








| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|-----------|
| Are you interested in Playing Bridge? We are looking for Players Please contact the Recreation Dept. | 1 BC DAY HOLIDAY | 2 9:00-Seated Stretch (4 th Floor Exercise Room) Happy Birthday Mona! | 3 9:00-Keep Fit (4 th Floor Exercise Room) 1:30-Mural Reveal Celebration in the Parking Lot | 4 9:00-Seated Stretch (4 th Floor Exercise Room) 2:00-Bingo (3d Floor Craft Room)  | 5 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) | 6 |
| 7 | 8 9:00-Keep Fit (4 th Floor Exercise Room) | 9 9:00-Seated Stretch (4 th Floor Exercise Room) 10:00-Resident Council (Bistro) | 10 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) | 11 9:00-Seated Stretch (4 th Floor Exercise Room) 2:00-Bingo (3d Floor Craft Room)  | 12 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) | 13 |
| 14 | 15 9:00-Keep Fit (4 th Floor Exercise Room) 2:00- Cranium Crunches Exercises for your Brain (5 th Floor Library)  | 16 9:00-Seated Stretch (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) | 17 9:00-Keep Fit (4 th Floor Exercise Room) 7:00-Wine Tastings & Cheese Pairings  | 18 9:00-Seated Stretch (4 th Floor Exercise Room) 2:00-Bingo (3d Floor Craft Room)  Happy Birthday Donna! | 19 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) Happy Birthday Michael H! | 20 |
| 21 | 22 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Crafts- Making Lavender Sachets | 23 9:00-Seated Stretch (4 th Floor Exercise Room) 10:00-Food Meeting (Bistro) | 24 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro (Resident Run) | 25 9:00-Seated Stretch (4 th Floor Exercise Room) 2:00-Bingo (3d Floor Craft Room)  | 26 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Monthly Birthday Party (Multipurpose Room) | 27 |
| 28 | 29 9:00-Keep Fit (4 th Floor Exercise Room) 2:00- Cranium Crunches Exercises for your Brain (5 th Floor Library)  | 30 9:00-Seated Stretch (4 th Floor Exercise Room) | 31 9:00-Keep Fit (4 th Floor Exercise Room) 2:00-Afternoon Coffee In the Bistro Music performance by Sarah | <h1>August 2022</h1> <h2>ASSISTED LIVING</h2> | | |