:00 Watering the Plants	17	9:30 Guided Meditation 10:00 Travelogue 1:00 Friendly Visits 2:00 "Music to Warm the Hearts" Concert (CR) 3:30 Can Stack Game 4:00 Watering the Plants	18	9:30 Morning Exercise 10:00 Mr. Bean Show 1:00 Friendly Visits 4-7 CAR SHOW!	19	9:30 Walking Club 10:15 Roman Catholic Church Service (GR) 1:00 Friendly Visits 3:00 Pet Visits w/Marla & Ernie! 3:30 Bowling 4:00 Watering the Plants	20	9:30 Morning Exercise 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants	21	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR)	22
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	23	9:30 Morning Exercise 10:15 National Geographic 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants	24	9:30 Guided Meditation 10:00 Mr. Bean Show 1:00 Friendly Visits 1:00 Depart to Woodbine Casino -by sign up 4:00 Watering the Plants	25	9:30 Dart Game 10:45 Monthly Calendar Meeting (CR) 3:30 Afternoon Exercise 4:00 Watering the Plants	26	9:30 Walking Club 1:00 Friendly Visits 2:00 Birthday Bash w/Ron Russell (CR) 3:00 Pet Visits w/Marla & Ernie! 4:00 Watering the Plants	27	9:30 Morning Exercise 10:45 Food Meeting (CR) 11:30 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Movie Matinee 4:00 Watering the Plants	28	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) 3:00 Piano w/Amala (CR)	29
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	30	9:30 Morning Exercise 10:15 Travelogue 11:45 Tuck Shop (HK) 1:00 Friendly Visits 3:30 Manicure Monday 4:00 Watering the Plants	31	<u>Room Location Legend:</u> HK-Hobby Kitchen CR- Canada Room GR- TV & Games Room DTD- Door to Door LL- Lower Level CH- Chapel L- Library BP- Back Patio									

Programs are subject to change. Please check the board beside the front desk for daily updated programs or call Social Director Taylor Debattista ext 2240.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 August 2026												10:15 Sit & Stretch (CR) 1 10:30 Activity Booklet (Available at reception) 10:45 Charades (cafe) 2:00 Card Games (CR) 3:00 Afternoon Teatime (CR)	
10:30 Activity Booklet (Available at reception) 2:00 Church Service w/Richard Saunders (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR) 2	10:00 Concert on Screen: Andre Rieu; Dancing through the Skies (GR) 3:00 Afternoon Teatime (CR) Civic Holiday 3	Vendor: Avon 4 10:15 Guided Meditation (GR) 10:45 Beach Ball Game (CR) 11:30 Depart to Gage Park for Picnic -by sign up 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 5 10:45 Blackjack (CR) 2:00 Hands on Exotics (CR) 3:00 Afternoon Teatime (CR)	10:15 Roman Catholic Church Service (GR) 6 10:15 Shuffleboard (LL) 10:45 Walking Club (LL) 2:00 Bingo (CR) 3:00 Pet Visits w/Marla & Ernie! 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 7 10:45 Hangman (cafe) 11:30 Tuck Shop (HK) 2:00 Dominoes (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) 8							
10:30 Activity Booklet (Available at reception) 2:00 Church Service w/ St James Apostle Church (L) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR) 9	9:45 & 10:15 Morning Exercise (CR) 10 10:45 Manicure Monday (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	Vendor: Ez Fits Shoes 11 10:15 Guided Meditation (GR) 10:45 Jeopardy (cafe) 2:00 Chair Yoga w/Simone (CR) 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 12 10:45 Chai Time (HK) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	10:00 Shuffleboard (LL) 13 10:30 Presentation on UTI'S (CR) 2:00 Bingo (CR) 3:00 Pet Visits w/Marla & Ernie! 3:00 Afternoon Teatime (CR) 7:00 Poker (CR)	9:45 & 10:15 Morning Exercise (CR) 14 10:45 Skip-BO (CR) 11:30 Tuck Shop (HK) 2:00 Fun in the Sun w/The Sparklettes (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:15 Sit & Stretch (CR) 15 10:30 Activity Booklet (Available at reception) 10:45 Lifesize Connect-4 (cafe) 2:00 Card Games (CR) 3:00 Afternoon Teatime (CR) 3:00 Piano w/Amala (CR)							
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR) 16	9:45 & 10:15 Morning Exercise (CR) 17 10:45 We Care Intl: Presentation on Fraud & Scammers (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR)	10:15 Guided Meditation (GR) 18 10:45 Tech Time Presentation (CR) 2:00 "Music to Warm the Hearts" Concert (CR) 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 19 10:45 Blackjack (CR) 2:00 Documentary: Oceans w/David Attenborough (GR) 3:00 Afternoon Teatime (CR) 4-7 CAR SHOW!	10:15 Roman Catholic Church Service (GR) 20 10:15 Shuffleboard (LL) 10:45 Walking Club (LL) 2:00 Bingo (CR) 3:00 Pet Visits w/Marla & Ernie! 3:00 Afternoon Teatime (CR)	9:45 & 10:15 Morning Exercise (CR) 21 10:45 UNO (CR) 11:30 Tuck Shop (HK) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) 22							
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR) 23	10:15 Morning Exercise (CR) 24 10:45 Manicure Monday (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	10:15 Guided Meditation (GR) 25 10:45 Rebus (cafe) 1:00 Depart to Woodbine Casino -by sign up 2:00 Documentary: Our Planet; One Planet (GR) 3:00 Afternoon Teatime (CR)	10:15 Morning Exercise (CR) 26 10:45 Monthly Calendar Meeting (CR) 2:00 Bingo (CR) 3:00 Afternoon Teatime (CR)	10:15 Shuffleboard (LL) 27 10:45 Walking Club (LL) 2:00 Birthday Bash w/Ron Russell (CR) 3:00 Pet Visits w/Marla & Ernie! 3:00 Afternoon Teatime + Birthday Cake (CR)	10:15 Morning Exercise (CR) 28 10:45 Food Meeting (CR) 2:00 Bingo (CR) 11:30 Tuck Shop (HK) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR)	10:30 Activity Booklet (Available at reception) 2:00 Newfie Bingo (cafe) 3:00 Afternoon Teatime (CR) 3:00 Piano w/Amala (CR) 29							
10:30 Activity Booklet (Available at reception) 3:00 Afternoon Teatime (CR) 7:15 Movie Night! (GR) 30	9:45 & 10:15 Morning Exercise (CR) 31 10:45 Rummy-O (CR) 11:45 Tuck Shop (HK) 2:00 Euchre & Board Games (CR) 3:00 Afternoon Teatime (CR)	Room Location Legend: HK- Hobby Kitchen DTD- Door to Door L- Library CR- Canada Room LL- Lower-Level BP- Back Patio GR- TV & Games Room CH- Chapel 											

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