


August, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Medical Transport 9-11am Tuesdays		Medical Transport 9-11am Thursdays	1 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Friday Market - OOF 4:00 Social Hour	2 9:00 Chair Exercise 10:00 Drummercise 11:00 Coloring 2:30 Activity Assessment OD 4:00 Noodle Ball
National Watermelon Day 3 9:00 Weekend Craft Kits 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Board Games	4 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 4:00 Noodle Ball	5 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Activity Assessments 2:00 Men's Club 2:00 Crab Craft 3:30 Social Hour	6 9:00 Chair Exercise 10:00 Chair Exercise 11:00 Bingo 1:00 Shopping - OOF 4:00 Noodle Ball	7 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Maritime Museum 1:00 Cat Cuddling - OOF 2:00 Men's Club 3:00 Grief Group - PSAC	8 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Craft 3:30 Social Hour - CY	9 9:00 Chair Exercise 10:00 Drummercise 11:00 Coloring 1:00 Music in the Park - OOF 4:00 Noodle Ball
10 9:00 Weekend Craft Kits 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Board Games	11 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	12 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 1:00 Walk/Eye Spy - OF 2:00 Men's Club 3:30 Social Hour	13 9:00 Chair Exercise 10:00 Church 11:00 Bingo 1:00 Shopping - OOF 4:00 Noodle Ball	14 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 2:00 Food Committee - OD 3:30 Ice Cream Social	15 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Friday Market - OOF 4:00 Social Hour	16 Happy Birthday Genita 9:00 Chair Exercise 10:00 Drummercise 11:00 Brain Exercise 1:00 Saturday Market - OOF 4:00 Noodle Ball
17 9:00 Weekend Craft Kits 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Board Games	18 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	19 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Bingo 2:00 Men's Club 2::30 Sip & Paint	20 All Staff Meeting 9:00 Chair Exercise 10:00 Shopping - OOF 2:00 Noodle Ball - OD 4:00 Activity Assessments	21 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 2:00 Men's Club 3:00 Sing Along w/ Ellie & Celsa (Happy Hour too)	22 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Mobile Library 3:00 Craft	23 9:00 Chair Exercise 10:00 Drummercise 11:00 Brain Exercise 1:00 Kite Festival - OOF 4:00 Noodle Ball
24 9:00 Weekend Craft Kits 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Board Games	25 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	26 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 1:00 Resident Council - OD 2:00 Men's Club 3:30 Social Hour	27 9:00 Chair Exercise 10:00 Church 11:00 Bingo 1:00 Shopping - OOF 4:00 Noodle Ball	28 Happy Birthday Sue 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 3:30 Walk/Eye Spy - OF	29 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Friday Market - OOF 4:00 Social Hour	30 9:00 Chair Exercise 10:00 Garage Sale - PSAC 1:45 Ice Cream/Labyrinth - OOF 4:00 Activity Assessments
31 9:00 Weekend Craft Kits 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Board Games					PSAC = Peninsula Senior Activity Center	LR = Living Room CY = Court Yard DR = Dining Room OF = Out Front OD = Overflow Dining Room OOF = Out of Facility

*Activities subject to change. Please check the activity room board for any changes.