

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

August 2020

PRIDDIS

1						
2	Happy Heritage Day ALBERTA	3 10:45 Balance Exercise 2:45 Let's Make Popsicles	4 10:45 Breathing Meditation Exercise 2:45 Popsicles on the Patio	5 10:45 Sit & Stretch 2:45 Cranium Crunches	6 10:45 Music & Movement 2:45 Lucy Documentary <small>Happy Birthday, Lucy – Lucille Ball was born on this date in 1911</small>	7 8
9 <small>Elvis Week Begins</small>	10 10:45 Strength Exercise 2:45 Bingo	11 10:45 Balance Exercise 2:45 Friendship Visits	12 10:45 Breathing Meditation Exercise 2:45 Elvis Documentary	13 10:45 Sit & Stretch 2:45 Nature Walk	14 10:45 Music & Movement 2:45 Weather Song Title Quiz	15
16	17 10:45 Strength Exercise 2:45 Spelling Bee	18 10:45 Balance Exercise 2:45 Watermelon Social on the Patio	19 10:45 Breathing Meditation Exercise 2:45 Courtyard Stoll	20 10:45 Sit & Stretch 2:45 Celebrating Lemonade Lemonade's Birthday – On this date in 1630, a variety of lemonade was invented in Paris, France.	21 10:45 Music & Movement 2:45 Vinyl Record Activity	22
23	24 10:45 Strength Exercise 2:45 Word Games	25 10:45 Balance Exercise 2:45 Friendship Visits	26 10:45 Breathing Meditation Exercise 2:45 Reminisce – Favorite Vacations	27 10:45 Sit & Stretch 2:45 Movie Matinee	28 10:45 Music & Movement 2:45 Bingo	29
30	31 10:45 Strength Exercise 2:45 Nature Walk Be an Angel Day – A day to do one small act of service for someone.	 <h1 style="font-size: 4em; margin: 0;">C2</h1>				