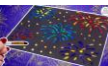


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Dogwood/Trillium Calander 						
9:30 Morning Stretch 10:30 Walking Program 11:00 Nail Art Cart 11:00 Calls with Family 2:30 Church Service 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Fruit Tasting – Korean Mellon 11:30 Cultural Program 2:30 Travel Tales-Rick Steves- “London: A Royal Tour 3:00 Walking Program 	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Flower Painting 2:30 Tea and Talk Visits 	9:30 Morning Exercise 10:30 Sikh Prayer 10:30 Bingo 2:30 Outdoor Stroll/ Book Cart 3:00 Walking Program	9:30 Morning Stretch 10:30 Sing-along 11:00 Walking Program 2:00 Resident & Family Council 3:15 Walking Program 	9:30 Chair Dance Exercise 10:15 Word Search 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 11:00 Lawn Darts Game 2:00 Amazon Visit 2:30 Bingo 3:30 Room Visits 
9:30 Morning Stretch 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Nail Art Cart 11:00 Salt Painting Pictures 2:30 Church Service 3:30 Book Cart 	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Java Music Club 3:00 Room Visits	9:30 Morning Stretch 10:10 Music with Jeff 10:45 Brogan’s 1950’s Diner Lunch Trip (by Invite) 11:15 Hymn Sing 2:30 Tea and Talk Visits 	9:30 Morning Exercise 10:30 Sikh Prayer 10:30 Bingo 2:30 Outdoor Stroll/ Book Cart 3:00 Walking Program	8:30 Breakfast Club (By Invite) 10:00 Morning Stretch 11:00 Walking Program 2:30 Movie- Downton Abbey 	9:30 Chair Dance Exercise 10:15 August Trivia 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 11:00 Nature rubbing and Tracing 2:30 India Independence Day Social 3:30 Room Visits 
9:30 Morning Stretch 10:30 Baking: Sunday Snickerdoodles 11:00 Walking Program 11:00 Calls with Family 2:30 Catholic Service 3:30 Book Cart 	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:00 Fruit Tasting – Papaya 11:30 Cultural Program 2:30 Travel-Tales Wonders of Hawaii/ Most Amazing Places 3:00 Walking Program	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing 2:30 Movie and Popcorn 	9:30 Morning Exercise 10:30 Sikh Prayer 10:30 Corn Husking and Corny Jokes 2:30 Outdoor Stroll/ Book Cart 3:00 Walking Program 	9:30 Morning Stretch 10:30 Basketball Game 11:00 Walking Program 2:30 Corn Roast with The Cypress Creek Duo 3:00 Room Visits 	9:30 Chair Dance Exercise 10:15 Name that Spice 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 12:00 South Asian Luncheon (By invite) 2:30 Bingo 3:30 Room Visits 
9:30 Morning Stretch 10:30 Garden Stories 11:00 Walking Program 11:00 Nail Art Cart 11:00 Calls with Family 2:30 Church Service 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Java Music Club 3:00 Room Visits	9:30 Morning Stretch 10:10 Music with Jeff 11:15 Hymn Sing & Communion 10:45 C Lovers Fish and Chips White Rock 2:30 Tea and Talk Visits 	9:30 Morning Exercise 10:30 Sikh Prayer 10:30 Bingo 2:30 Outdoor Stroll/ Book Cart 3:00 Walking Program Cookie Fundraiser 	9:30 Morning Stretch 10:30 Sing-along 11:00 Bean Bag Toss 2:30 Resident Birthday Party with Peter Tennant 3:30 Room Visits 	9:30 Chair Dance Exercise 10:15 Fun Riddles 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program 2:30 Friday Social Hour 3:30 Room Visits	9:30 Morning Stretch 10:00 Tzu Chi Group 10:30 Walking Program 11:00 Baking Blueberry Scones 2:30 Bingo 3:30 Room Visits 
