

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# PROMENADE ACTIVITY CALENDAR August 2024

<p>Type of Activity:</p> <p>Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Lilac - Holidays Brown - Bus Trip/Shopping</p>	<p><b>Location Code</b></p> <p>Retirement Residence RR Senior Suites SS</p> <table border="1"> <tr><td>B</td><td>Bistro</td></tr> <tr><td>LL</td><td>Lower Lounge</td></tr> <tr><td>GR</td><td>Game Room</td></tr> <tr><td>BR</td><td>Bridge Room</td></tr> <tr><td>AR</td><td>Activity Room</td></tr> <tr><td>T</td><td>Theatre</td></tr> <tr><td>BP</td><td>Back Patio</td></tr> </table>	B	Bistro	LL	Lower Lounge	GR	Game Room	BR	Bridge Room	AR	Activity Room	T	Theatre	BP	Back Patio	<table border="1"> <tr><td>L</td><td>Lobby</td></tr> <tr><td>D</td><td>Dining Room</td></tr> <tr><td>Lib</td><td>Library</td></tr> <tr><td>YR</td><td>SS Yoga Room</td></tr> <tr><td>G</td><td>Gym</td></tr> <tr><td>P</td><td>Pool</td></tr> </table>	L	Lobby	D	Dining Room	Lib	Library	YR	SS Yoga Room	G	Gym	P	Pool		<p>10:00-11:30 Shopping at Walmart 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Baking Club (RR AR) 1:30-3:00 Scenic Drive: Downtown Ottawa 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 3:00 Toonie Bingo (SS Lib)</p>	<p>2</p> <p>9:30 Latin Chair Dancing (RR LL) 10:00-2:00 Shopping &amp; Lunch Billings Bridge Mall 10:15 Latin Chair Dancing (SS YR) 10:30 Sing A Long (RR T) 1:15 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "A Beautiful Mind" (SS T)</p>	<p>3</p> <p>10:00 Ted Talks (SS B) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "That Thing You Do!" (SS T) 2:00 Bingo (RR T) 4:00 Lemonade Social (SS Outside) 7:00 Saturday Night Movie: "That Thing You Do!" (RR T)</p>
B	Bistro																															
LL	Lower Lounge																															
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<p>4</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "A Beautiful Mind" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Lemonade Social (RR Outside)</p> <p>Olympics Week</p>	<p>5</p> <p>10:00 Morning Exercises (SS YR) 10:30 Coffee &amp; Olympics News (RR B &amp; SS B) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 4:00 Cribbage (RR AR)</p> <p>Civic Holiday</p>	<p>6</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:30 Olympics Trivia (RR T &amp; SS B) 1:15 Euchre Games (SS BR) 3:00 Bean Bags Tournament (RR LL) 3:00 Toonie Bingo (SS Lib) 3:30 National Geographic Hour (RR T)</p>	<p>7</p> <p>10:00 Fun &amp; Fitness (RR G) 10:30 Armchair Travel: Paris Olympics (RR T) 1:15 Bridge Game (SS BR) 2:00 Bingo (RR T) 2:00 Olympics Games Round 1 (SS L) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 4:00 Olympics Games Round 1 (RR L)</p>	<p>8</p> <p>10:00-11:30 Shopping at Superstore 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 11:00 Olympics Balloon Tennis (RR LL) 11:45-2:30 Lunch Outing to Pelican Seafood Market &amp; Grill 1:15 Euchre Games (SS BR) 2:00 Catholic Mass (RR C) 3:00 Toonie Bingo (SS Lib)</p>	<p>9</p> <p>10:00 Morning Exercise (RRG) 10:00-11:30 Shopping at Canadian Tire 10:30 Sing A Long (RR T) 11:00 Chair Yoga (SS YR) 1:30-3:00 Outing to Chocolats Favoris 1:15 Bridge Game (SS BR) 2:00 Olympics Games Round #2 (RR LL &amp; SS L) 2:00 Celebration of the Word (SS C) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Something's Gotta Give" (SS T)</p>	<p>10</p> <p>10:00 Ted Talks (SS B) 10:30 Crosswords (RR T) 10:30 Nails by Remi (RR AC) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Mama Mia!" (SS T) 2:00 Bingo (RR T) 2:00 S'mores Ice-Cream Social (SS outside) 7:00 Saturday Night Movie: "Mama Mia!" (RR T)</p>																										

