

August 2024

Hespeler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:45am Musical Memories - HAA 10:45am Fun and Fitness (H & P) - PAA 2:00pm Artful Enrichment - ACRM	2 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	3 2:45pm Ice Cream Cart - HAA
4 11:00am Walk and Roll - HAA	5 1:00pm Walk and Roll - HAA 3:00pm Table Top Games - HAA	6 10:45am Fun and Fitness (H & P) - HAA 2:00pm Bake Sale Prep! - ACRM 2:00pm Beach Bag Guess - HAA	7 9:00am Walk and Roll - HAA 10:00am Bible Study with Niamh - ACRM 2:00pm Taco Prep - ACRM 3:00pm Time to Think - HAA	8 9:00am Visits with Sandy the Cat - CCR1 10:45am Fun and Fitness (H & P) - PAA 2:00pm Making Iced Coffees - HAA	9 10:00am Bingo - ACRM 11:00am Music Therapy - Resi 1:15pm Riverside Park -Pre-register with Alexis - OUT 2:00pm Super Fun & Fitness - ACRM 6:15pm Outdoor Chats (H) - CCRT	10 11:15am Ice Cream Cart - HAA
11 9:45am Sunday Morning Hymn Sing - HAA	12 10:30am Scripture and Song - HAA 1:00pm Walk and Roll - HAA 1:45pm QiGong Fitness - AUDI 2:00pm Social Art - ACRM 2:30pm Bilingual French and English Chats - AUDI	13 11:00am Summer Craft - HAA 1:30pm African Lion Safari Outing-Pre-register with Alexis - OUT 2:00pm Making Fresh Lemonade - ACRM 6:15pm Outdoor Chats (H & P) - CCRT	14 9:00am Walk and Roll - HAA 10:00am Bible Study with Niamh - ACRM 2:00pm Ice Cream Truck! - Suites Parking Lot 6:15pm Courtyard Concert - CCRT	15 9:15am Baking Fresh Bread - HAA 9:30am Beauty Shop - ACRM 10:45am Fun and Fitness (H & P) - PAA 2:00pm Artful Chats - ACRM 2:00pm Memorial Service - AUDI	16 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM 6:15pm Outdoor Chats (G) - CCRT	17 2:45pm Ice Cream Cart - HAA
18 11:00am Walk and Roll - HAA	19 10:30am Scripture and Song - HAA 1:00pm Walk and Roll - HAA 2:00pm Birthday Party (July and August) - 2nd	20 10:45am Fun and Fitness (H & P) - HAA 11:30am Restaurant Lunch- Pre-register with Alexis - OUT 1:30pm Beauty Shop - ACRM 6:15pm Outdoor Chats (H & P) - CCRT	21 9:00am Walk and Roll - HAA 9:45am It Makes Sense (H) - Resi 10:00am Bible Study with Niamh - ACRM 2:00pm Residents Council - ACRM 2:30pm Friendly Visits (H & P) - Resi	22 10:00am Java Music Club - ACRM 10:45am Fun and Fitness (H & P) - PAA 2:00pm Geri-Olympics - AUDI	23 2:00pm Corn on the Cob - ACRM	24 2:45pm Ice Cream Cart - HAA
25 9:45am Sunday Morning Hymn Sing - HAA	26 9:00am Visits with Schatzi the Dog - CCR1 10:30am Scripture and Song - HAA 1:00pm Walk and Roll - HAA 1:45pm QiGong Fitness - AUDI 2:30pm Bilingual French and English Chats - AUDI	27 10:00am Church - ACRM 1:30pm Cambridge Mall Outing-Pre-register with Alexis - OUT 6:15pm Outdoor Chats (H & P) - CCRT	28 Hatching Chicken Eggs Arrive! 9:00am Walk and Roll - HAA 9:45am It Makes Sense (H) - Resi 10:00am Bible Study with Niamh - ACRM	29 10:00am Bingo - ACRM 5:00pm Y & R Dinner and Movie - ACRM	30 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM	31 2:45pm Ice Cream Cart - HAA

2nd - 2nd Floor Dining Room

ACRM - Activity Room

AUDI - Centre Auditorium

CCRT - Centre Courtyard

HAA - Hespeler Activity Area

OUT - Outings

PAA - Preston Activity Area

Resi - Resident Room for 1-1 scoring

Check Program Boards daily for the most up to date information.