9:30 Morning Stretch 10:30 Air Hockey Game 10:30 Walking Program 11:00 Nail Art Cart 11:00 Calls with Family 2:30 Church Service 3:30 Book Cart	9:30 Morning Exercise 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program 2:30 Word Games 3:00 Walking Program					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Camellia Calander						9:30 Morning Stretch 1 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 2 10:00 Hymn Sing 10:30 Walking Program 2:30 Helping Hands 2:30 Hand Spa	9:30 Ball Toss 3 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	8:50 Music with Jeff 4 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands 3:00 Snoezelen Therapy	9:30 Morning Stretch 5 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 6 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Resident & Family Council (2nd Floor) 2:30 Helping Hands 3:00 Therapy Pet 	9:30 Morning Stretch 7 10:15 Baking: Snickerdoodles  2:30 Walking Program 3:00 Friday Social Hour	9:30 Morning Stretch 8 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Walking Program 2:00 Amazon Visit 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 9 10:00 Hymn Sing 10:30 Walking Program 2:30 Helping Hands 2:30 Hand Spa	9:30 Ball Toss 10 10:00 Bingo 2:30 Java Music Club (By Invite) 2:30 Helping Hands 3:00 Karaoke Sing-along	8:50 Music with Jeff 11 9:45 Morning Stretch 10:30 Hymn Sing 10:45 Brogan's 1950's Diner Lunch Trip (By Invite) 2:30 Helping Hands 3:00 Snoezelen Therapy 	9:30 Morning Stretch 12 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	8:30 Breakfast Club (By Invite) 13 10:00 Morning Stretch 10:30 Walking Program 2:30 Helping Hands 	9:30 Morning Stretch 14 10:00 Good News 2:30 Walking Program 3:00 Friday Social Hour	9:30 Morning Stretch 15 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Walking Program 2:30 India Independence Day Social 
9:30 Morning Stretch 16 10:00 Hymn Sing 10:30 Walking Program 2:30 Helping Hands 2:30 Hand Spa	9:30 Ball Toss 17 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	8:50 Music with Jeff 18 9:45 Morning Stretch 10:30 Hymn Sing 2:30 Helping Hands	9:30 Morning Stretch 19 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	9:30 Morning Stretch 20 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Corn Roast with The Cypress Creek Duo (2nd Floor)  3:00 Therapy Pet	9:30 Morning Stretch 21 10:15 Baking: Blueberry Scones  2:30 Walking Program 3:00 Friday Social Hour	9:30 Morning Stretch 22 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Walking Program 12:00 South Asian Luncheon (By Invite)  2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 23 10:00 Hymn Sing 10:30 Walking Program 2:30 Helping Hands 2:30 Hand Spa	9:30 Ball Toss 24 10:00 Bingo 2:30 Java Music Club (By Invite) (2nd Floor) 2:30 Helping Hands 3:00 Karaoke Sing-along	8:50 Music with Jeff 25 9:45 Morning Stretch 10:30 Hymn Sing & Communion (2nd Floor) 10:45 C Lovers Fish and Chips White Rock (by Invite) 2:30 Helping Hands 3:00 Snoezelen Therapy 	9:30 Morning Stretch 26 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family Cookie Fundraiser 	9:30 Morning Stretch 27 10:00 Bean Bag Toss 10:30 Walking Program 2:00 Resident Birthday Party with Peter Tennant 3:00 Therapy Pet 	9:30 Morning Stretch 28 10:00 Good News 2:30 Walking Program 3:00 Friday Social Hour	9:30 Morning Stretch 29 10:00 Tzu Chi Group (2nd Floor) 10:00 Tea Cart 10:30 Walking Program 2:30 Helping Hands 3:00 Snoezelen Therapy
9:30 Morning Stretch 30 10:00 Hymn Sing 10:30 Walking Program 2:30 Helping Hands 2:30 Hand Spa	9:30 Ball Toss 31 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy					

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
August 2026 Primrose Calander												9:30 Morning Stretch 1 10:00 Table Games 10:30 Book Cart 2:30 Baking- Orange Marmalade 3:30 Room Visits	
