












August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dorothy Schmidt Marcel Lavertu Marie Bruynooghe Elfrieda Bossaer	Aug. 7 th , 1941 Aug. 9 th , 1940 Aug. 15 th , 1932 Aug. 15 th , 1944	1 Get Crackin' H2 09:30 Group Exercise 11:30 Casino Lunch	2 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Curtis Avery"	3 Get Crackin' H4 09:30 Group Exercise 10:00 Catholic Mass 10:30 Crossword Puzzle 1:30 Choir Practice 1:30 Hangman	4 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	5 
6 	7 NO RECREATION	8 Get Crackin' H2 09:30 Group Exercise 1:00 Walmart Shopping	9 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cribbage H3 1:30 Kaiser H2	10 Get Crackin' H4 09:30 Group Exercise 10:00 Anglican/Inter Denominational 1:30 Canteen 1:30 Kaiser H4	11 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	12 
13 	14 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:00 Wine Makin' 1:30 Birthday Party H1	15 Get Crackin' H2 09:30 Group Exercise 1:30 Birthday Party H4	16 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Birthday Party H3	17 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:00 Wine Bottling 1:30 Birthday Party H2	18 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	19 
20 	21 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Gentlemen's Afternoon "Videoke Time"	22 Get Crackin' H2 09:30 Group Exercise 1:30 BINGO 	23 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Ladies Afternoon "Keegan Isaac"	24 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Baloon Toss/ Ring Toss 1:30 Hangman	25 Individual Exercise 10:30 Sit N' Be Fit 1:30 Kaiser 1:30 SkipBo	26 
27 	28 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 Entertainment "Harwood Resident Choir"	29 Get Crackin' H2 09:30 Group Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Movie Afternoon	30 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cribbage 1:30 Wine makin'	31 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Kaiser Tournament	Ron Stephenson Aug. 18 th , 1932 Mary Harms Aug. 20 th , 1925 Ray Webster Aug. 25 th , 1931 