





August 2022

Wisdom, Hope, Grace, Harmony

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BC Day ¹	10:30 Mass Chapel ²	 ³	1:30 Movie in Grace ⁴	10:30 Chair Yoga Hope ⁵ 1:30 Outdoor Walks	10:30 Hymn Sing ⁶
10:30 Mass Chapel ⁷	10:30 Morning Wake up with Recreation Therapist ⁸	10:30 Coffee & News Hope ⁹ 10:30 Mass Chapel	10:30 Ecumenical Chapel ¹⁰ 10:30 Walks 1:30 Music Harmony	10:30 Outdoor Walks ¹¹ 1:30 Listening to Opera Wisdom	10:30 Stretch & Strength Hope ¹² 1:30 Guided Relaxation Harmony	 ¹³
10:30 Mass Chapel ¹⁴	10:30 1-1 Visits ¹⁵ 10:30 United Church 1:30 Java Club Activity Room	National Lemon Meringue Pie Day ¹⁶ 10:30 Mass Chapel 10:30 Coffee & News Wisdom 1:30 Baking	National Tell A Joke Day ¹⁷ 10:30 Outdoor Walks 1:30 Funny Things Kids Say Hope	11:00 Ball Game Lunch Activity Room ¹⁸	10:30 Chair Yoga Hope ¹⁹ 1:30 Opera Viewing Grace	No Hymn Sing ²⁰
10:30 Mass Chapel ²¹	10:30 Balloon Games ²² 1:30 Summer Cocktail Social Blondin Green	10:30 Mass Chapel ²³ 10:30 Coffee & News Grace	10:30 Anglican Service Chapel ²⁴ 11:00 Lunch In Activity Room	11:00 Hamburger BBQ Blondin Green ²⁵	National Banana Split Day ²⁶ 10:30 Stretch & Strength Hope 1:30 1:1 Visits	 ²⁷
10:30 Mass Chapel ²⁸	10:30 1-1 Visits ²⁹ 1:30 Ice Cream Social Blondin	National Beach Day ³⁰ 10:30 Mass Chapel 10:30 Coffee & News Hope 1:30 Beach Party Blondin Green	³¹		Please note Programs are subject to change	

