



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
2 9:00am News & Views 10:30am Music w/ Bart 1:30pm Movie Matinee 2:30pm Tea Time Social	3 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit <i>British Columbia Day</i>	4 9:00am News & Views 10:30am Yoga w/ Anna 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	5 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:30pm Pong game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	6 9:00am News & Views 10:00am Balloon Toss 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	7 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jesse 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	8 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
9 9:00am News & Views 10:30am Music w/ Bart 1:30pm Movie Matinee 2:30pm Tea Time Social	10 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	11 9:00am News & Views 10:30am Yoga w/ Anna 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	12 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:15pm Bus Outing 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	13 9:00am News & Views 10:00am Balloon Toss 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	14 9:00am News & Views 10:00am Seated Exercise 10:30am Bingo 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	15 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
16 9:00am News & Views 10:30am Music w/ Bart 1:30pm Hart House Summer Lawn Party! 2:30pm Tea Time Social	17 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	18 9:00am News & Views 10:30am Yoga w/ Anna 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	19 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:30pm Arts & Crafts 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	20 9:00am News & Views 10:00am Balloon Toss 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	21 9:00am News & Views 10:00am Seated Exercise 10:30am Bingo 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	22 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
23 9:00am News & Views 10:30am Music w/ Bart 1:30pm Movie Matinee 2:30pm Tea Time Social	24 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	25 9:00am News & Views 10:30am Yoga w/ Anna 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	26 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:30pm Pong game 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	27 9:00am News & Views 10:00am Balloon Toss 1:30pm Gardening Club 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	28 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jesse 1:30pm Bingo 2:30pm Tea Time Social 3:00pm 1-1 Companionship Visit	29 9:00am News & Views 10:00am Scrabble 1:30pm Movie Matinee 2:30pm Tea Time Social
30 9:00am News & Views 10:30am Music w/ Bart 1:30pm Movie Matinee 2:30pm Tea Time Social	31 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social					