














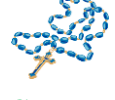



























AUGUST 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend Munroe Room – MR Ocean View – OV Coastal View – CV Bay View – BV Tidal View – TV	Wellness Wheel Blue – Cognitive Stimulation Orange – Physical Focused Purple – Emotional Stimulation Green – Spiritual Focused Pink – Social Stimulation	1 NEW CALENDARS 10:00 Exercise (OV)  10:00 Color & Conversation (TV) 2:00 Trivia (CV/BV) 	2 10:00 Chance (CV/BV) 10:00 Melody Mashup (TV) 2:00 Outdoor Social (OV)	3 10:00 Exercise (CV/BV)  10:00 Finish the Line (TV)  2:00 Bowling (OV)	4 10:00 Bean Bag Toss (TV) 2:30 Yahtzee (OV) 	5  9:30 Rosary (CV/BV) 10:30 Rosary (OV) 2:00 Famous Faces (TV)
6 10:00 Rosary (TV)  1:30 Outdoor Social (CV/BV) 	7 10:00 Fun and Fitness (TV) 1:30 Line Dancers (MR) 	8 10:00 Exercise (OV)  Van Outing	9 10:00 Headline Hunters (OV) 2:00 Monthly Birthday Party and Music with John Mullaly (MR) 5:15 Circle of Friends (TV)	10 10:00 Exercise (CV/BV)  10:00 Toss 'n Talk (TV) 2:00 Balloon Tennis (MR) 	11  10:30 Catholic Mass (MR) 2:00 Bowling (CV/BV) 	12  9:30 Rosary (CV/BV) 10:30 Rosary (OV) 1:30 Movie Matinee (MR) 
13  10:00 Rosary (TV) 1:30 St Luke's United Church (MR) 	14 10:00 Fun and Fitness (TV) 1:30 Horse Races (OV) 3:00 Ladder Toss (CV/BV)	15 10:00 Exercise (OV)  10:00 Bunco (CV/BV) 	16 10:15 Bingo (TV) Van Outing 5:15 Circle of Friends (TV)	17 10:00 Exercise (CV/BV)  10:00 Famous Faces (OV) 2:00 Bowling (OV) 	18 10:00 Color & Conversation (TV) 2:00 Outside Social (CV/BV) 	19  9:30 Rosary (CV/BV) 10:30 Rosary (OV) Ice Cream Social
20  10:00 Rosary (TV) 1:30 Movie Matinee (MR) 	21 10:00 Fun and Fitness (TV) 2:00 Horse Races (CV/BV) 	22 10:00 Exercise (OV)  10:00 Word Extraction (CV/BV)  Van Outing	23 10:00 Bean Bag Toss (CV/BV) 2:00 Bingo (MR) 5:15 Circle of Friends (TV)	24 10:00 Exercise (CV/BV)  10:00 Chance (OV) 2:00 Outside Social (TV) 	25 10:00 Finish the Lyric (TV)  1:30 Spa Social (OV) 2:00 Ladder Toss (TV)	26  9:30 Rosary (CV/BV) 10:30 Rosary (OV) 2:00 Spa Social (TV) 
27  10:00 Rosary (TV) 2:00 Knox United Church Service (MR) 	28 10:00 Fun and Fitness (TV) 1:30 Resident Council and Food Club (MR)	29 10:00 Exercise (OV)  Van Outing	30  10:30 St Mary's Anglican Church Service (MR) 2:00 Outdoor Social (CV/BV) 5:15 Circle of Friends (TV)	31 10:00 Exercise (CV/BV)  2:00 Outside Social (TV)	Birthdays Cheryl Doucet – Aug 4th Gordon Stoodley – Aug 9th Ellen MacLeod – Aug 10th Maryena Yurczyszyn – Aug 16th Kenneth Butler – Aug 29th Frances MacPherson – Aug 29th Mary MacLellan – Aug 31st 	Please Note: This is a tentative schedule and is subject to change. Any changes will be posted on the resident white boards beside the main dining rooms. A copy of the Resident Council Minutes can be located on the recreation room and Coastal View bulletin board