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>11</b></p> <p>9:30 Colouring Club (RR AR)  <b>11:00 St. Mary's Catholic Live Stream Mass (RR T)</b>  2:00 S'mores Ice-Cream Social (RR outside)  <b>2:30 Movie Matinée: "Something's Gotta Give" (RR T)</b>  3:00 Toonie Bingo (SS Lib)  4:00 Nails by Remi (SS YR)</p>	<p style="text-align: right;"><b>12</b></p> <p><b>10:00 Morning Exercises (SS YR)</b>  10:30 Coffee &amp; Current Events (RR B)  10:30 Crochet Club (SS L)  1:00 Veteran's Meeting (RR LL)  <b>1:15 Bridge Game (SS BR)</b>  <b>2:00 Bingo (RR T)</b>  3:00 Art with Verbena (SS L4)  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  4:00 Cribbage (RR AR)</p>	<p style="text-align: right;"><b>13</b></p> <p>9:30 Colouring Club (RR AR)  10:00 Morning Exercises (SS YR)  <b>10:30 Blood Pressure Clinic (SS BR)</b>  10:30 Tuesday Trivia (RR T)  <b>1:15 Euchre Games (SS BR)</b>  <b>1:30 Blood Pressure &amp; Weight Clinic (RR WC)</b>  1:30 Chair Tai Chi (SS YR)  2:00 Book Club Meeting (SS B)  3:00 Toonie Bingo (SS Lib)  3:00 Bean Bags (RR LL)  <b>3:30 National Geographic Hour (RR T)</b></p>	<p style="text-align: right;"><b>14</b></p> <p><b>10:00 Fun &amp; Fitness (RR G)</b>  <b>10:30 Creamsicle Social (RR B)</b>  <b>1:15 Bridge Game (SS BR)</b>  <b>2:00 Bingo (RR T)</b>  <b>2:00 Creamsicle Social (SS B)</b>  3:00 Social Hour (RR B) with special guest Marie-France Lalonde Member of Parliament  4:00 Social Hour (SS B)  <b>National Creamsicle Day</b></p>	<p style="text-align: right;"><b>15</b></p> <p><b>10:00-11:30 Shopping at Fresh Co</b>  <b>10:00 Morning Exercises (SS YR)</b>  10:30 Crochet Club (SS L)  11:00 Sunflower Painting Class (RR AR)  <b>1:30-3:00 Scenic Drive: Cumberland Ferry Crossing</b>  <b>1:15 Euchre Games (SS BR)</b>  2:00 Catholic Mass (RR C)  3:00 Toonie Bingo (SS Lib)</p>	<p style="text-align: right;"><b>16</b></p> <p><b>10:00-11:45 Outing to Cumberland Library</b>  10:30 Sing A Long (RR T)  <b>1:15 Bridge Game (SS BR)</b>  2:00 Celebration of the Word (SS C)  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  <b>8:00 Friday Night Movie: "The Terminal" (SS T)</b></p>	<p style="text-align: right;"><b>17</b></p> <p><b>10:00 Ted Talks (SS B)</b>  10:30 Crosswords (RR T)  1:15 Euchre Games (SS BR)  <b>1:30 Movie Matinée: "Casablanca" (SS T)</b>  2:00 Bingo (RR T)  <b>4:00 Fruit Punch Social (SS Outside)</b>  <b>7:00 Saturday Night Movie: "Casablanca" (RR T)</b></p>
<p style="text-align: right;"><b>18</b></p> <p>9:30 Colouring Club (RR AR)  <b>11:00 St. Mary's Catholic Live Stream Mass (RR T)</b>  <b>2:30 Movie Matinée: "The Terminal" (RR T)</b>  3:00 Toonie Bingo (SS Lib)  4:00 Fruit Punch Social (RR Outside)</p>	<p style="text-align: right;"><b>19</b></p> <p>10:30 Coffee &amp; Current Events (RR B)  10:30 Crochet Club (SS L)  1:00-3:00 Painting Class with Anita (SS B)  <b>1:15 Bridge Game (SS BR)</b>  <b>2:00 Bingo (RR T)</b>  3:00 Art with Verbena (SS L4)  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  4:00 Cribbage (RR AR)</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 Colouring Club (RR AR)  10:00 Morning Exercises (SS YR)  10:30 Tuesday Trivia (RR T)  <b>1:15 Euchre Games (SS BR)</b>  <b>2:00 Ice-Cream Buffet (RR B)</b>  3:00 Toonie Bingo (SS Lib)  3:00 Bean Bags (RR LL)  <b>3:30 National Geographic Hour (RR