




# SENIORS DAY PROGRAM

# AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>TO BOOK OR CANCEL CALL CAROL @ 705-355-1022 EXT.238 PLEASE LEAVE MESSAGE</p>			<p><b>1</b> 10:00 Coffee Social B.P &amp; Weights/ Council Meeting 11:00 Light Exercise 12:15 Lunch 1:15 Ladder Ball</p>
<p><b>5</b> CIVIC HOLIDAY - CLOSED</p> 	<p><b>6</b> CLOSED NO SHOPPING</p>	<p><b>7</b> 10:00 Coffee Social Wheel of Fortune 11:00 Light Exercise 12:15 Lunch 1:15 Bingo</p>	<p><b>8</b> 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Shuffle Board</p>
<p><b>12</b> 10:00 Coffee Social Old as Dirt Quiz 11:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 John &amp; Catherine Music</p>	<p><b>13</b> 10:00 Coffee Social Washer Toss 11:00 Light Exercise 12:15 Lunch 1:15 Craft</p>	<p><b>14</b> 10:00 Coffee Social Group Crossword 11:00 Light Exercise 12:15 Lunch 1:15 Older then Dirt Quiz</p>	<p><b>15</b> 10:00 Coffee Social Health Chat 11:00 Light Exercise 12:15 Lunch 1:15 Movie With Treat</p>
<p><b>19</b> 10:00 Coffee Social All About Newfoundland 11:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 Ice Cream / Client's choice</p>	<p><b>20</b> 10:00 Coffee Social Ice Breakers 11:00 Light Exercise 12:15 Lunch 1:15 Home Early - Giant Tiger</p>	<p><b>21</b> 10:00 Coffee Social Find It 11:00 Light Exercise 12:15 Lunch 1:15 Shuffle Board</p>	<p><b>22</b> 10:00 Coffee Social Blueberry Social! 11:00 Light Exercise 12:15 Lunch 1:15 Wheel of Fortune</p>
<p><b>26</b> 10:00 Coffee Social Word in a Word 1:00 <b>VON SMART Exercise</b> 12:15 Lunch 1:15 John &amp; Catherine Music</p>	<p><b>27</b> 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Bingo</p>	<p><b>28</b> 10:00 Coffee Social Word Search 11:00 Light Exercise 12:15 Lunch 1:15 Craft</p>	<p><b>29</b> 10:00 Coffee Social Balloon Badminton 11:00 Light Exercise 12:15 Lunch 1:15 Ring Toss</p>