

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10:00am Canadian Trivia- Avonmore (1A) 3 11:00am Canadian Trivia- Cambridge (1C) 2:00pm Sunday Tea & Social - Henley Hall	LOCATION Avonmore (1A) Cambridge (1C) Dover (1D)				10:00am Sit Fit - Dover 1 10:30am Movement to Music - Brighton 11:00am Sit Fit - Carlton 2:00pm Zainab's Kitchen- Cambridge (Frozen Peach Bellini)	10:00am Budgie Care 2 11:00am Coffee & Current Events - Activity Room 2:00pm HH Patio social with Rhubarb Crisp
10:00am Canadian Trivia- Avonmore (1A) 3 11:00am Canadian Trivia- Cambridge (1C) 2:00pm Sunday Tea & Social - Henley Hall	10:00am Sit Fit - Avonmore 4 10:30am Sit Fit - Balmoral 11:00am Movement to Music - Cambridge 2:30pm Music Appreciation (International Music)- Activity Room	10:00am 1:1 Engagement 5 2:30pm Table Tennis- Henley Hall 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Social - Henley Hall Patio	10:00am Sit Fit - Ascot/Hampton 6 10:00am Green Thumbs 10:45am Sit Fit - Doulton/Hampton 2:30pm Cookies-Henley Hall	10:30am Church 7 Interdenominational - Henley Hall 2:30pm Birthday Party -Arvin's Music-Henley Hall 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Bingo - Henley Hall	10:00am Sit Fit - Dover 8 10:30am Movement to Music - Brighton 11:00am Sit Fit - Carlton 2:00pm Zainab's Kitchen- Avonmore (Mango Meyer Lemon) (1A)	10:00am Budgie Care 9 11:00am Coffee & Current Events - Activity Room 2:00pm HH Patio social with Music & Drinks
10:30am Gratitude Circle-Henley Hall Patio 10 2:00pm Sunday Tea & Social - Henley Hall	10:00am Sit Fit - Avonmore 11 10:30am Sit Fit - Balmoral 11:00am Movement to Music - Cambridge 2:30pm Music Appreciation (Classical Music)- Activity Room	10:00am 1:1 Engagement 12 2:30pm Crafting- Henley Hall 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Resident & Family Barbecue-Henley Hall	10:00am Sit Fit - Ascot/Hampton 13 10:45am Sit Fit - Doulton/Hampton 2:30pm Green Thumbs-HH Patio	2:30pm Neighbourhood Social 14 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Bowling - Henley Hall	10:00am Sit Fit - Dover 15 10:30am Movement to Music - Brighton 11:00am Sit Fit - Carlton 2:00pm Zainab's Kitchen- Dover (Virgin pina Colada) (1D)	10:00am Budgie Care 16 11:00am Coffee & Current Events - Activity Room 2:00pm HH Patio social with Ice Cream
10:30am Hymn Sing with Kevin - Henley Hall 17 2:00pm Sunday Tea & Social - Henley Hall	10:00am Resident & Family Council Meeting - Henley Hall 18 10:30am Sit Fit - Balmoral 11:00am Movement to Music - Cambridge 2:30pm Music Appreciation (Elvis Presley)-Activity Room	10:30am Catholic Liturgy - Henley Hall 19 2:30pm Social - Henley Hall 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Henley Hall Patio Social	10:00am Sit Fit - Ascot/Hampton 20 10:00am Green Thumbs 10:45am Sit Fit - Doulton/Hampton 2:30pm Cookies-Henley Hall	10:30am Snoezelen-1st Floor 21 2:30pm Pub with Swinging Seniors- Henley Hall 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Bingo - Henley Hall	10:00am Sit Fit - Dover 22 10:30am Movement to Music - Brighton 11:00am Sit Fit - Carlton 2:00pm Zainab's Kitchen- Doulton (Sparkling Tropical Mocktail)	10:00am Budgie Care 23 11:00am Coffee & Current Events - Activity Room 2:00pm Mexican Fiesta on HH Patio
10:00am Hand Massages- Cambridge 24 11:00am Brain Teasers-Doulton 2:00pm Sunday Tea & Social - Henley Hall	10:00am Sit Fit - Avonmore 25 10:30am Sit Fit - Balmoral 11:00am Movement to Music - Cambridge 2:30pm Music Appreciation (Resident's Choice)- Activity Room	10:30am Catholic Liturgy - Henley Hall 26 2:30pm HH Patio social with Music & Drinks 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Wine & Cheese Party with Old Crusty Minstrels-Henley Hall	10:00am Sit Fit - Ascot/Hampton 27 10:45am Sit Fit - Doulton/Hampton 2:30pm Green Thumbs-HH Patio	10:00am United Church 28 2:30pm Social - Brighton 4:15pm Sol Club - 2nd Floor Nursing station 6:30pm Bowling - Henley Hall	10:00am Sit Fit - Dover 29 10:30am Movement to Music - Brighton 11:00am Sit Fit - Carlton 2:00pm Kitchen-Ascot (Virgin Raspberry Mango Margarita Slushies)	10:00am Budgie Care 30 11:00am Coffee & Current Events - Activity Room 2:00pm Refreshing Orange Mint Mocktail - Henley Hall Patio
10:00am Brain Teasers- Ascot 31 11:00am Brain Teasers- Doulton 2:00pm Sunday Tea & Social with Music Simplice - Henley Hall						