

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						1 6:00 Movie
2 2:00-4:00 Game Time!	3 3:00 Music with John	4 11:00 Fitness with Viv <u>1:30 Tunes with Avril & Friends</u>	5 1:30 BINGO with Joan	6 No Programs Today	7 <u>11:00 Tai chi/Fitness Combo with Viv</u> <u>1:30 "Sidewalk Cellist Duo" Perform</u>	8 6:00 Movie
9 2:00-4:00 Game Time!	10 3:00 Music with John	11 11:00 Fitness with Viv	12 1:30 BINGO with Joan	13 <u>10:30 Scenic Drive</u>	14 <u>11:00 Tai chi/Fitness Combo with Viv</u>	15 6:00 Movie
16 2:00-4:00 Game Time!	17 3:00 Music with John	18 11:00 Fitness with Viv <u>1:30 Tunes with Avril & Friends</u>	19 1:30 BINGO with Joan	20 11:15 Residents Council Meeting 12:30 Pizza Lunch	21 <u>11:00 Tai chi/Fitness Combo with Viv</u>	22 1:30 Arm Chair Travel "Nova Scotia" & Happy Hour 6:00 Movie
23 2:00-4:00 Game Time!	24 3:00 Music with John	25 11:00 Fitness with Viv	26 1:30 BINGO with Joan	27 <u>10:30 Scenic Drive</u> 1:00 Monthly Birthday Cake	28 <u>11:00 Tai chi/Fitness Combo with Viv</u>	29 6:00 Movie
30 2:00-4:00 Game Time!	31 3:00 Music with John					