

Monday

Tuesday

Wednesday

Thursday

Friday

August 2025

1

4

5

10:30 Movin' & Groovin"
12:30 Lunch
1:30 Bingo

6

10:00 Guitar with Donna
12:30 Lunch
1:30 Trivia/2:30 Ice Cream
Time

7

10:30 Fitness with Viv
12:30 Lunch
1:30 Music and music makers

8

11

12

10:30 Movin' and Groovin"
12:30 Lunch
1:30 Tunes with Avril, Ron & Terry

13

10:00 Guitar with Donna
12:30 Lunch
1:30 Music Trivia

14

10:30 Fitness with Viv
12:30 Lunch
1:30 Irving plays the Cello

15

18

19

10:30 Movin' & Groovin"
12:30 Lunch
1:30 Bingo/2:30 Ice Cream
Time

20

10:00 Guitar with Donna
12:30 Lunch
1:30 Big crossword

21

10:30 Fitness with Viv
12:30 Lunch
1:30 Music and music makers

22

25

26

10:30 Movin' & Groovin"
12:30 Lunch
1:30 Tunes with Avril, Ron & Terry

27

10:00 Guitar with Donna
12:30 Lunch
1:30 Trivia

28

10:30 Fitness with Viv
12:30 Lunch
1:30 Music and music makers
2:30 Monthly Birthday Cake

29

*** All Programs subject to change