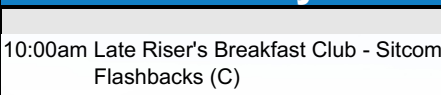


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please Refer to the Whiteboard Daily as Calendars are Subject to Change.			C - Cheddar Sunroom / Cheddar Courtyard AR - Activity Room CY - Courtyard		
2	3	4	5	6	7	8
10:00am Late Riser's Breakfast Club - Sports Center 2:00pm Evangelical Church Service (AR) 3:00pm Afternoon Tea(AR)	10:00am Late Riser's Breakfast Club-Reminiscing (C) 12:00pm Civic Holiday Day BBQ in the Courtyard 1:00pm Wellness Center Activities 3:00pm Fish n Games Club (C) 4:00pm Adult Coloring/Crafts (C) 7:00pm Sing A Long (C)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Spiritual Reading 1:00pm Wellness Center Activities 1:30pm Cards and Board Games (AR) 3:00pm Reading Roundtable 4:00pm Garden Strolls	9:15am Fun and Fitness(AR) 10:00am Late Riser's Breakfast Club-Word Game Wednesday 1:00pm Wellness Centre Activities 1:30pm Travel with Trevor (AR) 3:00pm Montessori (C) 4:00pm Music and Movement (C)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club - Music 1:00pm Wellness Centre Activities 1:30pm Bible Study(AR) 1:30pm Cards and Board Games (AR) 2:00pm Travelling Ice Cream 3:00pm Garden Strolls 4:00pm Relaxation & Meditation with Tender Touch	9:15am Chair Exercise 10:00am Late Riser's Breakfast Club-Current Events 1:00pm Wellness Centre Activities 1:30pm Movie (C) 3:00pm Active Game 4:00pm Chores/Friendly Visits 7:00pm Camp Fire	10:00am Late Riser's Breakfast Club - Sitcom Flashbacks (C) 1:30pm Bus Outing - Bancroft Art and Craft Guild Summer Show
9	10	11	12	13	14	15
10:00am Late Riser's Breakfast Club - Sports Center 2:00pm Bancroft Bible Chapel Church Service (AR) 3:00pm Afternoon Tea(AR)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Reminiscing (C) 1:00pm Wellness Center Activities 1:30pm Travelling Ice Cream Floats 3:00pm Fish n Games Club (C) 4:00pm Adult Coloring/Crafts (C) 7:00pm Sing A Long (C)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Spiritual Reading 1:00pm Wellness Center Activities 1:30pm Cards and Board Games (AR) 1:30pm Line Dancing(AR) 3:00pm Reading Roundtable 4:00pm Garden Strolls	9:15am Fun and Fitness(AR) 10:00am Late Riser's Breakfast Club-Word Game Wednesday 1:00pm Wellness Centre Activities 2:00pm Birthday Party (C) 3:00pm Montessori (C) 4:00pm Music and Movement (C) 6:15pm Bus Outing - Music in the Park	9:15am Exercise Group 10:00am Late Riser's Breakfast Club - Music 10:30am Catholic Mass 1:00pm Wellness Centre Activities 1:30pm Bible Study(AR) 1:30pm Cards and Board Games (AR) 2:00pm Travelling Ice Cream 3:00pm Garden Strolls 4:00pm Relaxation & Meditation with Tender Touch	10:00am Late Riser's Breakfast Club-Current Events 11:00am Bus Outing - Leo's Chip Truck 1:00pm Wellness Centre Activities 3:00pm Active Game 4:00pm Chores/Friendly Visits 7:00pm Game Night (AR)	10:00am Late Riser's Breakfast Club - Sitcom Flashbacks (C) 2:00pm Bingo (AR)
16	17	18	19	20	21	22
10:00am Late Riser's Breakfast Club - Sports Center 2:00pm Pentecostal Church Service (AR) 3:00pm Afternoon Tea(AR)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Reminiscing (C) 1:00pm Wellness Center Activities 1:30pm Fun with Food - Sunday Baking (AR) 3:00pm Fish n Games Club (C) 4:00pm Adult Coloring/Crafts (C) 7:00pm Sing A Long (C)	9:15am Exercise Group 10:00am Bus Outing - Downtown Bancroft 10:00am Late Riser's Breakfast Club-Spiritual Reading 1:00pm Wellness Center Activities 1:30pm Cards and Board Games (AR) 3:00pm Reading Roundtable 4:00pm Garden Strolls	9:15am Fun and Fitness(AR) 10:00am Late Riser's Breakfast Club-Word Game Wednesday 1:00pm Wellness Centre Activities 1:30pm Tie Dye Afternoon (AR) 3:00pm Montessori (C) 4:00pm Music and Movement (C) 6:15pm Bus Outing - Music in the Park	9:15am Exercise Group 10:00am Late Riser's Breakfast Club - Music 1:00pm Wellness Centre Activities 1:15pm Bus Outing - Legion 1:30pm Bible Study(AR) 1:30pm Cards and Board Games (AR) 2:00pm Travelling Ice Cream 3:00pm Garden Strolls 4:00pm Relaxation & Meditation with Tender Touch	10:00am Late Riser's Breakfast Club-Current Events 1:00pm Wellness Centre Activities 1:30pm Adult Coloring (AR) 3:00pm Active Game 5:00pm Steak Dinner in the Courtyard with Gord Kidd	10:00am Late Riser's Breakfast Club - Sitcom Flashbacks (C) 2:00pm Paint Class (AR)
23	24	25	26	27	28	29
10:00am Late Riser's Breakfast Club - Sports Center 2:00pm St. Paul's United Church Service (AR) 3:00pm Afternoon Tea(AR)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Reminiscing (C) 1:00pm Wellness Center Activities 1:30pm Retro Dinner - Ice Cream Shoppe (AR) 3:00pm Fish n Games Club (C) 4:00pm Adult Coloring/Crafts (C) 7:00pm Sing A Long (C)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Spiritual Reading 1:00pm Wellness Center Activities 1:30pm Bus Outing - Walking Club 1:30pm Cards and Board Games (AR) 3:00pm Reading Roundtable 4:00pm Garden Strolls	9:15am Fun and Fitness(AR) 10:00am Late Riser's Breakfast Club-Word Game Wednesday 1:00pm Wellness Centre Activities 1:30pm Travel with Morgan (AR) 3:00pm Montessori (C) 4:00pm Music and Movement (C) 6:15pm Bus Outing - Music in the Park	9:15am Exercise Group 10:00am Late Riser's Breakfast Club - Music 1:00pm Wellness Centre Activities 1:30pm Bible Study(AR) 1:30pm Cards and Board Games (AR) 2:00pm Travelling Ice Cream 3:00pm Garden Strolls 4:00pm Relaxation & Meditation with Tender Touch	10:00am Late Riser's Breakfast Club-Current Events 1:00pm Wellness Centre Activities 1:30pm Bingo (AR) 3:00pm Active Game 4:00pm Chores/Friendly Visits 6:15pm Drive In Movie	10:00am Late Riser's Breakfast Club - Sitcom Flashbacks (C) 11:00am Bus Outing - Coe Hill Fair
30	31					
10:00am Late Riser's Breakfast Club - Sports Center 2:00pm Anglican Parish of North Hastings Church Service (AR) 3:00pm Afternoon Tea(AR)	9:15am Exercise Group 10:00am Late Riser's Breakfast Club-Reminiscing (C) 1:00pm Wellness Center Activities 1:30pm End-of-Summer-Bash - Cheddar 3:00pm Fish n Games Club (C) 4:00pm Adult Coloring/Crafts (C) 7:00pm Sing A Long (C)					