
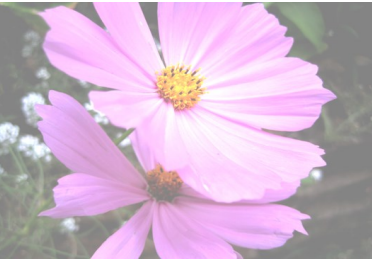



# AUGUST 2022

# DOUGLAS CARE COMMUNITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>August 1: BC Day</p> <p>August 8: International Cat Day</p> <p>August 20: International Lighthouse Weekend</p>	 <p><b>British Columbia Day!!</b></p> <p>Morning: BC Body Boogie &amp; "Name that Premier" Bowling</p> <p>Afternoon: BC Creatures Great &amp; Small (Trivia &amp; Crafts)</p> <p>Afternoon: Walks &amp; Strolls</p>	<p>9:30: One: One Visits</p> <p>10: Full Body Stretch</p> <p>10:30: Zumba with Isabel</p> <p>1:30: Guitar Concert with Ian</p> <p>Afternoon: Walking Club</p> <p>Evening: Garden Watering</p>	<p>9:30 :One: One Visits</p> <p>Morning : Walk to Beacon Hill Park &amp; Cameron Bandshell</p> <p>2 : Music Trivia</p> <p>2:30: Senior Sing A Long</p> <p>3:30 : Garden Club</p> <p>Evening: Reminiscing</p>	<p>9:30: One: One Visits</p> <p>10: SoQi with Isabel</p> <p>11: "Who Am I? August Birthdays" Fun Quiz</p> <p>2: Our BC Backyard: Collective Art Project</p> <p>3: Walk: Emily Carr House</p>	<p>9:30: One: One Visits</p> <p>10: Seated Dance Party</p> <p>11: Wonder Word Games</p> <p>2: Piano Concert with Jesse</p> <p>Evening: Funny Film</p>	<p>9:30: One: One Visits</p> <p>10: Seated Senior Stretch</p> <p>11: Flyover Film: Vancouver Island</p> <p>2: Happy Hour &amp; Concert with Casey</p> <p>Evening: Series "Everyone Loves Raymond"</p>
<p>9:30: One: One Visits</p> <p>10: Limber Limbs: Fingers</p> <p>10:30: Eldercare Spiritual Service</p> <p>2: Gardening Gang!</p> <p>Evening: Comedy Film</p>	<p>9:30: One: One Visits</p> <p>10: Monday Circle Check In</p> <p>10:30 Classical Music with Eugene</p> <p>2 pm: International Cat Day! Feline Quiz &amp; New Kitten Scramble</p> <p>Afternoon: Puzzles &amp; Card Games</p> <p>Evening: Documentary</p>	<p>9:30: One: One Visits</p> <p>10: Full Body Stretch</p> <p>10:30: Zumba with Isabel</p> <p>1:30: Guitar Concert with Ian</p> <p>Afternoon: Walking Club</p> <p>Evening: Garden Watering</p>	<p>9:30 :One: One Visits</p> <p>Morning : Walk to Beacon Hill Park &amp; Cameron Bandshell</p> <p>2 pm: Baking, Creating &amp; Decorating Preparation</p> <p>6 om: Midsummer Fete with Entertainment by The Carolina Blue (To Be Confirmed)</p>	<p>9:30: One: One Visits</p> <p>10: SoQi with Isabel</p> <p>11: Words Starting with "AU" Fun Quiz</p> <p>2: Musical Afternoon with Michael</p> <p>3: Walk: Emily Carr House</p>	<p>9:30: One: One Visits</p> <p>10: Seated Dance Party</p> <p>11: Wonder Word Games</p> <p>2: Piano Concert with Jesse</p> <p>Evening: Funny Film</p>	<p>9:30: One: One Visits</p> <p>10: Seated Senior Stretch</p> <p>11: Flyover Film: Vancouver Island</p> <p>2: Songs with Sadie's Singers</p> <p>Evening: Series "Everyone Loves Raymond"</p>