T)</b></p>	<p style="text-align: right;"><b>21</b></p> <p><b>10:00 Fun &amp; Fitness (RR G)</b>  <b>10:30 Armchair Travel: Vancouver (RR T)</b>  <b>1:15 Bridge Game (SS BR)</b>  <b>1:30-3:30 Audiologist Clinic: please book with Reception (RR WC)</b>  <b>2:00 Bingo (RR T)</b>  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)</p>	<p style="text-align: right;"><b>22</b></p> <p><b>10:00-11:30 Shopping at Convent Glen Mall</b>  <b>10:00 Morning Exercises (SS YR)</b>  10:30 Crochet Club (SS L)  10:30 Tie Dye Craft (RR Back Patio)  <b>1:15 Euchre Games (SS BR)</b>  2:00 Catholic Mass (RR C)  3:00 Toonie Bingo (SS Lib)</p>	<p style="text-align: right;"><b>23</b></p> <p><b>10:00 Morning Exercise (RR G)</b>  10:00 Lunch Outing to Casino Lac Leamy  10:30 Sing a Long (RR T)  <b>11:00 Chair Yoga (SS YR)</b>  <b>1:15 Bridge Game (SS BR)</b>  2:00 Celebration of the Word (SS C)  2:00 Tie Dye Craft (SS Back Patio)  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  <b>8:00 Friday Night Movie: "Best In Show" (SS T)</b></p>	<p style="text-align: right;"><b>24</b></p> <p><b>10:00 Ted Talks (SS B)</b>  10:30 Crosswords (RR T)  1:15 Euchre Games (SS BR)  <b>1:30 Movie Matinée: "Annie" (SS T)</b>  2:00 Bingo (RR T)  <b>4:00 High Tea Social (SS B)</b>  <b>7:00 Saturday Night Movie: "Annie" (RR T)</b></p>
<p style="text-align: right;"><b>25</b></p> <p>9:30 Colouring Club (RR AR)  <b>11:00 St. Mary's Catholic Live Stream Mass (RR T)</b>  <b>2:30 Movie Matinée: "Best In Show" (RR T)</b>  3:00 Toonie Bingo (SS Lib)  4:00 High Tea Social (RR B)</p>	<p style="text-align: right;"><b>26</b></p> <p><b>10:00 Morning Exercises (SS YR)</b>  11:00 Coffee &amp; Current Events (RR B)  10:30 Crochet Club (SS L)  <b>1:15 Bridge Game (SS BR)</b>  <b>2:00 Bingo (RR T)</b>  3:00 Art with Verbena (SS L4)  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  4:00 Cribbage (RR AR)</p>	<p style="text-align: right;"><b>27</b></p> <p>9:30 Colouring Club (RR AR)  10:00 Morning Exercises (SS YR)  10:30 Tuesday Trivia (RR T)  1:00-3:00 Painting Class with Anita (RR LL)  <b>1:15 Euchre Games (SS BR)</b>  1:30 Chair Tai Chi (SS YR)  3:00 Toonie Bingo (SS Lib)  <b>3:30 National Geographic Hour (RR T)</b></p>	<p style="text-align: right;"><b>28</b></p> <p><b>10:30 Corn Husking Social (SS BP)</b>  <b>1:15 Bridge Game (SS BR)</b>  <b>2:00 Bingo (RR T)</b>  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  <b>Birthday &amp; Anniversary Dinner (fine dining attire encouraged)</b></p>	<p style="text-align: right;"><b>29</b></p> <p><b>10:00-11:30 Shopping at Food Basics</b>  <b>10:00 Morning Exercises (SS YR)</b>  10:30 Crochet Club (SS L)  <b>11:00-2:00 Annual BBQ with live entertainment, food &amp; fun!</b>  <b>1:15 Euchre Games (SS BR)</b></p>	<p style="text-align: right;"><b>30</b></p> <p><b>9:30 Latin Chair Dancing (RR LL)</b>  <b>10:15 Latin Chair Dancing (SS YR)</b>  10:00-11:30 Shopping at Giant Tiger  10:30 Sing a Long (RR T)  <b>1:15 Bridge Game (SS BR)</b>  11:45-2pm Lunch Outing to Lexus  2:00 Celebration of the Word (SS C)  <b>1:30 Ice-Cream Buffet (SS B)</b>  3:00 Social Hour (RR B)  4:00 Social Hour (SS B)  <b>8:00 Friday Night Movie: "Seven Years in Tibet" (SS T)</b></p>	<p style="text-align: right;"><b>31</b></p> <p><b>10:00 Ted Talks (SS B)</b>  10:30 Crosswords (RR T)  1:15 Euchre Games (SS BR)  <b>1:30 Movie Matinée: "Grease" (SS T)</b>  2:00 Bingo (RR T)  <b>4:00 Mango Punch Social (SS Outside)</b>  <b>7:00 Saturday Night Movie: "Grease" (RR T)</b></p>