

## August 2025 Tulip Terrace



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Holland Christian Homes	All Group Activities Subject to Modification into 1:1 Activities According to Public Health Directives	Civic Holiday	BINGO In the Atrium August 13 & 27 at 6:30 Everyone Welcome	Tues, Wed & Thurs Devotions on Ch. 990     at 10:00 am     Catholic Mass     Tuesday at 10am     in the Chapel     Spiritual visits Wednesday & Friday	1 10:00 Bible Study 2:00 Patio Visit 3:00 Montessori 4:05 Games 6:00 Move to Music 7:00 Evening Strolls	1:00 Story Time 2:00 Outdoor Time 3:00 Montessori 4:05 Badminton 6:00 Summer Sing Along
10:00 am & 7pm Church 1:00 Gospel Music 2:00 Bible Story 3:00 Baby Time 4:05 Game Time 6:00 Hymn Sing	Civic Holiday 4 10:00 Bird Visits 1:30 Patio Visit 2:00 Travel Beaches 3:00 Shuffle Board 4:05 Ball Toss 6:00 Baby Time 7:00 Favourite Film	10:00 Devotions #990 10:30 Let's Go Outside 2:00 Men's Club 3:00 Montessori 4:05 Game Time 6:00 Funny Animal Video	10:00 Devotions #990 10:30 Physio Moves 2:00 Chapel Service 2:30 3:00 Montessori 4:05 Balloon Games 6:00 Sing With Anita	Food Vendor Show 7  10:30 Vendor (Atrium) 2:00 Outdoor Time 4:05 Badminton 6:00 Sing With Anita 7:00 Evening Strolls	Fresh Fruit 10:00 Bible Study 10:30 Patio time 2:00 Fresh Fruit 3:00 Nail Care 4:05 Ball Toss 6:00 Favorite Film 7:10 Puzzle Time	10:00 Catch and Toss 2:00 Puzzles 3:00 Animal Movie 4:05 Badminton 6:00 Move with Music 7:00 Evening Walks
10:00am & 7pm Church 1:00 Gospel Music 2:30 Happy Birthday 3:00 Travelogue 4:05 Badminton 6:00 Spiritual Eldercare	BBQ Lunch 11 10:00 Bird Visits 12:00 Atrium 1:00 Baby Time 2:00 Happy Birthday 4:05 Active Games 6:00 Move To Music 7:00 Walk & Talk	10:00 Devotions #990 10:15 Outdoor Time 1:00 Travel Italy 2:00 Men's Club 3:00 Montessori 4:05 Balloon Game	King for the Day 13 10:00 Devotions #990 10:30 Physio Moves 1:00 Story Time 2:00 Chapel Service 2:30 Happy Birthday 4:05 Badminton 6:00 Animal Movie	14 10:00 Devotions # 990 1:00 Story Time 2:00 Snoezelen Room 3:00 Outdoor Time 4:05 Games 6:00 Baby Time 7:00 Evening Strolls	10:00 Bible Study 10:30 Outdoor time 2:00 Puzzle Time 3:15 Montessori 4:05 Balloon Game 6:00 Funny Movies 7:00 Evening Visits	1:00 Montessori 2:00 Garden Time 3:30 Travel Canada 4:05 Active Games 6:00 Sing Along 7:00 Evening Visits
17 10:00am &7pm Church 1:00 Gospel Music 2:00 Outdoor Walks 2:30 Table Games 4:05 Badminton 6:00 Hymn Sing	10:00 Bird Visits 1:30 Patio Visit 2:00 Exercise Music 3:00 Puzzle Time 4:05 Shuffle Board 6:00 Baby Time 7:00 Evening Strolls	Youth In Policing 19 Initiative  10:30 Patio Time 2:00 Men's Club 3:30 Exercise Music 4:00 Badminton 6:00 Move With Music 7:00 Walk and Talk	Lemonade Day 20 10:00 Devotions #990 10:30 Physio Moves 1:00 Lemonade Stand 2:00 Chapel Service 3:00 Montessori 4:05 Balloon Games 6:00 Sing With Anita	10:00 Fun Time with Music (Atrium) 10:30 Let's Get Active 2:00 Mobility Stretch (Atrium) 4:05 Badminton 6:00 Sing With Anita	10:00 Bible Study 10:30 Patio Time 2:00 Exercise Music 3:00 Montessori 4:05 Art Escapes 6:00 Active Game 7:00 Evening Strolls	10:00 Catch and Toss 2:00 Outdoor Time 3:00 Montessori 4:05 Game Time 6:00 Move With Music 7:00 Baby Time
24/31 10:00am &7pm Church 1:00 Gospel Music 2:00 Bible Story 2:30 Outdoor Time 4:05 Badminton 6:00 Spiritual Eldercare	10:00 Bird Visits 2:00 Resident Council HH 3:00 Art Escapes 4:05 Ball Toss 6:00 Favourite Film 7:00 Montessori	10:00 Devotions #990 10:15 Outdoor Time 1:00 Travel Beaches 2:00 Men's Club 3:00 Montessori 4:05 Balloon Game 6:00 Sing With Anita	10:00 Devotions #990 10:30 Physio Moves 1:00 Story Time 2:00 Chapel Service 2:30 Happy Birthday 3:00 Montessori 4:05 Badminton	Family Fun Day 10:00 Devotions # 990 10:30 Patio Time 2:00 Atrium Fun Day 3:00 Montessori 4:05 Games 6:00 Baby Time 7:00 Evening Strolls	10:00 Bible Study 10:30 Patio Time 2:00 Exercise Music 3:00 Montessori 4:05 Art Escapes 6:00 Active Game 7:00 Evening Strolls	1:00 Montessori 2:00 Garden Time 3:30 Travel Mexico 4:05 Active Games 6:00 Sing With Anita 7:00 Evening Visits

## Tulip Terrace 1S -Activity Calendar





Drink more water than usual. Don't wait until you are thirsty. Limit caffeine, alcohol, and sugary drinks.













## Cool Down

If you get overheated, place an ice pack on the back of your neck or soak in a cold shower.



Never leave kids or pets in a car, check backseats for passengers and pets before you exit.

## Take Breaks in the Shade

If you have to be outside, take breaks often and cool down in the shade.



Stay inside and turn on fans and A/C. Pull your shades and curtains.



Check-Ir

Check on people who are more vulnerable to heat sickness: elderly, those with medical conditions, households without A/C.

