

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Legend</u></p> <p>WS – Whistle Stop FW – Fitness Wellness Room CN – CN Crossing GTT Grand Trunk Trail WA – Wabash CW – Chesapeake Way</p>	<p>1:30 Trivia – WA 3:00 One to One Visits</p> <p>Civic Holiday</p>	<p>10:00 Euchre Group – WS 10:30 Exercise Class – FW 11:00 One to One Visits 1:15 Family Connections 2:30 Residents' Council Meeting – CN Dining Room</p>	<p>10:00 Family Feud 11:00 Outdoor Strolls 2:30 Bingo – CW</p>	<p>10:00 Catholic Service 10:30 Exercise Class – Fitness Wellness Room 1:30 One to One Visits 2:30 Penny Auction</p>	<p>9:30 Get Energized! – Fitness Wellness Room 10:00 Manicures 11:00 One to One Visits 1:30 Family Connections 2:30 Pub Cart 6:30 Scrabble Group – CN Happy Birthday Gary!</p>	<p>10:00 Floral Arranging – WA</p> 
<p>1:30 One to One Visits 2:30 Church Service/Hymn Sing</p>	<p>10:00 Timmies Coffee Break 1:00-4:00 Music Therapy Visits 1:30 Family Connections 2:30 Name That Tune</p>	<p>10:00 2Hands Clay – WS 10:30 Exercise Class – Fitness Wellness Room 2:00 Birthday Cake Delivery</p>	<p>10:00 Famous Faces – WA 12:00 Chesapeake BBQ Lunch – Outdoor Pavilion 2:30 Bingo – CW</p>	<p>10:00 Catholic Service 10:30 Exercise Class – Fitness Wellness Room 2:00 Music with Cam! – Outdoor Pavilion 6:15 Golf Cart Rides</p>	<p>9:30 Get Energized! – Fitness Wellness Room 11:00 One to One Visits 1:30 Family Connections 2:30 Nature Show – WA 6:30 Target Toss</p>	<p>11:00 One to One Visits</p> <p>Happy Birthday Mike G!</p>
<p>1:30 One to One Visits 2:30 Church Service/Hymn Sing</p>	<p>10:00 Timmies Coffee Break 1:30 Family Connections 1:00-4:00 Music Therapy Visits 2:30 Music with Eric Lunn! – CW Dining Room</p>	<p>10:00 Euchre Group – WS 10:00 Super Quiz – WA 10:30 Exercise Class – FW 2:30 Music with Joanne Room to Room 2:30 Travelogue – WA 6:15 Movie Night – GTT Happy Birthday Dorothy!</p>	<p>10:00 Shuffleboard – WA 1:30 One to One Visits 2:30 Bingo – CW</p>	<p>10:00 Catholic Service 10:30 Exercise Class – Fitness Wellness Room 1:30 Trivia</p>	<p>9:30 Get Energized! – Fitness Wellness Room 10:00 Crossword 11:00 One to One Visits 1:30 Family Connections 2:30 Lawrence Welk Show – WA</p>	<p>“Breathe the sweetness that hovers in August.” – Denise Levertov</p>
<p>“Happiness is not by chance, but by choice.” – Jim Rohn</p>	<p>10:00 Timmies Coffee Break 1:00-4:00 Music Therapy Visits 1:30 Family Connections 2:30 Jeopardy – WA Happy Birthday Marilyn!</p>	<p>10:00 Euchre Group – WS 10:00 What's Baking? – WA 10:30 Exercise Class – Fitness Wellness Room 1:15 Treat Delivery 6:30 I Love Lucy Show – CN</p>	<p>10:00 Who, What, Where? – WA 11:00 Strolls 2:30 Bingo – CW 6:30 Trivia – CN Happy Birthday Bill C!</p>	<p>10:00 Catholic Service 10:30 Exercise Class – Fitness Wellness Room 2:30 Active Game Happy Birthday Betty!</p>	<p>9:30 Get Energized! – Fitness Wellness Room 11:00 One to One Visits 1:30 Family Connections 2:30 I Love Lucy Show 6:30 Musical Show – CN</p>	<p>10:00 Word Game</p> 
<p>1:30 One to One Visits 2:30 Church Service/Hymn Sing</p>	<p>10:00 Timmies Coffee Break 1:00-4:00 Music Therapy Visits 1:30 Family Connections 2:30 Men's Club – WA</p>	<p>10:00 Euchre Group – WS 10:30 Exercise Class – Fitness Wellness Room 2:30 Catholic Communion Service – GTT DR</p>	<p>10:00 Manicures 11:00 Calendar Visits 1:30 One to One Visits 2:30 Bingo – CW 6:30 Nature Show – WA</p>	<h1>August 2022</h1> <h2>Chesapeake Way</h2>		

Kait is your Chesapeake Way Recreationist – ext. 376 or via email at kdyck@stthomas.ca