

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MONDAY AUG 4 Civic Holiday	 MONDAY AUG 25 Banana Split Day				International Beer Day! 10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 10:30 Virtual Chair Yoga *Penny is away today* (T) 11:30 Outing: Food Truck Friday\$ (RSVP) 2:00 Euchre Fridays! (PB) 2:00 Sketch & Drawing Session: "How to Draw a Detailed Cat" (ACW) 3:00 Beer Tasting with Beer Flights (PB) 7:00 Friday Night You Pick Movie Night! (T)	8:00 Carp Farmers Market 8:00am-1:00pm (Walking Distance, Exit Through 3rd Floor) (3E) 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Ladder 49(2004) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 9:30 Church Service- St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Classic TV Shows: Golden Girls Series (T)	10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Resident Run: Evening Bridge (CK) 6:30 Learn to Play Pool with Locks (PB) 7:00 Biography Movie Night: Sally (2025) (T)	National Watermelon Day! 9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 12:45 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 1:30 Resident Run Bridge (PB) 2:00 In-Person Guest Speaker: Master Gardener Rebecca Presents: Gardening with Wildlife (NEW) (T) 3:00 Watermelon Spritz Cocktail & Mocktail with Fresh Watermelon Social in the Pub (PB) 3:00 Come down to the Bistro if you need help with your Survey, Margie and Steph will be here to help! (PB) 3:30 Let's Dance with a Zumba Class! *New Time* (CK) 4:00 Resident Run: Go 4 Life Walking Club (LO) 7:00 Action Movie Night: The French Connection (1971) (T)	Hair Salon with Kelly\$ (SS) 9:45 The most talked about DAILY New York Times Wordle Game (T) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with the Bluesy Swing Duo (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Peach Gin Fizz Cocktail (PB) 6:30 Resident Run: 6 Hand Euchre (CK) 7:00 Movie Night: Your Pick! (T)	10:00 Anglican Church Service with New Rector Bob Albert (In-person) with support dog Chloe (T) 10:00 Vendor: Mary Kay Skin Care & Cosmetics\$ (GF) 10:00 Outing: Ottawa Public Library (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 List It Word Game (T) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Comedy Movie: Monty Python Life of Bryan (1979) (T)	10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 10:30 Chair Yoga with Penny (T) 11:00 Friday Fish out of Water Mystery (UK) 2:00 Euchre Fridays! (PB) 2:00 Digital Concert: André Rieu live at Schönbrunn Palace, Vienna (T) 3:00 Wine and Say Cheese Social (PB) 7:00 Friday Night You Pick Movie Night! (T)	8:00 Carp Farmers Market 8:00am-1:00pm (Walking Distance, Exit Through 3rd Floor) (3E) 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Ford vs. Ferrari (2019) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 9:30 Church Service- St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Meet me at the MoMA: Presentation and Discussion on Artist Jasper Johns (T) 7:00 Sunday Classic TV Shows: Golden Girls Series (T)	9:30 Outing: Carlingwood Mall Shopping (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Canadian Canuckle & Wordle (T) 2:00 * B-I-N-G-O! * (PB) 2:00 Computer 101 with Jill or Steph (Learn Computer Techniques) (LL) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Resident Run: Evening Bridge (CK) 6:30 Learn to Play Pool with Locks (PB) 7:00 Documentary Movie Night: The Blue Angels (2024) (T)	9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 12:45 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 1:30 Resident Run Bridge (PB) 2:00 Artful Painting Workshop: Acrylic Hummingbird (ACW) 3:00 Guest Speaker (In-Person) Karin from the Royal Botanical Gardens who moved here from Burlington! Topic: Amazing Monarchs (T) 3:30 Let's Dance with a Zumba Class! *New Time* (CK) 4:00 Resident Run: Go 4 Life Walking Club (LO) 4:00 Peach Bellinis in the Pub! (PB) 7:00 Drama Movie Night: Courage Under Fire (1996) (T)	Hair Salon with Kelly\$ (SS) 9:45 The most talked about DAILY New York Times Wordle Game (T) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Arlene Quinn (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Peach Ice Tea Cocktail (PB) 6:30 Resident Run: 6 Hand Euchre (CK) 7:00 Movie Night: Your Pick! (T)	National Creamsicle Day! 10:00 Outing: The New Hard Rock Casino and Lunch\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 11:00 Rebus Word Game (T) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 3:00 Cold Creamsicles and Afternoon Baked Goods Social by the Flour Power Baking Club (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Romance Movie: Before Sunrise (1995) (T)	10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 10:30 Chair Yoga with Penny (T) 11:30 Outing: Food Truck Friday\$ (RSVP) 2:00 Live Art Presentation: " It's Painting Cats and Dogs" (T) 2:00 Euchre Fridays! (PB) 3:00 Wine and Say Cheese Social (PB) 7:00 Friday Night You Pick Movie Night! (T)	8:00 Carp Farmers Market 8:00am-1:00pm (Walking Distance, Exit Through 3rd Floor) (3E) 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Wall Street (1987) (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 17 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Classic TV Shows: Golden Girls Series (T)	10:30 Strength & Endurance Exercise Class with Steven (CK) 18 11:00 Canadian Canuckle & Wordle (T) 1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Resident Run: Evening Bridge (CK) 6:30 Learn to Play Pool with Locks (PB) 7:00 Biography Movie Night: Robin Williams - Come inside my mind(2018) (T)	9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 19 