

Sunday

Monday

Tuesday

Wednesday

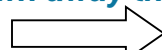

Thursday



Friday

Saturday

# August 2025



## Independent Living









|  |  |   |  |  |  |   |
|--|--|---|--|--|--|---|
| <h1>August 2025</h1> <h2>Independent Living</h2>   |  |   |  |  | 1<br>10:15 – News & Views<br>with Shawn – 2 <sup>nd</sup> Floor<br><br>2pm- Happy Hour☺<br>- Dining Room | 2<br>Saturday<br>Ideas<br>To Do<br><br>↓  |
| 3<br>2:30- CRIB & CARDS<br>- PDR   | 4<br>B.C. DAY<br> | 5<br>10:15 – Brain Games<br>- PDR<br>1:15 – Trip to the<br>Parksville Sandcastles<br>Sign up list at reception                  | 6<br>10:30 – Fitness with Bev<br>– 2 <sup>nd</sup> Floor<br><br>2:00pm – Resident Town<br>Hall Meeting &<br>Popsicles  | 7<br>10:15 – Summer Walk<br>- with Shawn<br><br>2pm – BINGO! – 2 <sup>nd</sup> Floor   | 8<br>10am – Giant Crossword<br>- PDR<br>2pm<br>Courtyard Concert<br>with Keith                           | 9<br>SCRABBLE<br><br>PUZZLES  |
| 10<br>2:30- CRIB & CARDS<br>- PDR<br><br>Shawn away this week<br> | 11<br>10:15 Trivia<br>- PDR  | 12<br>2pm – Bocce Ball  | 13<br>10:30 – Fitness with Bev<br>– 2 <sup>nd</sup> Floor  | 14<br>10:15 – Brain Games<br>- PDR   | 15<br>2pm – Games Hour<br>- 2 <sup>nd</sup> Floor  | 16<br>LIBRARY<br><br>WALKS  |
| 17<br>2:30- CRIB & CARDS<br>- PDR  | 18<br>10:30 – Sit & Be Fit<br>– 2 <sup>nd</sup> Floor<br><br>2pm – BINGO! – 2 <sup>nd</sup> Floor  | 19<br>11:15- Lunch Outing to<br>Simon Holt<br>*Sign up list at reception<br><br>2:30pm- “Yard Games”<br>-Meet at Reception Desk | 20<br>10:30 Fitness with Bev<br>– 2 <sup>nd</sup> Floor<br>2pm – Birthday Tea<br>4 Fun Musicians<br>– IL Dining Room<br> | 21<br>10am - Food Committee<br>Meeting-Dining Room<br><br>1:30- Shopping Trip to<br>Woodgrove Center<br>*Sign up list at reception | 22<br>Hawaiian Day<br><br>10:15 – Hawaiian Trivia<br>- PDR<br><br>2pm- Happy Hour☺<br>- Dining Room      | 23<br>CARDS<br><br>BLUE JAY BASEBALL  |
| 24<br>2:30- CRIB & CARDS<br>- PDR  | 25<br>10:30 – Sit & Be Fit<br>– 2 <sup>nd</sup> Floor<br><br>2pm – BINGO! – 2 <sup>nd</sup> Floor  | 26<br>11:30- Picnic Lunch &<br>Walk at Sway- A- Lana<br>*Sign up list at reception  | 27<br>10:30 – Fitness with Bev<br>– 2 <sup>nd</sup> Floor<br><br>2:00pm<br>Ice Cream Social<br>Dining Room   | 28<br>10:15 – Brain Games<br>- PDR<br><br>2pm – BINGO! – 2 <sup>nd</sup> Floor   | 29<br>2pm – Games Hour<br>- 2 <sup>nd</sup> Floor  | 30<br> |
| 31<br>2:30- CRIB & CARDS<br>- PDR  |  |   |  |  |  |   |

| Sunday   | Monday   | Tuesday  | Wednesday                                     | Thursday  | Friday  | Saturday                    |
|--|--|--|---|---|---|-----------------------------|
|  |  |  |   |   | Gardening<br>Spa Day<br>Patio Social<br>Friendly Visits | 1:30 Trips to the Tuck Shop |
| 1:15 Friendly Visits   | Snoezelen<br>Short stories<br>Table Games<br>Gardening/ Watering                     | Flower Arranging<br>Arts Corner<br>Montessori<br>Friendly visits               | Reminiscing<br>Bus Trips<br>Friendly visits   | Bingo / Bunko<br>Music & Motion<br>Coffee & Connection            | Gardening<br>Walks & Strolls<br>Patio Social & Music    | 1:30 Trips to the Tuck Shop |
| 1:15 Friendly Visits   | Reminiscing<br>Magazine/ Book cart<br>Gardening/ Watering                            | Flower Arranging<br>Active / Table games<br>Montessori                         | Short Stories<br>Bus trips<br>Friendly visits | Bingo/ Bunko<br>Aqua fun<br>Music & Motion                        | Spa Day<br>Walks & Strolls<br>Ice cream Social & Music  | 1:30 Trips to the Tuck Shop |
| 1:15 Friendly Visits   | Snoezelen<br>Arts Corner<br>Gardening / Watering                                     | Flower Arranging<br>Active Games/ Table Games<br>Montessori<br>Friendly visits | Montessori<br>Bus Trips<br>Friendly Visits    | Bingo / Bunko<br>Short stories<br>Active Games                    | 10:00 HAWAIIAN DAY<br>Coffee & Connection               | 1:30 Trips to the Tuck Shop |
| 1:15 Friendly Visits   | Music & Motion<br>Active games<br>Gardening / Watering                               | Flower Arranging<br>Active games/ Table games<br>Montessori                    | Reminiscing<br>Bus Trips<br>Friendly Visits   | Montessori<br>Musical Entertainment with Keith<br>Friendly visits | Spa Day<br>Walks & Strolls<br>Ice cream social          | 1:30 Trips to the Tuck Shop |
| 1:15 Friendly Visits   |  |  |   |   |   |                             |





| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|---|--|---|--|---|
| <div> <div>August 2025</div> <div>2<sup>nd</sup> Floor</div> </div>   |  |   |  |   |  | <div> <div>1</div> <div>10:00 Armchair Travel</div> <div>2</div> </div> |
| <div> <div>10:30 Sunday Morning Connection</div> <div>3</div> </div>  | <div> <div>10:00 Active Games<br/>11:00 Brain Games<br/>11:00 News on the Go<br/><br/>1:15 Colouring<br/>2:30 Singalong</div> <div>4</div> </div>                | <div> <div>9:30 Armchair Travel<br/>11:00 Friendly Visits<br/><br/>3:30 Ice Cream Social</div> <div>5</div> </div>  | <div> <div>10:00 Resident's Choice<br/>11:00 Friendly Visits<br/><br/>1:30 JW Meeting<br/>3:30 Snoezelen</div> <div>6</div> </div>               | <div> <div>10:15 Chair Exercises<br/>11:00 Outdoor Walks<br/><br/>12:50 Rehab</div> <div>7</div> </div>   | <div> <div>10:15 Brain Games<br/><br/>11:00 Strolls</div> <div>8</div> </div>  | <div> <div>10:00 Strolls<br/>11:00 Tuck Shop</div> <div>9</div> </div>  |
| <div> <div>10:30 Sunday Morning Connection</div> <div>10</div> </div> | <div> <div>10:00 Active Games<br/>11:00 Visits with Goldie<br/>11:00 News on the Go<br/><br/>1:15 Spa Day<br/>2:30 Friendly Visits</div> <div>11</div> </div>    | <div> <div>9:30 Spa Day<br/>11:00 Friendly Visits<br/><br/>3:30 Ice Cream Social</div> <div>12</div> </div>         | <div> <div>10:00 Bingo<br/>11:00 Friendly Visit<br/><br/>1:30 JW Meeting<br/>3:30 Snoezelen</div> <div>13</div> </div>                           | <div> <div>10:00 Bingo<br/><br/><br/>12:50 Rehab</div> <div>14</div> </div>              | <div> <div>10:00 Art Club<br/><br/><br/>11:00 Friendly Visits</div> <div>15</div> </div>                        | <div> <div>10:00 Armchair Travel</div> <div>16</div> </div>             |
| <div> <div>10:30 Sunday Morning Connection</div> <div>17</div> </div> | <div> <div>10:00 Active Games<br/>11:00 Brain Games<br/>11:00 News on the Go<br/><br/>1:15 Colouring<br/>2:30 Singalong</div> <div>18</div> </div>               | <div> <div>9:30 Armchair Travel<br/>11:00 Friendly Visits<br/><br/>3:30 Ice Cream Social</div> <div>19</div> </div> | <div> <div>10:00 Bingo<br/>11:00 Friendly Visits<br/><br/>1:30 Bus Trip<br/>1:30 JW Meeting<br/>1:30 Bus Trip</div> <div>20</div> </div>         | <div> <div>10:15 Root Beer floats<br/><br/><br/>12:50 Rehab</div> <div>21</div> </div> | <div> <div>10:15 Hawaii Day<br/><br/>11:15 Reminiscing<br/>2:00 Music w/Marty<br/></div> <div>22</div> </div> | <div> <div>10:00 Sing Along</div> <div>23</div> </div>                  |
| <div> <div>10:30 Sunday Morning Connection</div> <div>24</div> </div> | <div> <div>10:00 Active Games<br/>11:00 Visits with Goldie<br/>11:00 News on the Go<br/><br/>1:15 Montessori<br/>2:30 Friendly Visits</div> <div>25</div> </div> | <div> <div>9:30 Spa Day<br/>11:00 Friendly Visits<br/><br/>3:30 Ice Cream Social</div> <div>26</div> </div>         | <div> <div>10:00 Bingo<br/>11:00 Friendly Visits<br/><br/>1:30 JW Meeting<br/>2:45 Reminiscing<br/>3:30 Short Stories</div> <div>27</div> </div> | <div> <div>10:00 Bingo<br/><br/><br/>12:50 Rehab</div> <div>28</div> </div>            | <div> <div>10:00 Chocolate Chip Cookie Baking<br/></div> <div>29</div> </div>                                 | <div> <div>10:00 Armchair Travel</div> <div>30</div> </div>             |
| <div> <div>10:30 Sunday Morning Connection</div> <div>31</div> </div> | <div> <div>Wexford Creek Senior Living</div> <div>2<sup>nd</sup> Floor</div> </div>  |   |  |   |  |   |

