

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August

Cedar Creek House

					1	2	3
					10:00 - Cycling 1:30 - Scattergories 3:30 - Bean Bag Toss	10:00 - Baking 1:30 - Book Club 3:30 - Colour me Calm (Giant Poster)	3:30 - Balloon Tennis
4	Civic/Provincial Day 5	6	7	8	9	10	
10:00 -TV Church: Spiritual Eldercare- Compassion 3:30 - Garden strolls	10:00 Name that Province 11:00 - Pet Therapy 2:30 - Seated Exercises 3:30 - Nail Care/Manicures	10:00 - Java Music 11:15- Gentle Stretching 1:30 - Art with Jill 3:30 - Word Games	10:00 - Bingo 1:30 - Pictionary 2:30 - Seated Exercises 3:30 - Matching Game	10:00 Drum fit 1:30 - Baking 3:30 - Balloon Tennis	1:30 - Crafters Corner 3:30 - Noodle Ball	1:30 - This Week in History 3:30 - Noodle Ball	
Happy Birthday Eleanor! 11	12	13	14	15	16	17	
10:00 -TV Church: Spiritual Eldercare- Faith 3:30 - Colour me calm	11:00 - Pet Therapy 2:30 - Seated Exercises 3:30 - Nail Care/Manicures	1:30 - Making Playdough Sculptures 3:30 - Seated Soccer	10:00 - Left or Right 1:30 - Popsicle Social 2:30 - Seated Exercises 3:30 -Puzzles	10:00 - Seated Tai chi 1:30 - Riddle me this 3:30 - Noodle Ball	10:00 - Baking 1:30 - Hand Bells 3:30 - Balloon Tennis	3:30 - Bean Bag Toss	
18	19	20	21	22	23	24	
10:00 -TV Church: Spiritual Eldercare- Wisdom 3:30 - Garden Strolls	11:00 - Pet Therapy 2:30 - Seated Exercises 3:30 - Nail Care/Manicures	10:00 - Picture a word 11:15 - Chair Yoga 1:30 - Art with Jill 3:30 - Balloon Tennis	10:00 - Music Bingo 1:30 - Peach Social 2:30 - Seated Exercises 3:30 - Word Games	10:00 - Seated Soccer 1:30 - Baking 3:30 - Bean Bag Toss	1:30 - summer reminiscing 3:30 - Seated Exercise	1:30 - Crafters Corner 3:30 - Ladder Ball	
25	26	Happy Birthday Marg P! 27	28	29	30	31	
10:00 -TV Church: Spiritual Eldercare- Laughter 3:30 - Seated Soccer	11:00 - Pet Therapy 2:30 - Seated Exercises 3:30 - Nail Care/Manicures	1:30 - Art with Jill 3:30 - Seated Soccer	10:00 - Trivia 1:30 - August Birthday Party 2:30 - Seated Exercises 3:30 - Colour me Calm	10:00 Chair Yoga 1:30 - Left or Right 3:30 - Garden Strolls	10:00 - Baking 1:30 - Card Bingo 3:30 - Noodle Ball	3:30 - Balloon Tennis	

EACH MOMENT. BY DESIGN. WITH LOVE.