

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<h1>PROMENADE</h1> <h2>Memory Care/Assisted Living</h2> <h1>August 2024</h1>					Location Code			
					B	Bistro	L	Lobby
					BR	SS Bridge Room	YR	SS Yoga Room
					GR	RR Game Room	Lib	SS Library
					2 nd	2 nd floor Dining Room	3 rd	3 rd floor lounge
					T	Theatre	WC	Wellness Center
					C	Chapel		
Type of Activity: Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Lilac - Holidays Brown - Bus Trip/Shopping					1 8:30 Scenery Walk (2 nd) 10:30 Fruit Punch Social (3 rd) 1:00-2:30 Scenic Drive: Downtown Ottawa 4:00 Billiards (RR GR)	2 8:30 Scenery Walk (3 rd) 9:30 Latin Chair Dancing (RR LL) 10:30 Sing A Long (RR T) 2:00 Hawaiian Dancing Exercise (3 rd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (2 nd)	3 9:30 1:1 visits (2 nd & 3 rd) 1:30 Bean Bags (3 rd) 3:00 Fit Minds (3 rd)	
4 9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Stream Mass (RR T) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 4:00 Lemonade Social (RR Outside)	5 8:30 Scenery Walk (2 nd) 9:30 Monday Manicures (3 rd) 10:30 Coffee & Olympics News (RR B) 10:45 Mindful Colouring (3 rd) 2:00 Zumba Dancing (2 nd) 3:00 Social Hour with Mocktails (RR B) 3:00 Beach Ball Catch (3 rd)	6 9:30 Colouring Club (RR AR) 1:30 Blood Pressure Clinic (RR WC) 1:30 1:1 Visits (2 nd) 2:00 Painting Olympic Rings (3 rd) 4:00 Scenery Walk (3 rd)	7 8:30 Scenery Walk (2 nd) 10:30 Armchair Travel: Paris Olympics (RR T) 10:45 Memories Chit Chat - Travel (3 rd) 1:00 Fun and Fitness (2 nd) 3:00 Fun and Fitness (3 rd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3 rd)	8 8:30 Scenery Walk (2 nd) 11:00 Olympics Balloon Tennis (RR LL) 2:00 Olympics Pong Game (2 nd) 2:00 Catholic Mass (RR C) 3:00 Scenery Walk (3 rd) 4:00 Billiards (RR GR)	9 8:30 Scenery Walk (3 rd) 10:30 Sing A Long (RR T) 1:00 Olympics Pong Game (3 rd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (2 nd)	10 9:30 1:1 visits (2 nd & 3 rd) 3:00 Bean Bags (3 rd) 4:00 Mocktails Social (2 nd)		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">11</p> <p>9:30 Colouring Club (RR AR) 10:30 Sing A Long (3rd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:00 S'mores Ice Cream Social (RR outside) 4:00 Mocktails Social (3rd)</p>	<p style="text-align: right;">12</p> <p>8:30 Scenery Walk (2nd) 9:30 Monday Manicures (2nd) 10:30 Coffee & Current Events (RR B) 10:30 Mindful Colouring (3rd) 2:00 Zumba Dancing (2nd) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (3rd)</p>	<p style="text-align: right;">13</p> <p>9:30 Colouring Club (RR AR) 10:30 Balloon Tennis (3rd) 10:45 Music Therapy with Jennifer (2nd) 1:30 1:1 Visits (3rd) 2:00 Water Colour Painting (3rd) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">14</p> <p>8:30 Scenery Walk (2nd) 10:00 Creamsicle Social (RR B) 10:45 Memories Chit Chat – Pets (3rd) 1:00 Fun and Fitness (2nd) 3:00 Fun and Fitness (3rd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (3rd)</p>	<p style="text-align: right;">15</p> <p>9:30 Iced Tea Social (3rd) 2:00 Catholic Mass (RR C) 4:00 Scenery Walk (2nd)</p>	<p style="text-align: right;">16</p> <p>8:30 Scenery Walk (3rd) 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3rd) 3:00 Social Hour (RR B)</p>	<p style="text-align: right;">17</p> <p>9:30 1:1 visits (2nd & 3rd) 1:00 Bean Bags (3rd) 3:00 Fit Minds (3rd)</p>
