



August- Salty Shores & Harmony House



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 10am Church Service 1pm Outdoor Walks 2:15pm Nail Care-HH	31 10am Fun and Fitness 11am Name that Tune	Activities held on Monday, Wednesday & Friday, will take place at Salty Shores (SS) Movie Matinee's 1-3pm Daily in the Cozy Cove	Daily Life Enrichment Lounge Tranquil Moments Dinning Room Breakfast club Common area Snap & Fold	Living Room Coloring Circle Puzzle Nook Tactile/Sensory Table Busy Bins	Activities held on Sunday, Tuesday, Thursday, and Saturday will take place at Harmony House (HH)	1 10am Giggle and Wiggle 1pm Trivia 2:15pm Nail Care-SS
Colouring Book Day 2 10am Church Service 1pm Outdoor Walks 2pm Creative Colouring	Civic Holiday 3 10am Fun and Fitness 11am Name that Tune	4 10am My Brag Book 10:30am Physio Moves -HH	Pamper Yourself Day 5 10am Spa Morning 1pm Outdoor Strolls	6 10am Bible Study-SS 10:30am Physio Moves-SS 2pm Cookie Jar Club 6:30pm Snakes and Ladders	7 10am Calendar Meeting 1pm Green Thumbs Club	8 10am Outdoor Walks 1pm Trivia 2:15pm Nail Care-SS
9 10am Church Service 1pm Outdoor Walks 2:15pm Nail Care-HH	BBQ Week 10 1pm Outdoor Strolls 2pm Neighborhood Bingo 3:15pm 1-1 Visits 6pm Discussion Group	11 10am My Brag Book 10:30am Physio Moves-HH	Queen Of the Day 12 10am Colouring Morning 1pm Puzzle Afternoon 3:15pm Patio Visits 6pm Loops and Laugh Club	13 10am Bible Study-SS 10:30am Physio Moves-SS 2pm Word Games	Popsicle Day 14 10am Popsicle Social 1pm Green Thumbs Club	15 10am Giggle and Wiggle 1pm Trivia 2:15pm Nail Care-SS
16 10am Church Service 1pm Outdoor Walks 2:15pm Nail Care-HH	17 10am Fun and Fitness 11am Name that Tune 2pm Spill the Tea	Bowling Day 18 10am My Brag Book 10:30am Physio Moves-HH	19 10am Fun and Fitness 1pm Outdoor Strolls	Family Fun Day 20 10am Bible Study-SS 10:30am Physio Moves-SS 6:30pm Dominoes	Resident Spotlight 21 10am Resident Spotlight 1pm Green Thumbs Club	22 10am Outdoor Walks 1pm Trivia 2:15pm Nail Care-SS
23 10am Church Service 1pm Outdoor Walks 2:15pm Nail Care-HH	24 1pm Outdoor Strolls 2pm Neighborhood Bingo 3:15pm 1-1 Visits 6pm Discussion Group	25 10am My Brag Book 10:30am Physio Moves-HH	26 3:15pm Patio Visits 6pm Balloon Tennis	27 10am Bible Study-SS 10:30am Physio Moves-SS 2pm Word Games	28 10am Fact Talk 1pm Green Thumbs Club	29 10am Giggle and Wiggle 1pm Trivia 2:15pm Nail Care-SS

Lifestyle & Leisure Moments

Stretching with Sheila

Friday, August 7th at
2pm

Zumba with Sheila

Wednesday, August
26th at 10:30am

Family Fun Day

Thursday, August 20th
1-4pm

Life Enrichment Glossary

Snap & Fold (with Shirley F., Starr & Jean)- Folding of Clothes Protector

Loops & Laughs Club (with Tina & Company)- Knitting, Crocheting or Embroidery

Breakfast Club (with Shirley W.)-Calendar Discussion, Resident Spotlight, News & Views

The Reading Club (with Jean & Magda)- Ties That Binds, Culture Change Chronical, Daily Bread, Daily Chronicle

The Cookie Jar Club (with Johnny or Florence)-Baking (Cupcakes, Cookie, Cake)

Artful Moment - Fall Coloring Pages, Water Painting, Canvas Painting, Arts & Craft

Scrapbooking- (Residents making their own Photo Books)

Green Thumbs (with Jolly)- Care of Neighborhood Plants

Music Melody- Sing Along, Karaoke, Drumming Circle, Piano Playing, Playing an Instrument

Music & Relaxation- (Items on Snoezelen Cart or Activity Bins)

Virtual Games-Tovertafel or Obie, Virtual Headset, iPad

Chair Exercise-Exercise, ROM

Active Games-Balloon Tennis, Ball Toss, Badminton, Balloon Toss, Skee Ball, Parachute

Table Games-Ludo, Snake & Ladder, Card Games, Ring Toss, Dice Game, Dominoes, Bingo