






















August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dorothy Schmidt Marcel Lavertu Marie Bruynooghe 	August 7, 1941 August 9, 1940 August 15, 1932 Happy	Elfreida Bossaer Mary Harms Victor Gillen Birthday	August 15, 1944 August 20, 1925 August 20, 1927 	1 Get Crackin' H4 09:15 Group Exercise 10:00 Catholic Church 1:30 Birthday Party H4 1:30 Cribbage H3	2 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	3 **Schedule may be subject to change without prior notice.**
4 	5 No Recreation	6 Get Crackin' H1 09:15 Group Exercise 10:00 Hangman 1:30 CANTEN 1:30 Wine Makin'	7 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games 	8 Get Crackin' H4 09:15 Group Exercise 10:30 Crossword 1:30 Entertainment "Erin Foreman" 	9 10:30 Sit N' Be Fit 1:30 BINGO 5:00 Residents BBQ Supper 	10 
11 	12 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games 	13 Get Crackin' H1 09:15 Group Exercise 10:00 United Church 10:30 Bakin' 1:30 Birthday Party H1 1:30 Cribbage H3	14 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Curtis Avery" 	15 Get Crackin' H4 09:15 Group Exercise 11:30 PortaBella Lunch 2:00 Cribbage H3	16 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	17 
18 	19 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games 	20 Get Crackin' H1 09:15 Group Exercise 10:30 Crossword 1:30 Travelogue "Japan" 	21 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Joan and wilf" 	22 Get Crackin' H4 09:15 Group Exercise 10:30 Crossword 1:30 Wine Makin' 1:30 Ring Toss/ Sandbag/ Connect 4	23 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	24 
25 	26 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games 	27 Get Crackin' H1 09:15 Group Exercise 11:00 WELLNESS H1 12:30 WELLNESS H3 1:30 Bible Study 	28 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H4 1:30 Outside Activities H1 1:30 Hangman H3	29 Get Crackin' H4 09:15 Group Exercise 10:30 Crossword 1:30 Movie Afternoon 	30 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	31 