

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2024

					1 10:30 Fitness with Viv 1:30 Music with Kai 5:45 Twilight Time with Jocelyn	2 10:30 Science & Nature TV Program 1:30-One to one/ Rick Steves "Portugal" 3:00 Walks & Talks	3 10:30 Big Screen Concert 1:30 Boredom Busters 3:00 Walks & Talks
4 10:30 Short Film 1:30 Lift Your Spirits 5:45 Twilight Time with Jocelyn	5 10:30 Music with Kai 1:30 Campfire Games 2:30 Special Treat (Happy Birthday BC!) 5:45 Twilight Time with Jocelyn	6 10:30 Fun & Fitness 1:30 BINGO! 5:45 Twilight Time with Jocelyn	7 10:00 Guitar with Donna 1:30 Art with Heidi (IVL) Big Crossword 5:45 Twilight Time with Jocelyn	8 10:30 Fitness with Viv 1:30 Music with Kai 3:00 Walks & Talks	9 10:30 Science & Outdoors in Nature 1:30-Arm Chair Travel "South Africa" 3:00 Walks & Talks	10 10:30 Big Screen Concert 1:30 Boredom Busters 5:45 Twilight Time with Jocelyn	
11 10:30 Short Film 1:30 Lift Your Spirits 5:45 Twilight Time with Jocelyn	12 11:00 Anglican Church Hymn Sing 10:30 Kai-Garden Lane 1:30 Game Time 5:45 Twilight Time with Jocelyn	13 10:30 Big screen concert 1:30 Folk 'n Rock Tunes with Avril & Ron 5:45 Twilight Time with Jocelyn	14 10:00 Guitar with Donna 1:30 Art with Heidi (IVL) Word Mining 3:00 Walks & Talks	15 10:30 Fitness with Viv 1:30 Music with Kai 3:00 Walks and Talks	16 10:30 Science & Outdoors in Nature 1:30 Listen & learn "Don Ho" 2:30 Ice Cream Time 5:45 Twilight Time with Jocelyn	17 10:30 Big Screen Concert 1:30 Boredom Busters 5:45 Twilight Time with Jocelyn	
18 10:30 Short Film 1:30 Lift Your Spirits 5:45 Twilight Time with Jocelyn	19 10:30 Music with Kai 1:30 Game Time 5:45 Twilight Time with Jocelyn	20 10:30 Big screen Concert 1:30 Movie 3:00 Walks and Talks	21 10:00 Guitar with Donna 1:30 Art with Heidi (IVL) Word Games 3:00 Walks and Talks	22 10:30 Fitness with Viv 1:30 Music with Kai 5:45 Twilight Time with Jocelyn	23 10:30 Science & Outdoors in Nature 1:30-Arm Chair Travel "Barcelona" 5:45 Twilight Time with Jocelyn	24 10:30 Big Screen Concert 1:30 Boredom Busters 5:45 Twilight Time with Jocelyn	
25 10:30 Short Film 1:30 Lift Your Spirits 5:45 Twilight Time with Jocelyn	26 10:30 Music with Kai 1:30 The Key-Tones Perform 3:00 Walks and Talks	27 10:30 Fun & Fitness 1:30 Folk 'n Rock Tunes with Avril & Ron 3:00 Walks and Talks	28 10:00 Guitar with Donna 1:30 Heidi Away (IVL) Big Crossword/2:30 Ice Cream Time 5:45 Twilight Time with Jocelyn	29 10:30 Fitness with Viv 1:30 Music with Kai 2:30 Resident Council/ Monthly Birthday Cake 5:45 Twilight Time with Jocelyn	30 10:30 Science & Outdoors in Nature 1:30-Arm Chair Travel "Mexico City" 5:45 Twilight Time with Jocelyn	31 10:30 Big Screen Concert 1:30 Boredom Busters 5:45 Twilight Time with Jocelyn	