<p style="text-align: right;">18</p> <p>9:30 Colouring Club (RR AR) 10:30 1:1 Visits (3rd & 2nd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:30 Movie Matinee (RR T) 4:00 Fruit Punch Social (RR Outside)</p>	<p style="text-align: right;">19</p> <p>9:30 Monday Manicures (3rd) 10:30 Coffee and Current Events (RR B) 3:00 Social Hour with Mocktails (RR B)</p>	<p style="text-align: right;">20</p> <p>9:30 Colouring Club (RR AR) 10:30 Balloon Tennis (3rd) 1:30 1:1 Visits (2nd) 2:00 Ice Cream Buffet (RR B) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">21</p> <p>8:30 Scenery Walk (2nd) 10:30 Armchair Travel: Vancouver (RR T) 10:45 Memories Chit Chat – Summer (3rd) 1:30-3:30 Audiologist Clinic: Please book with reception 2:00 Fun and Fitness (2nd) 3:00 Fun and Fitness (3rd) 3:00 Social Hour (RR B) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">22</p> <p>8:30 Scenery Walk (2nd) 10:30 Tie Dye Craft (RR Back Patio) 1:30 Scenic Drive 2:00 Catholic Mass (RR C) 3:00 Summer Memories Chit Chat (3rd) 3:30 Billiards (RR GR)</p>	<p style="text-align: right;">23</p> <p>8:30 Scenery Walk (3rd) 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3rd) 3:00 Beach Ball Catch (2nd) 3:00 Social Hour (RR B)</p>	<p style="text-align: right;">24</p> <p>9:30 1:1 visits (2nd & 3rd) 1:00 Bean Bags (3rd) 3:00 Word Games (3rd)</p>
<p style="text-align: right;">25</p> <p>9:30 Colouring Club (RR AR) 10:30 1:1 Visits (3rd & 2nd) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2nd) 2:30 Movie Matinee (RR T) 4:00 High Tea Social (RR Outside)</p>	<p style="text-align: right;">26</p> <p>8:30 Scenery Walk (2nd) 9:00 Monday Manicures (3rd) 11:00 Coffee and Current Events (RR B) 10:45 Mindful Colouring (3rd) 3:00 Social Hour with Mocktails (RR B) 3:00 Beach Ball Catch (3rd)</p>	<p style="text-align: right;">27</p> <p>9:30 Colouring Club (RR AR) 10:30 Balloon Tennis (2nd) 10:45 Music Therapy with Jennifer (3rd) 1:00-2:30 Painting Class with Anita (RR LL) 4:00 Scenery Walk (3rd)</p>	<p style="text-align: right;">28</p> <p>8:30 Scenery Walk (2nd) 9:30 Memories Chit Chat – Pets (3rd) 1:00 Fun and Fitness (2nd) 2:00 Fun and Fitness (3rd) 3:00 Social Hour (RR B) 4:00 Scenery Walk (3rd) Birthday and Anniversary Dinner</p>	<p style="text-align: right;">29</p> <p>8:30 Scenery Walk (2nd) 11:00-2:00 Annual BBQ with live entertainment, food and fun! 4:00 Billiards (RR GR)</p>	<p style="text-align: right;">30</p> <p>8:30 Scenery Walk (3rd) 9:30 Latin Chair Dancing (RR LL) 10:30 Sing A Long (RR T) 3:00 Social Hour (RR B)</p>	<p style="text-align: right;">31</p> <p>9:30 1:1 visits (2nd & 3rd) 1:00 Bean Bags (3rd) 3:00 Word Games (3rd)</p>