

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:30am Bingo 3pm Blue Jays vs. Cardinals
2 10:30am Activity Booklets 2pm Entertainment with Don Owens	3 10am Boomer Visits Civic Holiday	4 10am Chair Yoga 10:30am Reading Group 2pm Entertainment with Kathy Wiles	5 10:15am Fun & Fitness 2pm Entertainment with Sean Roberts	6 10am Music & Movement 10:30am Meditation 2pm DrumFit	7 10am Zumba! 10:30am Garden Checks 2pm Music Therapy	8 10:30am Bingo 6pm Blue Jays vs. Phillies
9 10:30am Activity Booklets 2pm Entertainment with Don Owens	10 10am Boomer Visits 10:15am Fun & Fitness 2pm Entertainment with Darlene Brooks	11 10am Chair Yoga 10:30am Word Webs 2pm Jeopardy	12 10:15am Fun & Fitness 2pm The Price is Right	13 10am Music & Movement 10:30am Hand Massages 2pm Modelling Clay	14 10am Zumba! 10:30am Corn Husking 2pm Sing-along	15 10:30am Bingo 3pm Blue Jays vs Yankees
16 10:30am Activity Booklets 2pm Entertainment with Don Owens	17 10am Boomer Visits 10:15am Fun & Fitness 2pm Beauty Hour Natalie Off	18 10am Chair Yoga 10:30am Gentle Debate Natalie Off	19 10:15am Fun & Fitness 2pm Entertainment with Ian B Natalie Off	20 10am Music & Movement 2pm DrumFit Natalie Off	21 10am Zumba! 10:30am Garden Checks 2pm Music Therapy Natalie Off	22 10:30am Bingo 1:30pm Blue Jays vs. Yankees
23 10:30am Activity Booklets 2pm Entertainment with Don Owens	24 10am Boomer Visits 10:15am Fun & Fitness 2pm Ice Cream on the Patio	25 10am Chair Yoga 10:30am Trivia 2pm Walking Club	26 10:15am Fun & Fitness 2pm Entertainment with Darlene M	27 10am Music & Movement 10:30am Walking Club 2pm Painting	28 10am Zumba! 10:30am Catholic Mass 2pm Music Therapy	29 10:30am Bingo 3pm Blue Jays vs Mariners
30 10:30am Activity Booklets 2pm Entertainment with Don Owens	31 10am Boomer Visits 10:15am Fun & Fitness 2pm Matching Cities	 AUGUST 2026				