

August 2026



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 ITAP Visits 1:45 ITAP Visits
2 10:15 ITAP Visits 1:45 ITAP Visits 	3 10:15 Handy Helpers - AR 1:45 Spelling Bee - AR Civic Holiday 	4 10:15 Latin Dance with Diane - AR 1:45 Bingo -Drinks with Malachai-Mojitos!! - AR 6:15 Yo Yo Mama's Fiddle Group - AR Hairdressing	5 10:15 Armchair Travel -Spain - AR 1:45 Classic Country with Teddy Murray - AR 	6 10:15 Anglican Church Service - AR 1:45 Simmons Farm Pony Visits - CY 	7 10:15 Worship Service with Pastor Doug Kranz - AR 1:40 Java Time FPL Zone 2 1:45 Java Time Zone 3,4 - FPL	8 10:15 Beachball Volleyball - AR 1:45 Bean Bag Toss - AR 
9 10:15 Rosary - AR 1:45 Scripture - AR	10 10:00 Euchre with Donna - NN 10:15 Handy Helpers - AR 10:15 Heart for Music (1:1) 1:45 Courtyard Visits(1:1) 1:45 Summer Memory Lane 3:30 Music with Edita - AR 6:15 Champion Racetrack - AR	11 10:15 Courtyard Visits(1:1) 10:15 Latin Dance with Diane - AR 11:45 Picnic In the Courtyard - CY 1:45 Bingo - AR Hairdressing 	12 10:00 Baking - AR 10:15 Kelly's Karaoke - AR 4:00 "Walk N Talk with Lily" 6:15 New Age Bowling - AR	13 10:15 Spa Visits (1:1) 10:15 Music & Motion Exercises - AR 1:45 Catholic Mass with Fr. John Burchat - CHPL 	14 9:45 Tuck Shop Cart (1:1) 10:15 Java Time FPL Zone 2 10:15 Java Time Zone3,4 AR 1:45 Jack Conner's Sing A Long - CY 1:45 Tuck Shop Cart (1:1)	15 1:45 Music with Edita - AR 
16 10:15 Sunday Cinema - AR 1:45 Bridgetown Music Therapy Sing A Long - AR	17 10:00 Cribbage with Donna & Connie - NN 10:15 Gardening Club - CY 10:15 Handy Helpers - AR 1:45 Who Hoo Music with Myles Klingbeil - AR 4:00 "Walk N Talk with Lily" 6:15 Skitts & Giggles - AR 	18 10:15 Courtyard Visits(1:1) 10:15 Latin Dance with Diane - AR 11:45 Picnic In the Courtyard - CY 1:45 Bingo - AR Hairdressing	19 10:00 Crafts with Nicole - AR 1:45 Country Drive 1:45 Special Event-Music with Sidney from Turquouse Sing A Long - AR 6:15 "Country Legends Hour" with Debbie and Ron - AR	20 10:15 Drum Fit - AR 1:45 Board Games - AR 	21 10:15 Joe's Piano - AR 1:15 Outing-Market 1:45 Bowling - AR 	22 10:15 Tuck Shop Cart (1:1) Zone 3,4 1:15 Tuck Shop Cart (1:1) Zone 2
23 10:15 Suzie Q Sing A Long-Hymns & Harmony - AR 1:45 Calvary Baptist Church Service - AR 	24 10:15 Gardening Club 10:15 Handy Helpers - AR 1:45 Country Classics With Bart Lynch - AR 6:15 Jeopardy Labs - AR 	25 10:15 Courtyard Visits(1:1) 10:15 Movement Moments FPL 11:45 Picnic In the Courtyard - CY 1:45 Fit Minds Zone 2 FPL 1:45 Fit Minds Zone3,4 FPL Hairdressing 	26 10:15 Prayers from the Heart - AR 1:45 Young at Heart Line Dancers with Joe Bratley - DR 4:00 "Walk N Talk with Lily" 6:15 Horseracing - AR	27 10:15 Beachball Volleyball - AR 1:45 Bingo - AR 	28 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:40 Java Time FPL Zone 2 1:45 Java Time Zone 3,4 - FPL	29 10:15 Music & Motion Exercises - AR 1:45 I Hear Memories - AR
30 10:15 Virtual Worship Service - AR 1:45 Hymns with Madonna House - AR	31 10:15 Gardening Club - CY 10:15 Handy Helpers - AR 1:45 End of Summer Party with Country Mile - AR 6:15 Fish N Game Club - AR					

AR - Assembly Room
NN - Nora's Nook

CHPL - Chapel

CY - Courtyard

DR - Dining Room/Lounge

FPL - Fire Place Lounge