<p>9:30: One: One Visits</p> <p>10: Limber Limbs: Wrists &amp; Ankles</p> <p>10:30: Eldercare Spiritual Service</p> <p>2: Outdoor Concert with Casey</p> <p>Evening: Comedy Film</p>	<p>9:30: One: One Visits</p> <p>10: Monday Circle Check In</p> <p>10:30 Classical Music with Eugene</p> <p>2 pm: Tribute to Coco Chanel</p> <p>Afternoon: Puzzles &amp; Card Games</p> <p>Evening: Documentary</p>	<p>9:30: One: One Visits</p> <p>10: Full Body Stretch</p> <p>10:30: Zumba with Isabel</p> <p>1:30: Guitar Concert with Ian</p> <p>Afternoon: Walking Club</p> <p>Evening: Garden Watering</p>	<p>9:30 :One: One Visits</p> <p>Morning : Quting to Beacon Hill Park &amp; Pop Up Concert with Casey (lunch out)</p> <p>2:30 pm: Senior Sing A Long</p> <p>3:30 pm: Garden Club</p> <p>Evening: Reminiscing</p>	<p>9:30: One: One Visits</p> <p>10: SoQi with Isabel</p> <p>11: Beauty Shop: Hand Spa</p> <p>2: Our BC Backyard: Collective Art Project</p> <p>3: Walk: Emily Carr House</p>	<p>9:30: One: One Visits</p> <p>10: Seated Dance Party</p> <p>11: Wonder Word Games</p> <p>2: Piano Concert with Jesse</p> <p>Evening: Funny Film</p>	<p>9:30: One: One Visits</p> <p>10: Seated Senior Stretch</p> <p>11: Film: Vancouver Island Humming Birds</p> <p>2: Happy Hour &amp; Concert with Casey</p> <p>Evening: Series "Everyone Loves Raymond"</p>
<p>9:30: One: One Visits</p> <p>10: Limber Limbs: Knees!</p> <p>10:30: Eldercare Spiritual Service</p> <p>2: BC Lighthouses: in the Garden</p> <p>Evening: Comedy Film</p>	<p>9:30: One: One Visits</p> <p>10: Monday Circle Check In</p> <p>10:30 Classical Music with Eugene</p> <p>2 pm: Lighthouse Ghost Stories</p> <p>Afternoon: Puzzles &amp; Card Games</p> <p>Evening: Documentary</p>	<p>9:30: One: One Visits</p> <p>10: Full Body Stretch</p> <p>10:30: Zumba with Isabel</p> <p>1:30: Guitar Concert with Ian</p> <p>Afternoon: Walking Club</p> <p>Evening: Garden Watering</p>	<p>9:30 :One: One Visits</p> <p>Morning : Walk to Beacon Hill Park &amp; Cameron Bandshell</p> <p>2: Floral Arranging</p> <p>3:30: Garden Club</p> <p>Evening: Reminiscing</p>	<p>9:30: One: One Visits</p> <p>10: SoQi with Isabel</p> <p>11: Beauty Shop: Hand Spa</p> <p>2: Our BC Backyard: Collective Art Project</p> <p>3:30: Musical Afternoon with Michael</p>	<p>9:30: One: One Visits</p> <p>10: Seated Dance Party</p> <p>11: Wonder Word Games</p> <p>2: Senior Sing-A-Long</p> <p>Evening: Funny Film</p>	<p>9:30: One: One Visits</p> <p>10: Seated Senior Stretch</p> <p>11: Flyover Film: Northern BC</p> <p>2: Happy Hour &amp; Concert with Casey</p> <p>Evening: Series "Everyone Loves Raymond"</p>
<p>9:30: One: One Visits</p> <p>10: Limber Limbs: Funny Faces</p> <p>10:30: Eldercare Spiritual Service</p> <p>2: Piano Concert with Jesse</p> <p>Evening: Comedy Film</p>	<p>9:30: One: One Visits</p> <p>10: Monday Circle Check In</p> <p>10:30 Classical Music with Eugene</p> <p>2 pm:</p> <p>Afternoon: Puzzles &amp; Card Games</p> <p>Evening: Documentary</p>	<p>9:30: One: One Visits</p> <p>10: Full Body Stretch</p> <p>10:30: Zumba with Isabel</p> <p>1:30: Guitar Concert with Ian</p> <p>Afternoon: Walking Club</p> <p>Evening: Garden Watering</p>	<p>9:30 :One: One Visits</p> <p>10 Seated Hula Dance</p> <p>12 pm: BBQ!</p> <p>2 Outdoor Walks &amp; Games</p> <p>3:30 pm: Garden Club</p> <p>Evening: Reminiscing</p>			 <p><b>Trillium</b> ST. CHARLES MANOR  </p>