

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 STAT HOLIDAY	3 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:15- 1-1's 2:00- Lets catch up, visit, have refreshments and have some fun Trivia time outside if not too hot, back patio.	4 10:00 – Readers Group 2:00 – Trash (A Card Game) **Bring your Dimes** 3:30- Shopping Downtown Taking the van (Free)	5 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:30- Lets Bake 2 homemade 9x13 cakes for Friday, or just come visit me while I throw a couple together, lol, they will be good.	6 10:00 –Decorate Cakes 12:00 – Birthday Cake to Celebrate Birthdays/will deliver to your rooms those that do not come for dinner	7 
8 	9 9:30- MASSAGE WITH SHEILA. ROOM FOR 4 2:00 – Movie & Popcorn The Mule: Inspired by a true story	10 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:15-1-1s' 2:00 –Trash – Bring your Dimes/or Enjoy Cards at the Gem Centre	11 10:00 – Readers Group BUS TRIP (FREE) 1:15 – Altario Fair going for supper Eddie Ference is their entertainment	12 9:30– Exercise: CHAIR YOGA Or Walking Outside 10:15- 1-1's 2:00 - Hangman	13 10:00 – Craft 2:00 – BINGO	14 
15 	16 10:00 – Virtual Travel: Japan Come experience the lovely flavor of Green Tea! 2:00 – Giant Crossword Puzzle	17 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:00- Clothing Fashion Until 2:00 2:00-Enjoy cards here or at the Gem Centre	18 10:00 – Readers Group 2:00 – CRAFT:	19 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10-15 – 1-1's 2:00 - BINGO	20 BUS TRIP (FREE) 9:30 – Let's Go To The Effigy Fingers Crossed, then off to Wainwright for lunch and shopping. - Draws for Alberta Clothing \$20. certificates	21 
22 	23 10:00 – Relaxation Coloring (You are welcome to bring your own) 2:00 – Movie & Popcorn CITY SLICKERS Great Movie	24 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:15- 1-1s' 2:00 – Enjoy cards at the Gem Centre or Let's have a game of Trash, bring your dimes.	25 9:30 – Readers Group BUS TRIP (FREE) 11:00- Prairie Elevator Tea House And Museum (Going for Lunch) we will be back for supper.	26 9:30 – Exercise: CHAIR YOGA Or Walking Outside 10:15- 1-1's 2:00-Lets play hockey, and get ready for the season	27 10:00 – Yahtzee 2:00 – BINGO	28 
29 	30 10:00 – White Board Game BUS TRIP (FREE) 1:00- Provost Museum stop at Capt.Ayre Lake for Ice-cream on way home	31 9:30- Chair Yoga 10:15- 1-1's 2:00- Cards here or off to the Gem Centre for Cards there, have fun whatever you do!				