




# AUGUST 2025



 **Sign Up Sheets**  
You will see a star beside the activity or outing on this calendar if sign-up is required. Activities binder is located by Front Desk.

**Location Key**  
AR- Activity Room  
DR- Dining Room  
FD- Front Desk  
L- Lounge  
P -Patio



<b>Sunday</b> 9:30 Exercise Video: Chair Yoga 1:00 Afternoon Movie: "The Color Purple"	<b>3</b> (AR) (L)	<b>Monday</b> 9:30 Exercise Video: Full Body Stretch 10:00 Morning Coffee & Chat 10:30 Resident Council Meeting BC Day Games: Trivia & Shuffleboard 2:00pm-3:00pm in the Activity Room BC Day	<b>4</b> (AR) (L) (AR)	<b>Tuesday</b> 9:30 Exercise with Sarah: Sit & Fit 10:00 Morning Coffee and Chat 2:30 Veteran's Gathering 3:30 Jeopardy	<b>5</b> (AR) (DR) (L) (AR)	<b>Wednesday</b> 9:30 Exercise with Sarah: Weight Training 10:00 Morning Coffee & Chat 2:00 New Day: Bingo	<b>6</b> (AR) (L) (AR)	<b>Thursday</b> 9:30 Exercise with Sarah: Improve Mobility Shopping Trip to Hillside Mall 1:00pm-3:30pm Meet at 12:45pm at the Front Desk 6:30 Dessert & Documentary: "The Booksellers"	<b>7</b> (AR)	<b>Friday</b> 9:30 Exercise Video: Disco Music Workout 1:00 Shuffleboard 3:30 Happy Hour	<b>8</b> (AR) (AR) (L)	<b>Saturday</b> 9:30 Exercise Video: Sit and Fit 1:30 National Geographic: "Welcome to Earth" 7:00 Popcorn & Movie: "That Darn Cat"	<b>9</b> (AR) (L) (L)
<b>Sunday</b> 9:30 Exercise video: Chair Yoga 1:00 Afternoon Movie: "Somewhere in Time"	<b>10</b> (AR) (L)	<b>Monday</b> 9:30 Exercise video Full Body stretch 10:00 Morning Coffee & Chat Hearing Aid Seminar & Clinic by Ajit at 3:00pm in the Activity Room	<b>11</b> (AR) (L)	<b>Tuesday</b> 9:30 Exercise with Sarah: Sit & Fit 1:30 Resident General Meeting 2:30 Veteran's Gathering Diner En Blanc themed dinner with music by Jesse Brown on piano and vocals	<b>12</b> (AR) (AR) (L)	<b>Wednesday</b> 9:30 Exercise with Sarah: Weight Traininig 10:00 Morning Coffee & Chat 2:00 New Day: Bingo	<b>13</b> (AR) (L) (AR)	<b>Thursday</b> 9:30 Exercise with Sarah: Improve Mobility Resident Birthday Tea with music by Joyce and the Boyz at 3:00pm in the Dining Room 6:30 Dessert & Documentary: "The Secret Life of the Cruise"	<b>14</b> (AR)	<b>Friday</b> 9:30 Exercise video: Zumba 1:00 Shuffleboard 3:30 Happy Hour	<b>15</b> (AR) (AR) (L)	<b>Saturday</b> 9:30 Exercise Video: Sit & Fit 10:30 Hymns with Piano 1:30 National Geographic: "Underdogs" 7:00 Popcorn & Movie: "What's The Worst That Could Happen"	<b>16</b> (AR) (AR) (L) (L)
<b>Sunday</b> 9:30 Exercise video: Chair Yoga 1:00 Afternoon Movie: "Music by John Williams" Gardeners Gather to work at 2:00pm on the Patio	<b>17</b> (AR) (L)	<b>Monday</b> 9:30 Exercise Video: Full Body Stretch 10:00 Morning Coffee & Chat 2:00 Cribbage (All are welcome)	<b>18</b> (AR) (L) (AR)	<b>Tuesday</b> 9:30 Exercise with Sarah: Sit & Fit Ping Pong Challenge 1:30pm in the Activity Room 2:30 Veteran's Gathering 3:30 Bridge	<b>19</b> (AR) (AR) (L) (AR)	<b>Wednesday</b> 9:30 Exercise with Sarah: Weight Training 10:00 Morning Coffee & chat 2:00 New Day: Bingo	<b>20</b> (AR) (L) (AR)	<b>Thursday</b> 9:30 Exercise with Sarah: Improve Mobility 1:30 Resident Culinary Meeting Downsizing Seminar & Workshop 2:00pm-4:00pm in the Activity Room 6:30 Dessert & Documentary: "Luci and Desi"	<b>21</b> (AR) (DR) (L)	<b>Friday</b> 9:30 Exercise Video: Disco Music Workout 1:00 Shuffleboard 3:30 Happy Hour	<b>22</b> (AR) (AR) (L)	<b>Saturday</b> 9:30 Exercise Video: Sit & Fit 1:30 National geographic: "Wild Hawaii" 7:00 Popcorn & Movie: "The Pink Panther Strikes Again"	<b>23</b> (AR) (L) (L)
<b>Sunday</b> 9:30 Exercise Video : Chair Yoga 1:00 Afternoon Movie: "Beaches"	<b>24</b> (AR) (L)	<b>Monday</b> 9:30 Exercise Video: Full Body Stretch 10:00 Morning Coffee & Chat 2:00 Cribbage (All are welcome)	<b>25</b> (AR) (L) (AR)	<b>Tuesday</b> 9:30 Exercise with Sarah: Sit and Fit 2:30 Veteran's Gathering Tree of Life Wire Craft 3:30pm-4:30pm in the Activity Room	<b>26</b> (AR) (L)	<b>Wednesday</b> 9:30 Exercise with Sarah: Weight Training 10:00 Morning Coffee & chat 2:00 New Day: Bingo	<b>27</b> (AR) (L) (AR)	<b>Thursday</b> 9:30 Exercise with Sarah: Improve Mobility Campfire and Smores 6:30pm-7:30pm on the Patio	<b>28</b> (AR)	<b>Friday</b> 9:30 Exercise Video: Zumba 1:00 Shuffleboard 3:30 Happy Hour	<b>29</b> (AR) (AR) (L)	<b>Saturday</b> 9:30 Exercise Video: Sit & Fit 1:30 National geographic: "Life of Grid" 7:00 Popcorn & Movie: "Sour grapes"	<b>30</b> (AR) (L) (L)
<b>Sunday</b> 9:30 Exercise Video : Chair Yoga 1:00 Afternoon Movie: "Corina, Corina"	<b>31</b> (AR) (L)	<div>*Please note that Friday evening Bingo will be cancelled for the month of August, but will return back in September.</div> <div>**There will be Bingo on Wednesday afternoons in August.</div>											