

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FIRST SITTING
Breakfast 8:00 - 8:40 am
Lunch 11:45am-12:25pm
Supper 4:45 - 5:25 pm

SECOND SITTING
Breakfast 8:50 - 9:30 am
Lunch 12:35pm-1:15 pm
Supper 5:35 - 6:15 pm

August 2024

SPRUCEWOOD PLACE

DR - Dining Room
L - Lobby
O - Outside

104, 201
301 - Rooms

1:15pm Bible Readings (104)
2:00pm Chair Yoga (201)
3:00pm Karaoke (DR)
4:30pm **Chicken Supper Group (104)**
6:15pm Bingo (DR)
7:45pm Active Engagement Visits



10:00am Ring Toss (O)
11:00am Gratitude Journalling (301)
1:15pm Guided Relaxations (201)
2:00pm **Ice Cream Social (O)**
3:30pm **T-shirt Painting (104)**
6:15pm Gardening (O)
7:15pm Famous Faces (301)

10:00am Virtual Catholic Mass (DR)
11:00am Fun & Fitness (201)
1:15pm Active Engagement Visits
2:00pm Do You Hear What I Hear? (301)
2:30pm **Your Voice & Home Quality Resident & Family Council Meeting (DR)**
3:00pm Devotions (104)
4:00pm Cribbage (104)

1:15pm 1-1 Visits
2:00pm **Ladies Tea (104)**
3:00pm Bingo (DR)
4:00pm Outdoor Walk (O)
6:15pm Healing Sounds (301)
7:15pm Creative Doodle (301)

10:00am Gardening (O)
11:00am Word Games (DR)
1:15pm Ring Toss (O)
2:00pm **Men's Group (104)**
3:00pm Bingo (DR)

10:00am Dice Games (104)
11:00am Manicures (301)
2:00pm **Rock 'N' Roll Party (Entertainment by Chris Craig) (DR)**
4:00pm Outdoor Walk (O)
4:00pm Billiards (301)
6:15pm Calm Your Mind (201)
7:45pm Creative Doodle (301)

1:15pm Spiritual Reflections (104)
2:00pm Outdoor Walk (O)
3:00pm Watercolour Painting (301)
4:00pm Gardening (O)
6:15pm Bingo (DR)
7:45pm 1-1s

10:00am Fun & Fitness (201)
11:00am Do You Hear What I Hear? (301)
1:15pm 1-1s
2:00pm Name that Tune (DR)
3:00pm Outdoor Walk (O)
3:00pm Gratitude Journalling (301)
4:00pm Famous Faces (104)
6:15pm Guided Relaxations (201)
7:15pm Ripley's Believe it or Not (301)

10:00am Gardening (O)
11:00am Billiards (301)
1:15pm Dice Games (104)
2:00pm **Paint Afternoon (104)**
4:00pm Music Appreciation (DR)
4:00pm Uno Card Game (104)
6:15pm **Ice Cream Social (O)**
7:15pm Just for Kicks (O)
7:45pm Active Engagement Visits

1:15pm Chair Yoga (201)
2:00pm Meditative Colouring (301)
3:00pm Karaoke (DR)
4:00pm 1-1s
6:15pm Devotions (104)
7:15pm Trivia (301)

10:00am Dancercise (201)
1:15pm Bean Bag Toss (301)
2:00pm **Ladies Tea (104)**
3:00pm Bingo (DR)
6:15pm Gardening (O)
7:15pm Creative Doodle (301)

1:15pm Good 'Ol Days (104)
2:00pm **Picnic in the Park (O)**
3:00pm Scattergories (104)
4:00pm Just for Kicks (soccer) (O)
6:15pm Karaoke (DR)
7:45pm Calm Your Mind (301)

1:15pm Memory Matching (104)
2:00pm Axe Throw (O)
3:00pm Adventure Story Game (301)
4:00pm Active Engagement Visits
6:15pm **Documentary (DR)**
7:15pm Gardening (O)

1:15pm Bible Readings (104)
2:00pm Mini Golf (201)
3:00pm Cribbage (104)
4:00pm Scattergories (104)
6:15pm Bingo (DR)
7:45pm Gardening (O)

10:00am Chair Yoga (201)
11:00am Do You Hear What I Hear? (301)
1:15pm Good 'Ol Days (301)
2:00pm 1-1s
3:30pm Karaoke (DR)
6:15pm Billiards (301)
7:15pm Junk Drawer Detective (104)

10:00am Fun & Fitness (201)
11:00am Devotions (104)
12:00pm **BBQ Lunch Group (O)**
1:15pm Trivia (301)
2:00pm **Board/Card Games Social (DR)**
3:30pm 1-1s
3:30pm Famous Faces (104)
6:15pm Meditative Colouring (301)
7:15pm Gardening (O)

10:00am Virtual Catholic Mass (DR)
11:00am Manicures (301)
1:15pm Bowling (201)
2:00pm Active Engagement Visits
2:00pm Armchair Travels (104)
3:00pm Karaoke (DR)
4:00pm Yahtzee (104)

10:00am Gardening (O)
11:00am Word Games (DR)
1:15pm Axe Throw (201)
2:00pm Uno Card Game (104)
3:00pm Bingo (DR)

10:00am Just for Kicks (soccer) (DR)
11:00am Billiards (301)
1:15pm Gratitude Journalling (104)
1:15pm Active Engagement Visits
2:30pm Music Appreciation (DR)
3:30pm **Water Fun Target Practice (O)**
6:15pm Guided Relaxations (301)
7:45pm Meditative Colouring (104)

1:15pm Dancercise (201)
2:00pm Board Games (104)
3:00pm **Men's Group (104)**
4:00pm 1-1s
6:15pm Funniest Home Videos (DR)
7:15pm Gardening (O)

1:15pm Spiritual Reflections (104)
2:00pm Outdoor Walk (O)
3:00pm Scattergories (104)
4:00pm Adventure Story Game (301)
6:15pm Bingo (DR)
7:45pm Active Engagement Visits

10:00am Gardening (O)
11:00am Fun & Fitness (201)
1:15pm Active Engagement Visits
2:00pm Memory Matching (301)
3:00pm Cribbage (104)
3:00pm 1-1s
4:00pm Watercolour Painting (301)
6:15pm Karaoke (DR)
7:15pm Ripley's Believe it or Not (104)

10:00am Guided Relaxations (201)
1:30pm **Antique Car Show (O)**
6:15pm Armchair Travels (104)
6:15pm Ring Toss (201)
7:15pm Do You Hear What I Hear? (301)

10:00am Virtual Catholic Mass (DR)
11:00am Meditative Colouring (301)
1:15pm 1-1s
2:00pm Devotions (104)
3:00pm Outdoor Walk (O)
4:00pm Gratitude Journalling (301)
6:15pm Gardening (O)
7:15pm Memory Matching (104)

10:00am Dancercise (201)
11:00am Word Games (DR)
2:00pm **Ladies Tea (104)**
3:00pm Bingo (DR)
6:15pm Active Engagement Visits
7:15pm Uno Card Game (301)

10:00am Gardening (O)
11:00am Billiards (301)
1:15pm Good 'Ol Days (104)
2:00pm **Milestones (DR)**
3:00pm Calm Your Mind (201)
4:00pm Just for Kicks (soccer) (O)
6:15pm Karaoke (DR)
7:45pm Creative Doodle (301)

1:15pm Chair Yoga (201)
2:00pm Famous Faces (301)
3:00pm Name that Tune (DR)
4:00pm Mini Golf (201)
6:15pm **Movie Night (DR)**
7:45pm 1-1s

Programs are subject to change, please see white boards for daily programs.