




August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Exercise with Gregory 10:00 AM – Dining Room Movie – Must Love Dogs 2:30 PM – Solarium
2 YouTube Exercise 10:00 AM – Dining Room Netflix Series – The Crown [Season 2 Episode 7-8] 2:30 PM – Solarium	3 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Entertainment with Brian Flanagan 2:30 PM – Balcony 	4 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Bingo 2:30 PM – Dining Room	5 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Music Group with Natasha 2:30 PM – Dining Room	6 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Happy Hour 3:00 PM – Solarium	7 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Crafts with Erin 2:00 PM – Front Yard SpecialTEA – Caribbean 2:30 PM – Dining Room	8 Exercise with Gregory 10:00 AM – Dining Room Movie – Crazy Rich Asians 2:30 PM – Solarium
9 YouTube Exercise 10:00 AM – Dining Room Netflix Series – The Crown [Season 2 Episode 9-10] 2:30 PM – Solarium	10 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Entertainment with Pete Campbell 2:30 PM – Balcony	11 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby  Bingo 2:30 PM – Dining Room	12 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Music Group with Natasha 2:00 PM – Dining Room Townhall Meeting 3:00 PM – Dining Room	13 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Happy Hour 3:00 PM – Solarium	14 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Crafts with Erin 2:00 PM – Front Yard SpecialTEA – Hawaiian 2:30 PM – Dining Room	15 Exercise with Gregory 10:00 AM – Dining Room Movie – My Best Friend's Wedding 2:30 PM – Solarium
16 YouTube Exercise 10:00 AM – Dining Room Netflix Series – The Crown [Season 3 Episode 1-2] 2:30 PM – Solarium	17 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Entertainment with Mike Kinal 2:30 PM – Balcony	18 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Bingo 2:30 PM – Dining Room	19 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Music Group with Natasha 2:30 PM – Dining Room	20 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Happy Hour 3:00 PM – Solarium	 Chalmers Lodge Summer BBQ Party 11 AM – 4 PM	22 Exercise with Gregory 10:00 AM – Dining Room Movie – Quincy 2:30 PM – Solarium
23 YouTube Exercise 10:00 AM – Dining Room Netflix Series – The Crown [Season 3 Episode 3-4] 2:30 PM – Solarium	24 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Entertainment with 2:30 PM – Balcony	25 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Bingo 2:30 PM – Dining Room	26 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Music Group with Natasha 2:30 PM – Dining Room	27 Exercise with Gregory 10:00 AM – Dining Room Walk the Block 2:00 PM – Meet in the Lobby Happy Hour 3:00 PM – Solarium	28 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room SpecialTEA – Tim Hortons 2:30 PM – Dining Room	29 Exercise with Gregory 10:00 AM – Dining Room Movie – Legally Blonde 2:30 PM – Solarium
30 YouTube Exercise 10:00 AM – Dining Room Netflix Series – The Crown [Season 3 Episode 5-6] 2:30 PM – Solarium	31 Exercise & Chair Meditation with Janet 10:00 AM – Dining Room Outdoor Entertainment with Peter Paulus 2:30 PM – Balcony					