

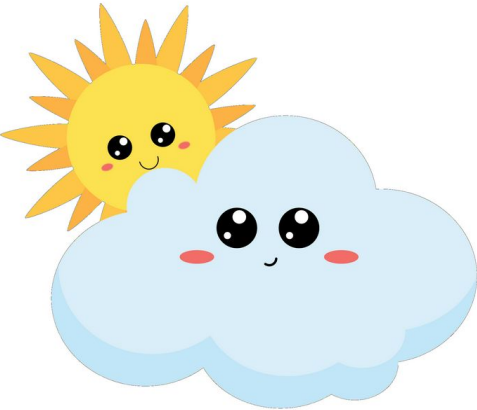


Please note: All program locations, times, and dates may change and are weather permitting. We will try to provide as much notice as possible regarding any changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Happy Birthday Anne H! 1:30 Colouring Therapy (SR) 3:00 Garden Needs (1 W) 4:15 Daily Chronicle Delivery (RTR) 6:30 September Calendar Meeting (1 W)	Civic Holiday 1:30 Bible Study (GR) 	9:30 Open Gym-Restorative (Gym) 10:00 Morning News (CA) 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Mini putt (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: Tape painting (SR)	8:30 Fried Egg Breakfast! (DR) 9:45 Music Choir (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:30 Walk and Talk (CY) 	9:45 Fancy Fingers (1 W) 11:00 Walk & Talk Reminiscing (OU) 1:15 Group Exercises (CA) 1:30 Rosary Group (GR)  	10:00 Healthy Hands (RTR) 1:15 Group Exercise (CA) 2:00 All Units Bingo (2WDR) 3:30 Family Calls & Connections (1 WE) 	1:30 Sing Along (CA) 3:00 Scrabbles and Popsicles (CY) 6:00 Healthy Hands (RTR) 
1:35 Toronto Blue Jays Game (GR) 3:30 Reading Club (TV) 6:15 Daily Chronicle Delivery (RTR) 	9:45 Morning News (CA) 11:00 Walk and Talk (CY) 1:30 Bible Study (GR) 3:30 Sparkling Specs (RTR) 	9:30 Open Gym-Restorative (Gym) 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Walking (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: Flower Rings (SR)	9:45 Music Choir (GR) 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:30 Courtyard Drop in's (CY)	9:45 Morning News (CA) 10:30 Colouring Therapy (SR) 1:15 Group Exercises (CA) 2:00 Indigenous Guest Speaker: Jennifer (GR) 6:30 Pub Night With Eric Kidd! (1 DR)	1:15 Group Exercise (CA) 2:00 All Unit Bingo (2WDR) 	1:00 Helping Hands (1 W) 2:00 Birthday Celebration With Zack (CY) 3:30 Mail Delivery (RTR) 

AUGUST

Please note: All program locations, times, and dates may change and are weather permitting. We will try to provide as much notice as possible regarding any changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Friendly Visits/1:1s (1 W) 16 3:00 Daily Chronicle Delivery (RTR) 4:00 Walk & Talk (CA) 6:30 Decorating For The Season (CA) 	1:30 Bible Study (GR) 17 	9:30 Open Gym-Restorative (Gym) 18 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Balance (GR) 2:30 Music Therapy Group (1 W) 3:30 DIY: String pull Art (SR)	9:45 Music Choir (GR) 19 10:30 Chapel Service (GR) 11:00 Catholic Communion Offering (1:1) 3:30 Walk and Talk (CY)	9:30 Morning News (CA) 20 11:00 Walk & Talk Reminiscing (OU) 1:15 Group Exercises (CA) 1:30 Rosary Group (GR) 2:30 Residents Council (GR) 3:30 Friendly Visits/1:1s (1 W)	10:00 Fancy Fingers (1 W) 21 1:15 Group Exercise (CA) 2:00 All Units Bingo (2WDR) 	2:00 Movie Matinee (2EDR) 22 4:00 Famous Faces & Places (RTR) 6:15 Cards and Games (SR) 
1:30 Sing Along (CA) 23 3:00 Oreo Shake (CY) 6:15 Fancy Fingers (SR) 	10:00 SENSE-sational (SR) 24 11:00 Walk and Talk (CY) 1:30 Bible Study (GR) 3:00 Garden Needs (1 W) 	9:30 Open Gym-Restorative (Gym) 25 11:00 Helping Hands (SR) 1:30 Restorative Mindful Motion: Active Games (GR) 3:30 DIY: Lavender q-tip painting (SR)	10:30 Chapel Service (GR) 26 11:00 Catholic Communion Offering (1:1) 3:30 Doll Therapy (1 W) 	9:30 Morning Stretch (1 W) 27 11:00 Walk & Talk Reminiscing (OU) 1:15 Group Exercises (CA) 2:30 Rockin' with Elvis (CY) 3:00 Laughs and Lemonade (1 W) 6:30 Golden Gals: Tim Hortons Social (GR)	1:15 Group Exercise (CA) 28 2:00 All Unit Bingo (2WDR) 	1:00 Mail Delivery (RTR) 29 2:00 Colouring Therapy (SR) 3:30 Farmers Market Tasting! (CY) 6:30 Movie Time (1 W) 
1:00 Walk & Talk (CA) 30 3:30 Healthy Hands (RTR) 4:15 Daily Chronicle Delivery (RTR) 6:30 Virtual Walks (CA) 	1:30 Bible Study (GR) 31 			Gathering Room (GR) Common Area (CA) 1 West sunroom (1 W) Sun Room (SR) Room to Room (RTR) Courtyard (CY)	<u>Locations Legend</u> Physiotherapy Room (Gym) (Gym) Specialized/1:1 (1:1) 2W Dining Room (2WDR) Off Unit (OU) Dining Room (DR)	1 West Tv room (1 WE) TV Room (TV) 1 West Dining Room (1 DR) 2 East Dining Room (2EDR)