

# Aug. 2019: Faith Manor 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>St John's Ambulance Pet Therapy every Sat. @ 1pm &amp; Wed. @ 6pm</p>	<p>Friday's Low Impact Conditioning Class 3pm-4pm</p> 	<p>Physio Dept. Tuesday &amp; Thursday's Low Impact Conditioning Class 11am-12pm</p>		<p>1 10:30am Hymn Sing 11am Communion 1:45pm Old Wives Tales—True or False? 3:45pm Snoezelen 6:30pm Ball Toss</p>	<p>2 10am Walk &amp; Wheel Club, Pathways 11am Sing Out w Marie 1:45pm Fresh Fruit Friday Trivia 3pm Musical on DVD 3:45pm Snoezelen/ Ice Cream Sandwich day</p>	<p>3 10am Word Game 1:45pm Afternoon Strolls 3:30pm Ball Toss on The patio 6pm Hymn Sing</p>
<p>4 10am &amp; 7pm Church Service 1:45pm Bible Trivia 3:30pm N 6pm Sunday Strolls</p>	<p>5 <b>Civic Day</b> 10am Ball Toss 11am Brain Games 1:45pm Bible Trivia 3:45pm Snoezelen &amp; Montessori 6pm Bingo Night</p>	<p>6 10am Beauty Hour 11am Montessori 12:30pm <b>BBQ-MINPUR</b> 1:45pm Sing Out 3:45pm Snoezelen 6:15 Bird Matching</p>	<p>7 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group 2pm <b>Paint afternoon FM1</b> 3:45pm Snoezelen /Sit-down Dance</p>	<p>8 10:30am Hymn Sing 11am Bible Study 2pm <b>Drum Circle FM1 Sunroom</b> 2:30pm Patio Time 3:45pm Snoezelen 6:30pm Music Therapy</p>	<p>9 10am Walk &amp; Wheel Club, Pathways 11am Sing Out w Marie 1:45pm Fresh Fruit Friday Trivia 3pm Musical on DVD 3:45pm Snoezelen/ Montessori</p>	<p>10 10am Creative Movement 1:45pm Puzzles 3:30pm Outdoor Fun 6pm Hymn Sing</p>
<p>11 10am &amp; 7pm Church Service 11am 1:1 Visits 1:45pm Bible Game 3:30pm Sunday Strolls/ Pathways 6pm Balloon Badminton</p>	<p>12 10am Ball Toss 11am Brain Gym 1:45pm Strawberry Smoothie/Trivia 2pm <b>Residents Council</b> 3:45pm Snoezelen/ Montessori 6pm Bingo Night</p>	<p>13 10am Beauty Hour 11am Montessori 12:30pm <b>BBQ-REG</b> 1:45pm Sing Out 3:45pm Snoezelen 6pm Bible Trivia</p>	<p>14 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/ One to One Visits 3:45pm Snoezelen/ Montessori 6pm Table Games</p>	<p>15 10am Hymn Sing 11am Bible Study 1:15 Movie 2pm <b>Drum Circle FM1 Sunroom</b> 2:30 Music Therapy 3:45pm Snoezelen/ Montessori</p>	<p>16 10am Walk &amp; Wheel Club, Pathways 11am Sing Out 1:45pm Fresh Fruit Friday 2:30pm Word Game 3:45pm Snoezelen/ Coloring 6pm Bingo</p>	<p>17 10am Word Game 1:45pm Afternoon Strolls 3:30pm Ball Toss on The patio 6pm Hymn Sing</p>
<p>18 10am &amp; 7pm Church Service 1:45pm Bible Game 3:30pm All about DAD 6pm Balloon Game</p>	<p>19 10am Ball Toss 11am Mental Aerobics 1:45 Baking/Trivia 3:45pm Snoezelen/ Montessori 6pm Bingo Night</p>	<p>20 10am Beauty Hour 11am Montessori 12:30pm <b>BBQ-MINPUR</b> 1:45pm Sing Out 3:45 6pm Trivia Night</p>	<p>21 10:30am Psalm Singing 11am Ball Toss/Exercise 1:45pm Walking Group, 1:1 Visits/ Patio Time 3:45pm Snoezelen/ Montessori 6pm</p>	<p>22 10:30am Hymn Sing 11am Bible Study 1:45pm Outdoor Fun 2pm <b>Drum Circle FM1 Sunroom</b> 3:45pm Snoezelen 6:30pm Music Therapy</p>	<p>23 10am Walk &amp; Wheel Club, 1:1 Visits 11am Sing Out w Marie 1:45pm Fresh Fruit Friday 3pm Musical on DVD 3:45pm Snoezelen 6pm Bingo Night</p>	<p>24 10am Creative Movement 1:45pm Puzzles 3:30pm Craft Corner 6pm Hymn Sing</p>
<p>25 10am &amp; 7pm Church Service 11am 1:1 Vistis 1:45pm Bible Game 3:30pm Sunday Strolls/Pathways 6pm Balloon Game</p>	<p>26 10am Ball Toss 1:45pm Jigsaw Puzzles, Montessori 3:45pm Snoezelen/ Montessori 6pm Bingo Night</p>	<p>27 10am Beauty Hour 12:30pm <b>BBQ-REG</b> 1:45pm Birthday Social 3:30pm Snoezelen 6pm Bible Game</p>	<p>28 10:30am Psalm Singing 11am Ball Toss 1:45pm Walking Group/ One to One Visits 3:45pm Snoezelen /Sit-down Dance 6pm Movie Night</p>	<p>29 10am Hymn Sing 11am Bible Study 1:45pm Concert DVD 2pm <b>Drum Circle FM1 Sunroom</b> 2:30 Music Therapy 3:45pm Snoezelen 6:30pm Ball Toss</p>	<p>30 10am Walk &amp; Wheel Club, 1:1 Visits 11am Sing Out w Marie 1:45pm Fresh Fruit Friday 3pm Musical on DVD 3:45pm Snoezelen 6pm Bingo Night</p>	<p>31 10am Word Game 1:45pm Afternoon Strolls 3:30pm Ball Toss on The patio 6pm Hymn Sing</p>

# Welcome To Brain Training

## A Unique Pencil and Paper Approach to Cognitive Training that is Both Educational and Entertaining.

Background to Morry – Brain Training Facilitator  
Retired Toronto District School Board high school teacher. Ministry of Education Licensed Special Education Teacher and Cognitive Training Qualified. Morry is very passionate about ensuring learners succeed in their efforts by presenting them with challenging exercises in an enjoyable and professional manner.

When: Wednesday July 10th, 2019

Where: Faith Manor 1 Activity Room

Time: 1:45pm

### Music Therapy

July 4th & 11th at 2:30pm  
July 18th & 25th at 6:30pm



**August's  
Health Tip!**



## Be Summer Ready: 7 Healthy Diet Tips For Summer

Grab seasonal fruits and vegetables.

Keep yourself hydrated. ...

Downsize your meal. ...

Eat more cooling foods. ...

Choose fresh juices over cold drinks.

Binge on lighter snacks. .

Hygiene is the key to a **healthy** body.

<https://www.ndtv.com/food/be-summer-ready-7-healthy-diet-tips-for-summer-1820855>

## REMINDER



**LOVE YOURSELF, BECAUSE YOU ARE UNIQUE AND WONDERFUL IN YOUR OWN WAY.**

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