

Monday

Tuesday

Wednesday

Thursday

Friday



August 2024



Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
		5		6		7		8	
		10:30 Fun and Fitness 12:30 Lunch 1:30 BINGO!		10:30 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)/Big Crossword		10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai			
12		13		14		15		16	
10:30 Big Screen Concert 12:30 Lunch 1:30 Folk 'n Rock Tunes with Avril & Ron				10:30 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL)/Word Mining		10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai			
19		20		21		22		23	
10:30 Big Screen Concert 12:30 Lunch 1:30 Movie				10:30 Guitar with Donna 12:30 Lunch 1:30 Art with Heidi (IVL/Word Games)		10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai			
26		27		28		29		30	
		10:30 Fun and Fitness 12:30 Lunch 1:30 Folk 'n Rock Tunes with Avril & Ron		10:30 Guitar with Donna 12:30 Lunch 1:30 Heidi Away/ Big Crossword		10:30 Fitness with Viv 12:30 Lunch 1:30 Music with Kai			