



August 2026 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Presbyterian	3 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travel BC  3:00 Joke Time 	4 8:15 Breakfast Buddies 10:15 Trivia Time 11:15 Catholic Mass 1:00 One To One 2:00 Target Shoot 3:00 Art Walk	5  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Ice Cream Shop	6 8:15 Breakfast Buddies 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Family Feud 3:00 Name That Tune	7  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Parachute 1:00 Market Place 2:00 Patio Time 	1/8 
9  8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church St John's Anglican	10  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Crosswords 3:00 Easy Bake Oven	11  8:15 Breakfast Buddies 10:00 News & Views 11:00 Tone Chimes 1:00 This Day in History 2:00 Bingo Time 3:00 Beach Boys	12  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 K Tones	13  8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Walk The Block 2:00 Creative Craft 3:00 Laugh Therapy	14  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Fireside Movie Matinee	15 
16  8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Church Of God	17  8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	18  8:15 Breakfast Buddies 10:00 News & Views 11:00 Sunflowers 1:00 One To One 2:00 Bocce  3:00 Art Walk	19  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Tacky Tourist	20  8:15 Breakfast Buddies 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Photoshoot 3:00 Name That Tune	21  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Jam Factory Performance	22 
23  8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church New Life	24  8:15 Morning Greeting 10:00 Volleyball  11:00 Sports Review 1:00 Walk The Block 2:00 Word Games 3:00 Easy Bake Oven	25  8:15 Breakfast Buddies 10:00 News & Views 11:00 Tone Chimes 1:00 This Day in History 2:00 Bingo Time 3:00 The Guess Who	26  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Just Jim Sings	27  8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Walk The Block 2:00 Creative Craft 3:00 Laugh Therapy	28  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Fireside Movie Matinee	29 
30 Daily Chronicle 2:00 Sunday Church ShareWord Global	31  10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Neighbourhood Visits					



August 2026 ~Meadows



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  2:00 Church Service Presbyterian At Arbours	3  2:00 BC Bingo Bonanza	4  10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	5  10:00 Exercise 10:30 Walk The Block	6  10:00 Chair Yoga 12:30 Library Visit	7  2:00 Wine Time With Elvin & Al	1/8 
9  2:00  Church Service St John's Anglican At Arbours	10  10:00 Country Drive 2:00 Bailey's & Ice Cream	11  10:00 Chair Yoga 2:00 Target Shoot	12  10:00 Exercise 10:30 Walk The Block Lunch-In Pizza ~sign-up sheet	13  10:00  Chair Yoga 2:00 Fill In The Blanks	14  2:00  Ice Cream & Trivia	15 
16  2:00 Church Service Church Of God At Arbours	17  2:00 Bingo Bonanza	18  10:00 Chair Yoga 2:00 Word In A Word	19  10:00 Exercise 10:30 Walk The Block	20  10:00 Chair Yoga 2:00 Travelogue "Ontario"	21  2:00 Wine Time With Jan Matthews	22 
23  2:00  Church Service New Life At Arbours	24  10:00 Country Drive 2:00 Bailey's & Ice Cream	25  10:00 Chair Yoga 	26  10:00 Exercise 10:30 Walk The Block Lunch-In Pizza ~sign-up sheet	27  10:00  Chair Yoga 2:00 Fill In The Blanks	28  2:00  Ice Cream & Trivia	29 
30  2:00 Church Service ShareWord Global At Arbours	31  2:00 Bingo Bonanza					