

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND CH=Chapel/Theatre CR=Craft Room DR=Dining Room FD=Front Desk GR=Games Room L=Library	ROOM LEGEND LR=Living Room P=Patio REV=Rev It Up Room SR=Social Room	CALENDAR LEGEND Highlights Outings TEP = Tiered Exercise Program * iPad/Apple TV Programs	1 9:00 Strength Class-SR 9:30 Balance Class-SR 11:00 Tuck Shop-FL 12:30 Handi House Walker Repairs- Alcove 1:30 *Habitat Kick-Off-SR 3:00 *India Trivia-LR 3:30 Knitwhits-LR 6:30 Puzzle Creations-L	August Birthday Party 2 3 9:00 Walking Club-FL 11:00 Kitchen Creations-CR 1:00 Recreation Planning Meeting-CH 1:00 Gold Exercise-GR 1:30 Bronze Exercise-GR 2:00 Birthday Party with music by Guy Lalonde-SR 3:00 Cocktails for Habitat -SR 6:15 Euchre-GR	9:30 *Meditation-CH 9:30 Billings Bridge 11:00 Adult Colouring-CR 11:45 Trip Britannia Beach 2:00 TEP #3-SR 3:00 Happy Hour-LR/P 3:30 Latin Chair Dancing with Michael-LR 6:00 *Movie Night "Hidden Figures"-SR	4 9:30 Knitwhits-LR 10:00 Share your Story-P 1:30 Bingo-SR 3:00 Q-Ball-LR 3:30 HCM Shuffle Board League-GR 6:15 Euchre-GR
5	Civic Holiday 6	7	8	9	10	11
10:30 Tea Cart-LR 11:00 Adult Colouring-CR 1:30 The Creative Pod-CR -DIY Bookmark 3:00 Finish the Line-LR 3:30 TEP #2-SR 6:00 *Documentary-SR "SKYDANCERS"	10:00 *Chair Yoga-SR 10:30 Tea Cart-LR 1:30 Bingo-SR 3:00 Tea Cart-LR 6:00 *Outlanders -SR S1 Ep 9	10:15 Gold Exercise-SR 10:30 Food Meeting-LR 10:30 HCM Choir-SR 11:00 Bronze Exercise-SR 1:30 Executive Council Meeting-CH 2:00 *Wheel Of Fortune-SR 3:00 *94 seconds-LR 3:30 TEP #1-SR 6:15 Dice Game: LRC-GR 6:30 *Men's Night-SR	9:00 Strength Class-SR 9:30 Balance Class-SR 10:30 Trip to Mosaic 11:00 Tuck Shop-FL 1:30 Trip to Carlingwood Mall 2:00 *Clowning Around Discussion Group-SR 3:00 Mind Stretchers-LR 3:30 Knitwhits-LR 6:30 Puzzle Creations-L	9:00 Walking Club-FL 11:00 Kitchen Creations-CR 1:00 Gold Exercise-GR 1:30 Bronze Exercise-GR 2:00 Music with Mike Fahey-SR 3:30 Bake Sale for Habitat -LR 6:15 Euchre-GR	9:30 *Meditation-CH 9:30 Billings Bridge 11:00 Adult Colouring-CR 1:00 TEP #3-SR 1:30 *Who Wants to Be a Millionaire-SR 3:00 Happy Hour-LR/P 6:00 *Movie Night "Into the Woods"-SR	9:30 Knitwhits-LR 10:00 Share your Story-P 1:30 Bingo-SR 3:00 *Mad Libs-LR 3:30 HCM Shuffle Board League-GR 6:15 Euchre-GR
12	13	14	15	16	17	18
10:30 Tea Cart-LR 11:00 Adult Colouring-CR 1:30 *Pictionary-SR 3:00 Alphabetics-LR 3:30 Book Club-L 6:00 *Documentary-SR "Brain On Fire"	9:00 Strength Class-SR 9:30 Balance Class-SR 9:30 Giant Crossword-CH 11:00 The Creative Pod-CR -Lend-A-Hand 1:30 Bingo-SR 3:00 *Picture Puzzles-LR 3:30 TEP #2-SR 6:00 *Outlanders -SR S1 Ep 10	10:15 Gold Exercise-SR 11:00 Bronze Exercise-SR 2:00 Healthy Minds; Osteopath-SR 3:00 *Wacky Words-LR 3:30 TEP #1-SR 6:15 Dice Game: LRC-GR 6:30 Ladies Night-SR	9:00 Strength Class-SR 9:30 Trip to Giant Tiger 9:30 Balance Class-SR 11:45 Trip to the Greek Festival 11:00 Tuck Shop-FL 2:00 Armchair Travel to Greece-SR 3:00 Name 10-LR 3:30 Knitwhits-LR 6:30 Puzzle Creations-L	