

August 2023

ACTIVITIES SUBJECT TO CHANGE

SUNDAY



9:30am Catholic Rosary (GR) 6

No Activities Today

7

MONDAY



10:00am Chair Cardio & Walking (GR)
10:45am Hymn Singing (GR)
2:00pm Bible Study & Hymn Singing (GR)

1

TUESDAY



10:00am Chair Yoga & Guided Meditation (GR)
2:00pm-4:00pm Country Drives (H1 & 2)
2:00pm Ice Cream on the Patio (P3)

2

WEDNESDAY



10:00am Chair Balance (GR)
10:45am Hymn Singing (GR)
2:00pm Travel Cinema: Saskatchewan Lakes (GR)

3

THURSDAY



10:00am Chair Dancing & Walking (GR)
2:00pm Entertainment: Tom Liske (GR)

4

FRIDAY



10:00am Core & Balance (GR)
10:45am Hymn Singing (GR)
2:00pm Travel Cinema: Ghost Towns of Saskatchewan (GR)

10

THURSDAY



10:00am Chair Yoga & Guided Meditation (GR)
1:30pm Baking with Wanda (H5)
3:00pm Resident Council Meeting (GR)

9

WEDNESDAY



10:00am Chair Cardio & Walking (GR)
10:45am Hymn Singing (GR)
2:00pm Coffee Social (GR)
2:30pm Bingo (GR)

8

TUESDAY



10:00am Chair Dancing & Walking (GR)
2:00pm-4:00pm Country Drives (H3 & 4)
2:00pm Entertainment: The Pied Piper (GR)

11

SATURDAY

12

5

13

3:00pm Bible Fellowship (GR)



10:00am 14 Strength Training (GR)
10:45am Hymn Singing (GR)

2:00pm Shirley Temple Social (GR)



2:30pm Bingo (GR)

BINGO				
10	18	40	53	74
3	23	37	55	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

10:00am Chair 15 Cardio & Walking (GR)
10:45am Hymn Singing (GR)

2:00pm Bible Study & Hymn Singing (GR)



10:00am Chair 16 Yoga & Guided Meditation (GR)

2:00pm Happy Hour (Patio 3)



3:00pm Men's Club (GR)



10:00am Core & 17 Balance (GR)
10:45am Hymn Singing (GR)

1:00pm- 4:30pm Forestry Farm Outing



2:30pm Travel Cinema: Zoo Tours (GR)

10:00am Chair 18 Dancing & Walking (GR)

2:00pm- 4:00pm Country Drives (H5 & 6)

2:00pm Entertainment: Old Time Rhythm Makers (GR)



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9:30am Catholic 20 Rosary (GR)



3:00pm Warman Gospel Church (GR)



10:00am 21 Strength Training (GR)
10:45am Hymn Singing (GR)

2:00pm Iced Tea Social (GR)



2:30pm Bingo (GR)

BINGO				
10	18	40	53	74
3	23	37	55	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

10:00am Chair 22 Cardio & Walking (GR)
10:45am Hymn Singing (GR)

2:00pm Did You Know? Facts About Dogs (GR)



10:00am Chair 23 Yoga & Guided Meditation (GR)

1:30pm Baking with Wanda (H1)



3:00pm Tik Tok Game (GR)



10:00am Core & 24 Balance (GR)
10:45am Hymn Singing (GR)

2:00pm Summer Craft: Bubble Painting (P3)



10:00am Chair 25 Dancing & Walking (GR)

2:00pm Chess Tutorial (GR)



26

GR- Great Room
P3- Patio in House 3
CY4- Courtyard in House 4
H1- House 1
H5- House 5

10:00am 31
 Resident
 Birthday Party &
 Bingo (GR)
 House 2, 3 & 6



2:00pm Resident
 Birthday Party &
 Bingo (GR)
 House 1, 4 & 5

10:00am Chair 30

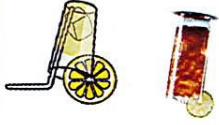
Yoga & Guided
 Meditation (GR)

2:00pm Water

Balloon Fun (P3)



2:30pm Iced Tea
 and Lemonade on
 the Patio (P3)



10:00am Chair 29

Cardio &

Walking (GR)

10:45am Hymn

Singing (GR)

2:00pm Take Me

Out to the Ball

Game (GR)



10:00am 28

Strength Training

(GR)

10:45am Hymn

Singing (GR)

2:00pm Ice Cream

Floats (GR)



2:30pm Bingo (GR)

