

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
CTY=Court yard C=Court W=West O=Oaks GSA=Highrise C=Chapel T=Therapy Gym	10:00 EnerG 1 Exercises(O) 10:30 Frozen Cheese cake (CT) 1:00 Exercises (64) 2:00 Pokeno (O)	10:30 Pilates (CT) 2 1:00 Exercises (64) 2:00 Cribbage (CT) 6:30 Bingo (CT) 1-3 Pan-Towners Car show (NH)	10:30 Active 3 games(CTY) 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 3:00 Power Pump(T)	10:30 Kickboxing (CT) 4 1:00 Exercises(64) 1:30 Rosary/Mass (C) 2:00 Crafts/Jewelery (GSA) 6:30 Bingo (O) Theme day:Wear Purple	0:00 EnerG Ex.(O) 5 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: Grumpy Old Men (CT)	11:00 Exercises 6 (64) 6:30 Relaxation Exercises(64) 6:30 Bingo (GSA)	
10:00 Worship 7 1:30 Coffee and Chat (O) 6:30 Relaxation Exercises(64)	10:00 EnerG 8 Exercises(O) 10:30 Polish Coffee Cake (CT) 1:00 Exercises (64) 2:00 Pokeno (CT)	10:30 Pilates (CT) 9 1:00 Exercises (64) 2:00Hawaiian Birthday Party for all in(CTY) Music: Greta/David 6:30 Bingo (CT)	10:30 Active 10 games(CTY) 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 3:00 Power Pump(T)	10:30 Kickboxing (CT)11 1:00 Exercises(64) 1:30 Rosary/Mass (C) 2:30 Rockpainting(CT) 6:30 Bingo (O) Theme day:Clown Day	10:00 EnerG Ex.(O)12 10:30 Tai Chi (CT) 1:00 Exercises (64) 1:30 Movie: Parent trap (CT)	11:00 Exercises 13 (64) 6:30 Relaxation Exercises(64) 6:30 Bingo (GSA)	
10:00 Worship 14 1:30 Coffee and Chat (O) 6:30 Relaxation Exercises(64)	10:00 EnerG 15 Exercises(O) 10:30 Golf Tournament(CTY) 1:00 Exercises (64) 2:00 Pokeno (GSA)	10:30 Pilates (CT) 16 1:00 Exercises (64) 2:00 Horse Racing (O) 6:30 Bingo (CT)	10:30 Active 17 games(CTY) 1:00 Exercises (64) 1:30 Coffee &Chat (GSA) 3:00 Power Pump(T)	10:30 Kickboxing (CT)18 1:00 Exercises(64) 1:30 Rosary/Mass (C) 2:00 Craft HR (GSA) 6:30 Bingo (O) Theme day: Golf day	10:00 EnerG Ex.(O)19 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: I Love Lucy (CT)	11:00 Exercises 20 (64) 6:30 Relaxation Exercises(64) 6:30 Bingo (GSA)	
10:00 Worship 21 1:30 Coffee and Chat (O) 6:30 Relaxation Exercises(64)	10:00 EnerG 22 Exercises(O) 10:30 Sour Dough Bread (CT) 1:00 Exercises (64) 2:00 Pokeno (W)	10:30 Pilates (CT) 23 1:00 Exercises (64) 2:00 Yahtzee (CT) 6:30 Bingo (CT)	10:30 Active 24 games(CTY) 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 3:00 Power Pump(T)	10:30 Kickboxing (CT)25 1:30 Rosary/Mass (C) 2:00 Painting/wood or canvas (O) 6:30 Bingo (O) Theme day: Farmer day	10:00 EnerG Ex.(O)26 10:30 Tai Chi (CT) 1:00 Exercises (64) 1:30 Movie: Mary Higgins Clark mystery (CT)	11:00 Exercises 27 (64) 6:30 Relaxation Exercises(64) 6:30 Bingo (GSA)	
10:00 Worship 28 1:30 Coffee and Chat (O) 6:30 Relaxation Exercises(64)	10:00 EnerG 29 Exercises(O) 10:30 Bannock Bread(CT) 1:00 Exercises (64) 2:00 Pokeno (O)	10:30 Pilates (CT) 30 1:00 Exercises (64) 2:00 Cribbage (CT) 6:30 Bingo (CT)	10:30 Active 31 games(CTY) 1:00 Exercises (64) 1:30 Coffee & Chat (GSA) 3:00 Power Pump(T)	<h1>August 2022</h1>			