9:00 Walking Club-FL 11:00 Kitchen Creations-GR 1:00 Gold Exercise-GR 1:30 Bronze Exercise-GR 1:30 Car Wash & Ice Cream Sundaes for Habitat -Parking Lot 3:00 Trivia-LR 6:15 Euchre-GR	9:30 *Meditation-CH 9:30 Billings Bridge 11:00 Adult Colouring-CR 1:00 TEP #3-SR 1:30 Trip to Kichesippi Beer Co. 2:00 Music with Jumpin Jimmy Leroux-SR 3:00 Happy Hour-LR/P 6:00 *Movie Night "The Vow"-SR	9:30 Knitwhits-LR 10:00 Share your Story-P 1:30 Bingo-SR 3:00 *Trivia Crack-LR 3:30 HCM Shuffle Board League-GR 6:15 Euchre-GR

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19	20	21	22	23	24	25
10:30 Tea Cart-LR 11:00 Adult Colouring-CR 1:30 *Price is Right-SR 3:00 *Guess the City-LR 3:30 Bean Bags-GR 6:00 *Documentary-SR "A New Capitalism"	9:00 Strength Class-SR 9:30 Balance Class-SR 2:00 Music with Musical Memories-SR 3:30 Spelling Bee-LR 6:00 *Outlanders -SR S1 Ep 11	10:15 Gold Exercise-SR 11:00 Bronze Exercise-SR 1:30 Train Dominoes-SR 3:00 Mind Stretches-LR 6:15 Dice Game: LRC-GR	9:00 Strength Class-SR 9:30 Trip Dollarama 9:30 Balance Class-SR 11:00 Tuck Shop-FL 1:00 Drive to Winchester & Tim Horton's 3:30 Knitwhits-LR 6:30 Puzzle Creations-L	9:00 Walking Club-FL 10:30 TEP #2-SR 11:00 Kitchen Creations-CR 11:00 Chair Yoga with Georgia-LR 12:00 BBQ for Habitat-P 1:00 Gold Exercise-GR 1:30 Bronze Exercise-GR 1:30 Giant Crossword-CH 3:00 *Change a Letter-LR 6:15 Euchre-GR	9:30 *Meditation-CH 9:30 Billings Bridge 11:00 Adult Colouring-CR 1:00 TEP #3-SR 2:00 *Pictionary-SR 3:00 Happy Hour-LR/P 6:00 *Movie Night "Life is Beautiful"-SR	9:30 Knitwhits-LR 10:00 Share your Story-P 1:30 Bingo-SR 3:00 Words in Words-LR 3:30 HCM Shuffle Board League-GR 6:15 Euchre-GR
26	27	28	29	30	31	
10:30 Tea Cart-LR 11:00 Adult Colouring-CR 1:30 The Creative Pod -Sharpie Art 3:00 Name that...!-LR 3:30 TEP #2-SR 6:00 *Documentary-SR "Born in China"	9:00 Strength Class-SR 9:30 Balance Class-GR 10:00 Healthy Minds; Natural Solutions for Vision Loss & Recovery-SR 1:30 HCM Choir-SR 3:00 Alphabetics-LR 6:00 *Outlanders -SR S1 Ep 12	10:15 Gold Exercise-SR 11:00 Bronze Exercise-SR 1:30 Sevens with Joan-SR 3:00 Finishing the Word-LR 6:15 Dice Game: LRC-GR	9:00 Strength Class-SR 9:30 Balance Class-SR 9:30 Giant Crossword-CH 10:45 Mystery Tour 11:00 Tuck Shop-FL 3:30 Knitwhits-LR 6:30 Puzzle Creations-L	9:00 Walking Club-FL 10:30 TEP #1-SR 1:00 Gold Exercise-GR 1:30 Bronze Exercise-GR 1:30 Carnival for Habitat with Music by H&T Country -P & Front Parking Lot 6:15 Euchre-GR	9:30 *Meditation-CH 9:30 Billings Bridge 11:00 Adult Colouring-CR 1:00 TEP #3-SR 1:30 Trip to the Casino! 6:00 *Movie Night "Now You See Me"-SR	
ROOM LEGEND	ROOM LEGEND	CALENDAR LEGEND	IMPORTANT DATES			
CH=Chapel/Theatre CR=Craft Room DR=Dining Room FD=Front Desk GR=Games Room L=Library	LR=Living Room P=Patio REV=Rev It Up Room SR=Social Room	Highlights Outings TEP = Tiered Exercise Program * iPad/Apple TV Programs	<u>Handi House Walker & Wheelchair Repair</u> August 1st-Alcove <u>Perfect Smile Dentist</u> August 16th-Craft Room			