

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2020

Dog Days of Summer



<p>9:45- Exercise program 2 10:30- Live concert in the lounge 1:30- Make your own ice cream sandwich 2:00- Virtual visits 3:30- Courtyard/ balcony</p>		<p>9:30- Physical 1:1 3 10:00- Civic holiday talk 2:00- Virtual visits 3:15- Card games</p>		<p>9:30- Ambulation 4 10:00- Beauty hour 1:15- Virtual visits 2:15- All about 'Coast Guard Day' 3:00- Daily chronicles</p>		<p>9:30- Physical 1:1 5 10:30- Massage 1:15- Virtual visits 2:15- Trivia 3:15- Fun & fitness 1:1 6:00- Trivia</p>		<p>9:30- Fun & fitness 1:1 6 1:15- Virtual visits 2:15- 'Farm Worker Day' talk 3:00- Music with Bill</p>		<p>9:45- Exercise program 7 10:30- Live concert in the lounge 12:00- Men's Club 1:15- Virtual visits 2:30- International beer day</p>		<p>9:00- 1:1 w/ Calendars 1 9:45- Exercise program 10:30- Live concert in the lounge 1:30- Fun & food program 2:00- Virtual visits 3:30- Stanley Cup playoff</p>	
<p>9:30- Physical 1:1 9 10:30- Bible study 1:15- Virtual visits 2:15- Trivia 3:00- Lemonade social</p>		<p>9:30- Physical 1:1 10 10:15- Balcony visits 1:15- Virtual visits 2:15- 'Elvis Presley Day' with music 3:00- Friendly visits</p>		<p>9:45- Exercise program 11 10:30- Live concert in the lounge 1:15- Virtual visits 2:30- Bar cart 3:30- Courtyard/ balcony visits</p>		<p>9:15- Physical 1:1 12 10:15- Horoscopes 1:15- Virtual visits 2:15- All about 'Elephant Day' 3:30- Cool treats 6:00- Bingo</p>		<p>9:30- Ambulation 13 10:15- Fun & games 1:15- Virtual visit 2:15- Summer reminiscing 3:00- Who is Winston Churchill</p>		<p>9:30- Ambulation 14 10:15- Let's chat 1:15- Virtual visit 2:30- Name that tune 3:30- Massage</p>		<p>9:45- Exercise program 15 10:30- Classic movies in the lounge 1:15- Virtual visits 2:30- Bar cart 3:30- Courtyard/ balcony visits</p>	
<p>9:45- Exercise program 16 10:30- Live concert in the lounge 1:15- Virtual visits 2:30- Art therapy 3:30- Courtyard/ balcony visits</p>		<p>9:30- Ambulation 17 10:30- Daily chronicles 1:15- Virtual visit 2:15- Where in the world is... 3:00- Let's chat</p>		<p>9:30- Physical 1:1 18 10:30- Word search 1:30- Crafts 2:15- Social tea 3:30- Virtual visits</p>		<p>9:30- Gentle stretches 19 10:30- Bible study 1:30- All about Ottawa 2:15- Balcony visits 6:00- Oops!</p>		<p>9:30- Ambulation 20 10:30- Game time 1:30- Summer Trivia 2:15- Social tea 3:00- Balcony visits 3:30- Virtual visits</p>		<p>9:45- 21 10:30- Sports in the lounge 12:00- Men's Club 2:30- Courtyard/ balcony visits 3:30- Virtual visits</p>		<p>9:30- Physical 1:1 22 10:30- Massage time 1:30- Fun with words 2:15- Social tea 3:00- Let's chat 3:30- Virtual visits</p>	
<p>9:30- Physical 1:1 23 10:30- Bible study 1:30- Name that tune 2:15- Social tea 3:30- Virtual visits</p>		<p>9:30- Ambulation 24 10:15- Spa time 1:15- Magazine time 2:00- Let's talk 2:45- Taste test 3:30- Virtual visit</p>		<p>9:45- Exercise program 25 10:30- Sports in the lounge 1:30- 2:30- Courtyard/ balcony visits 3:30- Virtual visits</p>		<p>9:30- Gentle stretches 26 10:30- Bible study 1:15- Let's travel around town 2:15- Social tea 2:45- Let's chat 3:30- Virtual visits</p>		<p>9:30- Gentle stretches 27 10:30- Daily chronicle 1:30- Animal planet 2:15- Social tea 3:00- Chit chat time 3:30- Virtual visit</p>		<p>9:30- Gentle stretches 28 10:30- Horoscopes 1:30- History of the EX 2:15- Balcony visit 3:30- Virtual visits</p>		<p>9:45- Exercise program 29 10:30- Sports in the lounge 1:30- Bar cart 2:30- Courtyard/ balcony visits 3:30- Virtual visits</p>	
<p>9:45- Exercise program 30 10:30- Sports in the lounge 1:30- Bar cart 2:30- Courtyard/ balcony visits 3:30- Virtual visits</p>		<p>9:30- Ambulation 31 10:30- Games 1:30- Afternoon at the spa 3:30- Virtual visits</p>		<h1>3 WEST</h1>									

Life Enrichment Staff: Franco , Kari, & Kristine Evenings