ALAVIDA LifeStyles

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug	gust A	lemory Care/ ssisted Living	Green Red - Sp Blue Purple	<u>f Activity</u> - Spiritual ecial Event - Fitness - Music - Outings		
	<b>1</b> 2:00 Bingo (3rd) 3:00 Walking club (2nd)	2 10:30 Fitminds (3rd) 10:45 Music therapy with Jennifer (2nd) 3:30 Bingo (2nd)	<b>3</b> 10:30 Craft (2nd <b>2:00</b> Bean bag toss (3rd)	4 10:30 Activities Meeting (RR LL) 2:00 Catholic Mass (RR C) 2:00 Sing along (3rd)	5 10:30 Hangman (2nd) 1:30 Scenic drive (3rd) 3:00 Fun & Fitness (3rd)	<ul> <li>6</li> <li>9:30 1:1 visits with Crystal (3rd)</li> <li>3:30 Bean bag toss (2nd)</li> </ul>
7 9:30 1:1s with Crystal (2nd) 3:30 Stories (3rd)	<ul> <li>8</li> <li>2:00 Entertainment by Pete Foret (SS L)</li> <li>3:00 Walking club (3rd)</li> </ul>	<b>9</b> 1:30 Sing along (2nd)	10 10:30 Canadian Prairies The grass kingdom (RR T) 2:00 Hangman (2nd)	<ul> <li>11</li> <li>10:30 Food Service Meeting (RR LL)</li> <li>2:00 Catholic Mass (RR C)</li> </ul>	12 9:00 Latin chair dancing (2nd) 10:00 Latin chair dancing (3rd) 1:30 Scenic drive (2nd)	<b>13</b> 3:30 Colouring (2nd)
<b>14</b> 10:00 1:1s with Ruby (2nd) 1:30 Colouring (3rd)	<b>15</b> 3:00 Walking club (2nd)	<ul> <li>16</li> <li>10:45 Music therapy with Jennifer (3rd)</li> <li>3:00 Bingo (2nd)</li> </ul>	<b>17</b> 10:30 Sing along (3rd) 2:00 Bowling (2nd)	18         10:30 Stories (3rd)         2:00 Sing along (2nd)         2:00 Catholic Mass (RR C)	<ul> <li>19</li> <li>10:30 Bean bag toss (2nd)</li> <li>2:00 Armchair travel: Netherlands (RR T)</li> </ul>	<b>20</b> 10:30 Balloon tennis (3rd) 2:30 Fun & fitness (2nd)
21 10:30 Discuss & Recall (2nd) 3:00 Bowling (3rd)	<ul> <li>22</li> <li>10:00 1:1 visits with Max (3rd)</li> <li>2:00 Entertainment with: Larry Garnett (RR T)</li> </ul>	23 10:30 Fitminds (2nd) 2:00 The Beatles concert (RR T)	24 10:30 Discuss & recall (3rd) 2:30 Fun & fitness (2nd)	<ul> <li>25</li> <li>10:30 Town Hall Meeting (RR LL)</li> <li>2:00 Catholic Mass (RR C)</li> <li>2:30 Fun &amp; fitness (3rd)</li> </ul>	<ul> <li>26</li> <li>9:00 Latin chair dancing (2nd)</li> <li>10:00 Latin chair dancing (3rd)</li> <li>2:00 Armchair travel: Greece (RR T)</li> </ul>	<ul> <li>27</li> <li>9:30 1:1 visits with Crystal (2nd)</li> <li>3:30 Sing along (3rd)</li> </ul>
<b>28</b> 1:00 1:1s with Crystal (3rd)	<b>29</b> <b>2:00</b> Fitminds (3rd) <b>3:00</b> Walking club (2nd)	<ul> <li><b>30</b></li> <li><b>10:45</b> Music therapy with Jennifer (2nd)</li> <li><b>10:30</b> Ball toss (3rd)</li> <li><b>2:00</b> Sing along (2nd)</li> </ul>	<b>31</b> 10:30 Ball toss (2nd) <b>2:00</b> Balloon Tennis (3rd)			

PROMENADE





