

## AUGUST 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b><i>Always check to make sure there are no cancellations or changes at the last minute if planning to join us for a special program! Contact Barb Wakeford at 519-335-3168</i></b></p>				<p><b>1</b> 1-1 Visits Tic Tac Toe Exercises-- 10 a.m. Residents' Council --2 p.m.</p>	<p><b>2</b> 1-1 Visits Seniors Wellness Strengthening Class -10 a.m. Music Therapy with Dana &amp; Karaoke --2 p.m.</p>	<p><b>3</b> Dickie Dee's --2 p.m.</p>
<p><b>4</b>  T.V. Church —10 a.m.</p>	<p><b>5</b>  Men's Coffee – 9 a.m.  <b>Civic Holiday</b></p>	<p><b>6</b> 1-1 Visits Seniors Wellness <b>Birthday Party with Doug French – 2 p.m.</b></p>	<p><b>7</b> 1-1 Visits Seniors Wellness Tic Tac Toe Exercises— 10 a.m. <b>Music with Tonia-Joy Skipper –2 p.m.</b></p>	<p><b>8</b> 1-1 Visits Seniors Wellness Manicures– 2 p.m.</p>	<p><b>9</b> 1-1 Visits Seniors Wellness Strengthening Class -10 a.m. Movie afternoon --2 p.m.</p>	<p><b>10</b> Patio Visits– 2 p.m.</p>
<p><b>11</b> Gorrie Bible Fellowship – 2 p.m.</p>	<p><b>12</b> 1-1 Visits Men's Coffee – 9 a.m. Fun &amp; Fitness – 10 a.m. Bingo--2 p.m.</p>	<p><b>13</b> 1-1 Visits Seniors Wellness Hymn Sing – 10 a.m. Smoothies – 2 p.m.</p>	<p><b>14</b> 1-1 Visits Seniors Wellness Church Service &amp; Communion with Rev. J. Hawkins - 10 a.m. <b>Music with Ron Allin –2 p.m.</b></p>	<p><b>15</b> 1-1 Visits Seniors Wellness HOWICK DINERS Trivia —2:15 p.m.</p>	<p><b>16</b> 1-1 Visits Seniors Wellness Strengthening Class -10 a.m. Coffee Shop Outing --2 p.m.</p>	<p><b>17</b> Retro Showtime – 2 p.m.</p>
<p><b>18</b>  Woodlawn Church Singers –3 p.m.</p>	<p><b>19</b> 1-1 Visits Men's Coffee – 9 a.m. Fun &amp; Fitness – 10 a.m. Bingo – 2 p.m.</p>	<p><b>20</b> 1-1 Visits Seniors Wellness Local Vocals --2 p.m.</p>	<p><b>21</b> 1-1 Visits Seniors Wellness Tic Tac Toe Exercises --10 a.m. <b>Memorial Service for Ivan Mawhinney —2 p.m.</b></p>	<p><b>22</b> 1-1 Visits Seniors Wellness <b>Outing to Linda Doubleday's 10:30 am – 2 p.m.</b></p>	<p><b>23</b> 1-1 Visits Seniors Wellness Strengthening Class -10 a.m. Cards &amp; Games --2 p.m.</p>	<p><b>24</b> Ice Cream Parlour --2 p.m.</p>
<p><b>25</b> T.V. Church --10 a.m.</p>	<p><b>26</b> 1-1 Visits Men's Coffee – 9 a.m. Fun &amp; Fitness – 10 a.m. Bingo – 2 p.m.</p>	<p><b>27</b> 1-1 Visits Seniors Wellness Hymn Sing – 10 a.m. Music with Kim --2 pm</p>	<p><b>28</b> 1:1 Visits <b>Parkinson's Walk Fundraiser 9-11 a.m.</b> <b>Music with Cathy Kempert --2 p.m.</b></p>	<p><b>29</b> 1-1 Visits Seniors Wellness Big Word Game --2 p.m. <b>Campfire— 6:45 p.m.</b></p>	<p><b>30</b> 1-1 Visits Seniors Wellness Strengthening Class -10 a.m. Outdoor Walks --2 p.m.</p>	<p><b>31</b>  Patio Visits- 2 p.m.</p>

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