



Elder's Recreation Activities August

Monday	Tuesday	Wednesday	Thursday
<p>August 2nd Civic Holiday</p>	<p>August 3rd 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>	<p>August 4th 10:30 am - Sharing Circle 2:30 pm - Chair Yoga</p>	<p>August 5th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>
<p>August 9th 11:00 am - Medicine Wheel Teaching with Lorraine Albert 2:30 pm - Beaded Iguana Keychain Making</p>	<p>August 10th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>	<p>August 11th 10:30 am - Sharing Circle 2:30 pm - Canvas Painting</p>	<p>August 12th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>
<p>August 16th 10:30 am - Spa Day (Face masks, nail painting, foot care)</p>	<p>August 17th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>	<p>August 18th 10:30 am - Sharing Circle 2:30 pm - Indoor Bowling</p>	<p>August 19th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>
<p>August 23rd 10:30 am - Sit N Stretch 2:30 pm - Guided Meditation</p>	<p>August 24th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>	<p>August 25th 10:30 am - Sharing Circle 2:30 pm - Banana Split making, and social</p>	<p>August 26th 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>
<p>August 30th 11:00 am - July and August Birthday Celebration at Elders' Center</p>	<p>August 31st 9:30 am - Puzzles, Crosswords, Wordsearches, and Coffee 1:00 pm - Elders' Radio Bingo (Rose calls Bingo)</p>	<p>Call our Recreation Therapist, Rose at 780.215.7045 to register.</p> <p>To help keep everyone safe during COVID-19, each activity will have a maximum of 6 people per activity.</p>	