





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>AUGUST IS LIKE THE SUNDAY OF SUMMER.</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49</p> 	<p><b>1</b></p>  <p><i>Civic Holiday</i></p>	<p><b>2</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass in GP Ball Toss</p> <p><u>Afternoon: 1-3 pm</u> 1:30 Rosary 1:30 Exercise with Physio</p> <p><u>Evening: 6-8 pm</u> Bingo</p>	<p><b>3</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Yoga</p> <p><u>Afternoon: 1-3 pm</u> 1:00pm Resident Council Meeting 3:30 Town Hall Meeting</p>	<p><b>4</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 11:00 Exercise with Physio Arts and Crafts: Pineapples</p>	<p><b>5</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Garden Strolls</p> <p><u>Afternoon: 1-3 pm</u> Ball Toss Spa</p>	<p><b>6</b></p> <p><u>Morning: 9-12 pm</u> Drum Fit</p> <p><u>Afternoon: 1-3 pm</u> Baking- Peach Cobbler</p>
	<p><b>8</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49</p> <p><u>Afternoon: 1-3 pm</u> Puzzles</p>	<p><b>9</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Yoga Tuck Shop</p> <p><u>Afternoon: 1-3 pm</u> 1:30 Exercise with Physio Word Scramble</p>	<p><b>10</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Zumba Adult Coloring</p> <p><u>Afternoon: 1-3 pm</u> You Be the Judge</p>	<p><b>11</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Garden Strolls 11:00 Exercise with Physio</p> <p><u>Afternoon: 1-3 pm</u> Crossword</p>	<p><b>12</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Balloon Toss Trivia</p>	<p><b>13</b></p> <p>*</p> 
<p><b>14</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Chair Exercise</p> <p><u>Afternoon: 1-3 pm</u> Paddy's Pub</p>	<p><b>15</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49</p> <p><u>Afternoon: 1-3 pm</u> Board Games</p>	<p><b>16</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Garden Strolls Montessori</p> <p><u>Afternoon: 1-3 pm</u> 1:30 Exercise with Physio</p> <p><u>Evening: 6-8 pm</u> Bingo</p>	<p><b>17</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Zumba Snoezelen</p> <p><u>Afternoon: 1-3 pm</u> Spa Day</p>	<p><b>18</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 11:00 Exercise with Physio</p> <p><u>Afternoon: 1-3 pm</u> Short Stories Bowling</p>	<p><b>19</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Garden Strolls Trivia</p> <p><u>Afternoon: 1-3 pm</u> News and Views</p>	<p><b>20</b></p> <p><u>Morning: 9-12 pm</u> 8:00 Breakfast club</p> <p><u>Afternoon: 1-3 pm</u> Gardening (water/prune)</p>
<p><b>21</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49</p> 	<p><b>22</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Yoga Friendly Visits</p>	<p><b>23</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Chair Exercise</p> <p><u>Afternoon: 1-3 pm</u> 1:30 Exercise with Physio Montessori</p>	<p><b>24</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Zumba Friendly Visits</p> <p><u>Afternoon: 1-3 pm</u> Movie</p>	<p><b>25</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 11:00 Exercise with Physio Adult Coloring</p> <p><u>Afternoon: 1-3 pm</u> Arm Chair Travels</p>	<p><b>26</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Garden Strolls Lemonade in the Garden</p>	<p><b>27</b></p> 
<p><b>28</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Friendly Visits</p> <p><u>Afternoon: 1-3 pm</u> July Birthday Party</p>	<p><b>29</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Drum Fit Friendly Visits</p>	<p><b>30</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 Ball Toss Men's Group</p> <p><u>Afternoon: 1-3 pm</u> 1:30 Rosary 1:30 Exercise with Physio</p>	<p><b>31</b></p> <p><u>Morning: 9-12 pm</u> 10:30 Mass Ch.49 10:30 Sing-A-Long with Fran &amp; Peggy</p> <p><u>Afternoon: 1-3 pm</u> Spa Day</p>	<p><b>August 2022</b></p> <p><b>Waterford</b></p>		

Please Contact your Recreation Staff, **Susan** @ Ext. **276** for any programing questions. If Calendar Activities should change after they have been delivered, a Notification Poster will be posted on the House Activity Board of the changes and nursing will be informed