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:00 Vendor: Maggie's Designs (GF) 11:15 Strength & Stretch (Assisted Living) (2AR) 12:45 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 1:30 Resident Run Bridge (PB) 2:00 Food for Thought Meeting with Rob, Darren and Kim (T) 2:00 Crafters Corners: Seashell Necklaces & Bracelets (ACW) 3:00 Special Guest: Learn with Marc & Makatew Workshops (T) 3:30 Let's Dance with a Zumba Class! *New Time* (CK) 4:00 Resident Run: Go 4 Life Walking Club (LO) 4:00 Fresh Peach Margarita Social (PB) 7:00 Action Movie Night: Smokey and the Bandit (1977) (T)	Hair Salon with Kelly\$ (SS) 20 9:45 The most talked about DAILY New York Times Wordle Game (T) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Peter Foret (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Peach Fuzzy Naval Cocktail (PB) 6:30 Resident Run: 6 Hand Euchre (CK) 7:00 Movie Night: Your Pick! (T)	Carp Summer Country Day Celebration! *Wear your Plaid, Jean Jackets, Country Hats* 21 10:00 Church Service In-person) with Rev. Neil Wallace (T) 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK) 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Country Music Name that Tune and Trivia *Win a Cowboy Hat!*(T) 2:00 Carp Country Hoedown Party with Live Entertainment by Me and Maggie G (CK) 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Comedy Movie: 9 to 5 (1980) (T)	10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 22 10:30 Chair Yoga with Penny (T) 11:00 Hooked on Friday Mystery (UK) 2:00 Euchre Fridays! (PB) 2:00 Guest Speaker: Presentation on Voyager with Astronomer Frank Hitchens (T) 3:00 Wine and Say Cheese Social (PB) 3:00 Digital Concert: Mountbatten Festival of Music " Massed Bands of His Majesty's Royal Marines" (T) 7:00 Friday Night You Pick Movie Night! (T)	8:00 Carp Farmers Market 8:00am-1:00pm (Walking Distance, Exit Through 3rd Floor) (3E) 23 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: The Colour of Money (1986) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 24 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Meet me at the MoMA: Presentation and Discussion on Artist Georgia O'Keeffe (T) 7:00 Sunday Classic TV Shows: Golden Girls Series (T)	10:30 Strength & Endurance Exercise Class with Steven (CK) 25 11:00 Canadian Canuckle & Wordle (T) 1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL) 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn to Play (CK) 3:00 Happy Hour on the Life Enrichment Team (PB) 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS) 6:30 Resident Run: Evening Bridge (CK) 6:30 Learn to Play Pool with Locks (PB) 7:00 Documentary Movie Night: Sly (2023) (T)	National Banana Split Day Celebration 9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 26 10:00 Carp Commons Men's Group! (B) 10:30 Gentle Exercise Class (Low Impact) (CK) 11:15 Strength & Stretch (Assisted Living) (2AR) 12:45 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 1:30 Resident Run Bridge (PB) 2:00 Crafters Corners: Ocean Seaglass Craft (ACW) 3:00 Banana Split Social in the Pub and Word in a Word Game on the New Smart Board (PB) 3:30 Let's Dance with a Zumba Class! *New Time* (CK) 4:00 Resident Run: Go 4 Life Walking Club (LO) 7:00 Drama Movie Night: Dog (2022) (T)	Hair Salon with Kelly\$ (SS) 27 9:45 The most talked about DAILY New York Times Wordle Game (T) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and Crocheting Coffee Social Group (LL) 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with Jumpin Jimmy! (CK) 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Peach Cocktail (PB) 6:30 Resident Run: 6 Hand Euchre (CK) 7:00 Movie Night: Your Pick! (T)	10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP) 28 10:30 Strength & Endurance Exercise Class with Steven (CK) 2:00 *Fitminds Stay Sharp Brain Health* (ACW) 2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB) 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK) 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS) 6:30 Resident Run Game Night: Wizard (CK) 7:00 Romance Movie: City of Angels (1998) (T)	10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 29 10:30 Chair Yoga with Penny (T) 2:00 In-person Guest Speaker(Mireille): Topic: Osteoarthritis (T) 2:30 Euchre Fridays! (PB) 3:00 Wine and Say Cheese Social (PB) 7:00 Friday Night You Pick Movie Night! (T)	8:00 Carp Farmers Market 8:00am-1:00pm (Walking Distance, Exit Through 3rd Floor) (3E) 30 9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 9:30 The most talked about DAILY New York Times Wordle Game (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Resident Run: Go 4 Life Walking Club (LO) 10:30 Weekend Virtual Exercise (T) 1:30 Resident Run Bridge (T) 2:30 MUSICAL Bingo (PB) 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Award Winning Movie: Mission Impossible M:1 (1996) (T)
9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 31 9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL) 10:30 Non- Denominational TV Church Service and Hymn Sing (T) 1:00 Afternoon Movie Matinee (T) 2:00 Resident Run: Rummikub in the Bar! (PB) 3:00 Piano Sunday with Allan Ryan (MP) 7:00 Sunday Classic TV Shows: Golden Girls Series (T)		Calendar Legend Outing Special Program Vendor Living, Loving, Local Signature Program Highlight	Be Bold		Locations Legend Theatre (T) Country Kitchen (CK) Pub/Bistro (PB) Meet in the Lobby (LO) Outing (RSVP) IN THE VILLAGE (VILL) 2nd Floor Activity Room (2AR) Suite-to-Suite (STS) Art and Craft Workshop (ACW) Library/Lounge (LL) 3rd Floor Entrance (3E) Boardroom (B) Salon/Spa (SS) Multipurpose Room (MP) Ground Floor (GF) Unknown (UK)	