










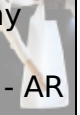








August 2024



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15 Drum Fit - AR 11:30 Picnic In the Courtyard - CY 1:45 Olympic Horseracing - AR 1:45 Friendly Visits (1:1)	2 10:15 Rosary - AR 1:45 Music with Shakey D - AR 	3 10:15 Noodle Ball - AR 1:45 Price is Right - AR
4 10:15 Suzie Q Sing A Long-Praise & Joy - AR 1:45 Sunday Cinema-Touched by an Angel - AR Olympic Theme Week!!! 	5 10:15 Handy Helpers - AR 10:15 Pet Visit with Trish & Farley(1:1) 1:45 Olympic Colouring - AR Civic Holiday 	6 10:15 Drum Fit - AR 10:15 Gardening Club - CY 1:45 Olympic Bingo - AR 1:45 Courtyard Visits (1:1)	7 10:15 Kelly's Karaoke - AR 1:30 Spa Visits (1:1) 1:45 "Where in the World.....??" - AR 6:15 "What's In the News?" - AR Hairdressing Day 	8 10:15 Anglican Church Service - AR 10:15 Courtyard Visits (1:1) 1:45 Valley Manor Olympics 2024!! - CY 	9 10:15 Bowling - AR 1:45 Country Classics With Bart Lynch - AR	10 10:15 Chair Yoga - AR 1:45 Poetry Corner - AR 
11 10:15 Scripture - AR 1:45 Virtual Catholic Mass - AR 	12 10:00 Euchre with Donna Dr 10:00 Pet Visit with Nancy & Rudy(1:1) 10:15 Handy Helpers - AR 1:45 The Hazleton's - AR 6:15 Twilight Mysteries- Murder she Wrote- AR 	13 10:15 Drum Fit - AR 10:15 Gardening Club - CY Tuck Shop 12:30-1:30 1:45 Bingo - AR 1:45 Courtyard Visits (1:1) 	14 10:00 Pet Visit with Anna & Peter(1:1) 10:15 Joe's Piano - AR 1:45 Word Games - AR 6:15 Skitts & Giggles - AR Hairdressing Day	15 10:15 Montessori Visits (1:1) 10:15 Silver Sneakers Exercise - AR 1:45 Jack Conner's Sing A Long - CY 	16 10:15 Memory Lane-Photo Slideshow - AR 1:45 Java Music Club - AR 1:45 Java Time DR	17 10:00 Pet Visit with St.John Ambulance Therapy Dog (1:1) 1:45 Jeopardy Labs - AR 
18 10:15 Sunday Bookshelf - AR 1:45 Virtual Worship Service - AR	19 9:45 Montessori Visits (1:1) 10:15 Handy Helpers - AR 10:15 Pet Visit with Trish & Farley(1:1) 1:30 Simmons Farm Pony Visits - CY 6:15 Finishing the Lines - AR 	20 10:00 Latin Dance with Diane - AR 10:15 Gardening Club - CY Tuck Shop 12:30-1:30 1:45 Bingo - AR 1:45 Courtyard Visits (1:1)	21 10:00 Baking - AR 1:45 Classic Country with Teddy Murray - AR 6:15 "What's In the News?" - AR Hairdressing Day	22 10:15 Drum Fit - AR 10:15 Spa Visits (1:1) 1:45 Catholic Mass with Fr. John Burchat - CHPL 	23 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time DR 6:15 Fish N Game Club - AR	24 10:15 Music & Motion Exercises - AR 1:45 Piano With Donna - AR 
25 10:15 Bible Study - AR 1:45 Calvary Baptist Church Service - AR 	26 10:00 Country Drive to Simmons Farm 10:00 Euchre with Donna DR 10:15 Handy Helpers - AR 1:45 Prayers from the Heart - AR 6:15 I Hear Memories - AR	27 10:15 Drum Fit - AR 10:15 Gardening Club - CY Tuck Shop 12:30-1:30 1:45 Bingo - AR 1:45 Courtyard Visits (1:1) 	28 10:00 Crafts - AR 10:00 Pet Visit with Anna & Peter (1:1) 1:45 End of Summer Party with Country Mile~Special Treat~ - AR Hairdressing Day	29 10:15 Beachball Volleyball - AR 12:00 Picnic In the Courtyard 1:45 Black Jack 21 - AR Footcare C & D 	30 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Java Music Club - AR 1:45 Java Time DR 	31 1:45 Donnie's Fiddle Exercises - AR 1:45 Mad Science Demo with Bandgi - AR 

AR - Assembly Room

CHPL - Chapel

CY - Courtyard

