



















August 2024

2nd Floor Spruce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Fun & Fitness 10:00am Helping Hands 2:00pm Bowling 3:30pm Horsin' Around Stories and Jokes 6:30pm Travel Songs Sing Along 6:45pm Toast & Tea	2 9:30am Ball Toss 10:00am Trivia 2:30pm Frosty Friday Floats 3:00pm Do you Remember? 6:30pm Healing Yoga 	3 9:30am Sounds Abit Fishy (True or False) 2:00pm Circle Soccer-Garden 3:30pm Outdoor Enjoyment 6:30pm Name Any 10
4 9:30am Spiritual Readings 1:00pm Lawrence Welk 2:00pm Church Service - Hastings Park Bible - MPR Senior Scramble Scents & Sorting	5 CIVIC HOLIDAY 9:30am Hand Massages & Music 1:30pm Pet Therapy 2nd 2:00pm School Days Reminiscing 3:30pm Math Sheets 6:30pm Fireworks and Pub Night 	6 9:30am Toss The Turkey 10:00am Coffee & Cronicles 2:00pm Resident's Floor Meeting 2nd 2:30pm Garden Strolls	7 9:30am Fun & Fitness 10:00am Catholic Mass - MPR 10:00am Wednesday Word Game 2:00pm Pop Pong 3:30pm Life Skills 6:30pm Cat Lovers Stories and Trivia 	8 9:30am Trip to RCAF Museum - OUT 9:30am Fun & Fitness 10:00am Helping Hands 1:00pm Trip to Quinte Mall - OUT 2:00pm Wheel Of Fortune 6:45pm Toast & Tea	9 9:30am What's in Bloom? 10:00am Holy Communion & Rosary Prayer -MPR 10:00am Puzzles 2:00pm Ontario Arts Council Arts Add Value Music Concert - Vari 3:30pm Dementiability-Sorting 6:30pm Campfire Songs and S'mores	10 9:30am Morning Baking 2:00pm Music with Mr. Honky Tonk 3:30pm Bean Bag Toss 6:30pm Movie Night 
11 9:30am Spiritual Hour 1:00pm Lawrence Welk 2:00pm Church Service - Salvation Army - MPR 3:30pm Cribbage and Cards 6:30pm Intergenerational Activity	12 9:30am Manicure Monday & Massages 10:00am Resident's Council Meeting 2:00pm Birthday Social 3:30pm Garden Reminiscing 6:30pm Lawrence Welk Show 6:30pm Friendly Visits 	13 9:30am Boogy Oogy Chair Dancing 10:00am Coffee & Cronicles 2:00pm Balloon Badminton 3:30pm Fall Name Tags 6:30pm Name that Tune	14 9:30am Fun & Fitness 10:00am Wednesday Word Game 2:00pm Vicki Spurrell - MPR 	15 Book Exchange 9:30am Fun & Fitness 10:00am Helping Hands PM Garden I Spy 3:30pm Crokinole 6:30pm Fall Fair Read-Along 6:45pm Toast & Tea	16 9:30am Friday Sit and get Fit 10:00am Fill in the Blank Firday Trivia 2:00pm Music with Bruce & Betty 3:30pm Sandscapes Craft 6:30pm Stretch & Spell ROM 	17 9:30am Stretch & Stroll 2:00pm Wheelchair & Walker Wash Service - Vari 4:00pm Guess My Job 6:30pm Movie Night 
18 9:30am Spiritual Hour 1:00pm Lawrence Welk 4:00pm Get to know your Neighbour 6:30pm Smarter than a Scholar	19 10:00am Old Wives Tales (true or false) 2:00pm Carnival in the Courtyard 3:30pm Keno 6:30pm Things your mother told you 	20 9:30am Singercise (singing & exercising) 10:00am Coffee & Cronicles 1:45 Recreation Department Meeting	21 9:30am Fun & Fitness 10:00am Wednesday Word Game 2:00pm Music with Andy 2nd 3:30pm 1:1 Walks Outside 7:00pm Lions Club Bingo - MPR 	22 9:30am Zwick's Park 9:30am Fun & Fitness 10:00am Helping Hands 1:00pm Trip to Walmart - OUT 2:00pm Here Fishy Fishy (mini pool fishing)  6:45pm Toast & Tea	23 AM: Friday Funnies (Jokes) AM: Ball Toss 10:00am Holy Communion & Rosary Prayer -MPR 3:30pm Daffodil Day Colouring 6:30pm Mr. Honky Tonk 2nd Garden	24 9:30am Art Therapy 2:00pm Conversation Catch & Cones 3:30pm This Day in History -August 6:30pm Name That Tune - 50's/60's 
25 9:30am Spiritual Hour 1:00pm Lawrence Welk 2:00pm Church Service Maranatha Church - MPR 3:30pm Garden Care 6:30pm Trivia	26 9:30am Local News & Views 10:00am Ball Toss 2:00pm The Sunrisers 3:30pm Summer Reminiscing 6:30pm Short Stories 	27 9:30am Shooting Hoops 10:00am Coffee & Cronicles 2:00pm Pet Therapy 2nd 2:30pm Dementiability Activities 3:30pm Chair Twister 6:30pm How old are they now? 	28 9:30am 20 Year Anniversary of the Move into the New Hastings Manor! 9:30am Fun & Fitness 10:00am Wednesday Word Game 2:00pm 20 Year Anniversary Elvis Concert! 	29 9:30am Trip to Kingston Penitentiary - OUT 9:30am Fun & Fitness 10:00am Helping Hands 2:00pm Tim Hortons 3:30pm Chair Movement 6:30pm Art Therapy - Peacock Collage  6:45pm Toast & Tea	30 9:30am Corn Husking 1:30pm Auto Show & DJ Music & Corn Roast 3:00pm Passport Travels- Jamaica 6:30pm Meditation with Mel 	31 9:30am Garden Mystery Stories 2:00pm Mini Golf 3:30pm Trivia 6:00pm Blue Jays and Popcorn 

MPR - Multi Purpose Room

OUT - Outings

Vari - Various Locations

The activity calendar is subject to change after the time of printing.