


# (Blue Heron) August Activities Calendar 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>AM: Hymn Sing/Church (Roman Catholic Service) AFT: Sunday Sundeas AFT: Beanbag Toss</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>2 <b>Civic Holiday</b></p> <p>AM: Exercise Class AFT: Baking AFT: Terry Fox Day Documentary &amp; Baked Treat</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>3</p> <p>AM: Balloon Badminton AFT: Creative Crafting AFT: Patio Garden Care EVE: Evening Walks</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>4</p> <p>AM: Exercise Class AFT: Baking Chocolate Chip Cookies AFT: Hot Chocolate &amp; Cookies on the Patio</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>5</p> <p>10:00 Yoga with Colleen 2:00: Music by "3's a Crowd" (Gazebo)</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>6</p> <p>AFT: Current Events &amp; Coffee AFT: Giant Crossword EVE: Touch to Play Gaming System</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>7</p> <p>AFT: Book Club &amp; Wine- Patio AFT: Indoor Bocce Ball EVE: Popcorn &amp; Resident Choice Movie</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>
<p>8</p> <p>AM: Hymn Sing/Church (Lutheran Service) AM: Royal Teatime Social</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>9</p> <p>AM: Exercise Class AM: Creative Writing Club</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>10</p> <p>AM: Balloon Badminton AM: Patio Garden Care 10:45 Resident Council Mtg.</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>11</p> <p>AFT: Welcome Social 2:00 Music with Lorrina -Virt:</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>12</p> <p>AM: Balloon Badminton AM: Manicures/Hand Massages AFT: Water Gun Target Shooting on the Patio</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>13</p> <p>AM Exercise Class: 12:00 Take Out Lunch (Resident Choice) AFT: CLE Craft</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>14</p> <p>AM: Coffee Club on the Patio AFT: Neighbourhood walks AFT: Carpet Bowling &amp; Creamsicles</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>
<p>15</p> <p>AM: Hymn Sing/Church (United Service) AM: Relaxation Yoga &amp; Green Tea</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>16</p> <p>AFT: Exercise Class AFT: Tie Dying Shirt Craft</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>17</p> <p>AFT: Making Ice Cream Sandwiches AFT: Prize Bingo EVE: Trivia &amp; Treats</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>18</p> <p>AM: Exercise Class AFT: Afternoon Baking AFT: Men's Club – Air Hockey EVE: Campfire Stories on the Patio</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>19</p> <p>AFT: Photoshoot Craft &amp; Glamour Shots EVE: Evening Outing (Resident Choice)</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>20</p> <p>AFT: Birthday Party EVE: Radio Trivia Game</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>21</p> <p>AFT: News &amp; Views Coffee Club - Patio AFT: Snack Picnic at the Park EVE: Name That Scent</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>
<p>22</p> <p>AM: Hymn Sing/Church (Presbyterian Service) AFT: Angel Craft AFT: Baking Angel Food Cake</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>23</p> <p>AM: Exercise Class AM: Woodworking 2:00 Music by Jim N' I (Gazebo):</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>24</p> <p>AFT: Balloon Badminton AFT: Summer Social Club EVE: What's in the Box?</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>25</p> <p>AM: Exercise Class AFT: Making Banana Splits</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>26</p> <p>AM: Morning Yoga AM: Patio Garden Care AFT: Giant Crossword</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>27</p> <p>AM: Chair Dancing AM: Manicures AFT: Prize Bingo</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>28</p> <p>AFT: Ball Drumming AFT: Making Fruit Popsicles</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>
<p>29</p> <p>AFT: Hymn Sing/Church (Roman Catholic Service) AFT: Movie Matinee &amp; Popcorn</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>30</p> <p>AFT: Exercise Class AFT: Travelling Trivia Tuck Cart EVE: Flyer Price Is Right</p>	<p>31</p> <p>2:00: John Fletcher Band (Gazebo) EVE: Residents Choice Activity</p> <p>(Daily Outdoor/Facetime Visits &amp; 1:1's)</p>	<p>Due to the Covid-19 pandemic recreation programming is limited and subject to change. Please see RHA recreation staff daily for updates.</p>			<p>AM: Morning Program AFT: Afternoon Program EVE: Evening Program HBCY - HB Court Yard SPCY – SP Court Yard FY – Front Yard Patio – 2<sup>nd</sup> Floor</p>