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|--|--|---|---|--|
| <div>  <h1>August 2025</h1> <p>First Floor</p>  </div> |   |  |  |   |   |  |
| <div> <div>2:30 Bingo</div> <div>3</div> </div>  | <div> <div>10:00 Strolls (1<sup>st</sup>/ 2<sup>nd</sup>)<br/>11:00 Reminiscing (1<sup>st</sup>)<br/><br/>1:15 Armchair Travel<br/>3:00 Garden Watering</div> <div>4</div> </div> | <div> <div>10:00 Chair Exercises<br/><br/>2:00 Word Games<br/>3:30 Armchair Travel</div> <div>5</div> </div>     | <div> <div>10:00 BINGO<br/><br/>1:30 JW Meeting<br/>3:00 Garden Watering<br/>4:00 Spa Day</div> <div>6</div> </div>  | <div> <div>10:00 Chair Exercises<br/><br/>11:00 Magazine Cart<br/>2:00 Birthday Social<br/><br/>4:00 Billiards</div> <div>7</div> </div> | <div> <div>10:00 Sing Along<br/><br/>1:30 Trips to the Tuck Shop<br/>2:30 Java Music Club<br/>4:00 Garden Watering</div> <div>1</div> </div>  | <div> <div>3:00 Ice Cream and Music</div> <div>2</div> </div>  |
| <div> <div>2:30 Bingo</div> <div>10</div> </div>   | <div> <div>10:15 Games<br/>11:00 Friendly Visits<br/><br/>1:15 News on the Go<br/>3:00 Reminiscing<br/>3:00 Garden Watering</div> <div>11</div> </div>                            | <div> <div>10:00 Chair Exercises<br/><br/>1:30 FBC Hymn Sing<br/>3:30 Armchair Travel</div> <div>12</div> </div> | <div> <div>10:00 BINGO<br/><br/>1:00 Bus Outing<br/>1:30 JW Meeting<br/>4:00 Spa Day</div> <div>13</div> </div>      | <div> <div>10:00 Chair Exercises<br/>11:00 Magazine Cart<br/><br/><br/>4:00 Billiards</div> <div>14</div> </div>                         | <div> <div>10:00 Armchair Travel<br/><br/>2:00 Music Event with Rick<br/><br/>4:00 Spa Day</div> <div>8</div> </div> | <div> <div>3:00 Ice Cream and Music</div> <div>9</div> </div>  |
| <div> <div>2:30 Bingo</div> <div>17</div> </div>   | <div> <div>10:15 Word Games<br/>11:00 Tuck Shop<br/><br/>1:15 Drinks on the Patio<br/>3:00 Garden Watering</div> <div>18</div> </div>   | <div> <div>10:00 Chair Exercises<br/><br/>2:00 Short Stories<br/>3:30 Armchair Travel</div> <div>19</div> </div> | <div> <div>10:00 BINGO<br/><br/>1:30 JW Meeting<br/>3:00 Garden Watering<br/>4:00 Spa Day</div> <div>20</div> </div> | <div> <div>10:00 Chair Exercises<br/>11:00 Magazine Cart<br/><br/><br/>4:00 Billiards/ Card Games</div> <div>21</div> </div>           | <div> <div>10:00 HAWAIIAN DAY<br/><br/>4:00 Garden Watering</div> <div>22</div> </div>                             | <div> <div>3:00 Ice Cream and Music</div> <div>23</div> </div> |
| <div> <div>2:30 Bingo</div> <div>24</div> </div>   | <div> <div>10:15 Reminiscing<br/>11:00 Friendly Visits<br/><br/>1:15 Patio Social<br/>3:00 Garden Watering</div> <div>25</div> </div>   | <div> <div>10:00 Chair Exercises<br/><br/>2:00 Word Games<br/>3:30 Armchair Travel</div> <div>26</div> </div>    | <div> <div>10:00 BINGO<br/><br/>1:30 JW Meeting<br/>3:00 Garden Watering<br/>4:00 Spa Day</div> <div>27</div> </div> | <div> <div>10:00 Chair Exercises<br/><br/>1:30 Trips to the Tuck Shop<br/>2:30 Short Stories<br/>4:00 Billiards</div> <div>28</div> </div>  | <div> <div>10:00 Chocolate Chip Cookie Baking<br/><br/>1:30 Trips to the Tuck Shop<br/>2:30 Java Music Club<br/>4:00 Garden Watering</div> <div>29</div> </div>   | <div> <div>3:00 Ice Cream and Music</div> <div>30</div> </div> |
| <div> <div>2:30 Bingo</div> <div>31</div> </div>   | <div> <div>FIRST FLOOR</div> <h1>Wexford Creek Senior Living</h1>  </div>                    |  |  |   |   |  |

Programs subject to change.