9:30 Morning Stretch 10:30 Giant Scrabble 10:30 Nail Art Cart 11:00 Walking Program 2:30 Church Service (2nd Floor) 2:30 Bean Bag Toss		2 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales - Rick Steves- "London: A Royal Tour" 10:30 Fruit Tasting – Korean Melon 11:00 Walking Program 2:30 Nature rubbing and Tracing 3:30 Room Visits		3 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 2:30 Active Game 3:00 Walking Program		4 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Outdoor Stroll 10:30 Walking Program 2:30 Bingo 3:30 Room Visits		5 9:30 Morning Exercise 10:30 Good News Stories 11:00 Walking Program 2:00 Resident & Family Council (2nd Floor) 3:15 Walking Program Resident Council MEETING		6 9:30 Morning Exercise 10:15 Name that Spice 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits		7 9:30 Morning Stretch 8 10:00 Tzu Chi Group (2nd Floor) 2:00 Amazon Visit 2:30 Book Cart 3:30 Room Visits	
9:30 Morning Stretch 10:30 Word Games 10:30 Nail Art Cart 10:30 Sikh Prayer Service (Meeting Centre) 11:00 Walking Program 2:30 Church Service (2nd Floor) 2:30 Lawn Darts		9 9:30 Morning Exercise 10:00 Nail Spa 10:30 Salt Painting Fireworks 11:00 Walking Program 2:30 3:30 Room Visits		10 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) 10:45 Brogan's 1950's Diner Lunch Trip (by Invite) 3:00 Walking Program		11 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Outdoor Stroll 10:30 Walking Program 2:30 Bingo 3:30 Room Visits		12 8:30 Breakfast Club (By Invite) 10:30 Morning Exercise 11:00 Walking Program 2:30 Movie- Downton Abbey		13 9:30 Morning Exercise 10:15 August Trivia 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits		14 9:30 Morning Stretch 15 10:30 Table Games 2:30 India Independence Dav Social	
9:30 Morning Stretch 10:00 Word in a Word Game 11:00 Walking Program 2:30 Catholic Service (2nd Floor) 3:00 Baking: Sunday Snickerdoodles 3:00 Room Visits		16 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales Wonders of Hawaii/ Most Amazing Places 10:30 Fruit Tasting - Papaya 11:00 Walking Program 2:30 Active Game 3:30 Room Visits		17 9:30 Music with Jeff 10:00 Morning Stretch 10:30 Table Games 11:15 Hymn Sing (2nd Floor) 2:30 Movie and Popcorn		18 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Outdoor Stroll 10:30 Walking Program 10:30 Corn Husking and Corny Jokes (2nd Floor) 2:30 Bingo 3:30 Room Visits		19 9:30 Morning Exercise 10:30 Good News Stories 11:00 Walking Program 2:30 Corn Roast with The Cypress Creek Duo (2nd Floor) 3:15 Walking Program		20 9:30 Morning Exercise 10:15 Who wants to be a Millionaire 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits		21 9:30 Morning Stretch 22 10:00 Tzu Chi Group (2nd Floor) 12:00 South Asian Luncheon (by invite only) 2:30 Active Game 3:30 Room Visits	
9:30 Morning Stretch 10:30 Card Bingo 11:00 Walking Program 2:30 Church Service (2nd Floor) 2:30 Bean Bag Toss 3:00 Room Visits		23 9:30 Morning Exercise 10:00 Nail Spa 10:30 Flower Painting 11:00 Walking Program 2:30 Active Game 3:30 Room Visits		24 9:30 Music with Jeff 10:30 Morning Stretch 11:15 Hymn Sing and Communion (2nd Floor) 10:45 C Lovers Fish and Chips White Rock 3:00 Walking Program		25 9:30 Morning Exercise 10:00 Sikh Prayer 10:00 Outdoor Stroll 10:30 Walking Program 2:30 Bingo 3:30 Room Visits Cookie Fundraiser		26 9:30 Morning Exercise 10:30 Good News Stories 11:00 Walking Program 2:30 Resident Birthday Party with Peter Tennant (2nd Floor)		27 9:30 Morning Exercise 10:15 Guess the Flag 11:00 Walking Program 2:30 Friday Social Hour 3:30 Room Visits		28 9:30 Morning Stretch 29 10:00 Tzu Chi Group (2nd Floor) 2:30 Baking- Blueberry Scones 3:30 Room Visits	
9:30 Morning Stretch 10:30 9 Letter Word Game 11:00 Walking Program 2:30 Church Service (2nd Floor) 2:30 Bean Bag Toss 3:00 Room Visits		30 9:30 Morning Exercise 10:00 Nail Spa 10:30 Travel-Tales-Inside Einstein's Mind/Full Documentary 11:00 Walking Program 2:30 Active Game		31									