

August 2024



Preston

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

2nd - 2nd Floor Dining Room
OUT - Outings

ACRM - Activity Room
PAA - Preston Activity Area

AUDI - Centre Auditorium
Resi - Resident Room for 1-1 scoring

CCRT - Centre Courtyard

HAA - Hespeler Activity Area

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

