





























Regency Retirement Community



August 2022

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Civic Holiday 2:30pm Afternoon Bingo 	2 1:00pm Fall Prevention Exercise DR 	3 10:30 Tim Hortons Coffee and Donuts 2:00pm Bingo 	4 1:00pm Fall Prevention Exercise DR 	5 8:00 am Breakfast Club 10:00am Tuck Shop DR 1:30pm Bingo 	6 2:30 Refreshments 
7 2:30pm Afternoon Bingo 	8 10:15am Blood Pressure & Weight clinic DR 2:30pm Ice Cream Social DR 	9 10:15am Baking Program DR 1:00pm Fall Prevention Exercise DR 	10 2:00m Social with Ggryph & his Falcons Visit outdoor Patio 	11 10:30am Art Program 1:00pm Fall Prevention Exercise DR 	12 Breakfast Club n Tuck Shop DR Birthday party & entertainment with Robert D'Cruz on the Patio 	13 2:30 Refreshments DR
14 2:30pm Afternoon Bingo	15 10:15am Blood Pressure & Weight clinic DR 2:30pm JUST FOR FUN Trivia & Treats DR	16 1:00pm Fall Prevention Exercise 2:30pm Bingo 	17 10:15am Art program 2:00 pm Happy Hour with Hal & Allison on the Patio 	18 10:15am What's Cooking 1:00pm Fall prevention Exercise DR 	19 8:00 am Breakfast Club 10:00am Tuck Shop DR 2:00 Margaretaville & FOAM Party on the Patio	20 2:30 Refreshments
21 2:30pm Afternoon Bingo	22 10:15am Blood Pressure & Weight clinic DR 2:00pm Smoothies	23 10:15am Baking Program DR 1:00pm Fall Prevention Exercise DR 	24 2:00pm Jazz Band & Ice Ccream social on the Patio	25 10:00am Crafts DR 1:00pm Fall prevention Exercise DR 	26 8:00 am Breakfast Club 10:00am Tuck Shop DR 2:30pm Popcicles on the Patio	27 2:30 Refreshments
28 2:30pm Afternoon Bingo 	29 10:15am Blood Pressure & Weight Clinics DR 2:30 Ice Cream Social DR 	30 10:15am What's Cooking DR 1:00pm Fall Prevention Exercise DR 	31 1:00pm Residents Advisory Mtg First floor lounge			
<p style="color: red;">Programs are subject to change without notice RH-Retirment Home DR-2nd floor Dining room</p>						



Robert W
Aug 8

Daniel H
Aug 14

Anna F
Aug 23

Ian C
Aug 24



Regency Retirement Community

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