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Royalcliffe • Ashley Thompson, Active Living Manager, ashley.thompson@cogirseniorliving.ca

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August 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		W MAN MAN	CALENDAR LEGEND	ROOM LEGEND	1 Shimmer, Sparkle & Shine Day	2 National Ice Cream Sandwich Day				
			Sign up Required  Special Programs Outings Technology* TEP = Tiered Exercise Program	A - Alcove B - Bistro CR - Club Room G - Gym GR - Games Room L - Lobby LIB - Library P - Pool SC - Spiritual Centre T - Theatre	Dress in your Sparkly Best 9:30/10:30/1:30 Limo Trips to No Frills & Dollarama (L) 10:00-11:30 Omelette Brunch on the Patio 1:00 Bridge Club (CR) 1:00 Ladies Billiards & Beer (GR) 2:00 Sparkling Social (B) 7:00 Movie & Popcorn (T)	10:30 Saturday Morning Walking Group (L) Resident Le 1:30 Men's Billiards & Beer (GR) 2:00 Suzanne & Stephen Sing (B) 3:00 Cards & Games (GR) 7:00 Movie (T) Enjoy an ice cream sandwic in the Bistro for 2pm snack				
3 National Watermelon Day  10-2 Family Swim (P)   1:00 Krafty Knitters (CR)  2:00 Euchre (A)  7:00 Worship Service (SC)  7:00 TV Series (T)  Enjoy some refreshing watermelon in the Bistro for 2pm snack  Cranium Crunches Pick up in the Lobby	4 CIVIC HOLIDAY  10:30 Coffee & Colouring (B) 1:00 Cribbage (A) 2:00 Food For Thought Social with Karan (B) 6:45 Bingo (CR)	10:00 Swimfit with Ashley (G) 10:30 Bus Trip to White Oaks Mall (L)  1:00 Billiards (GR) 1:15 Planning Meeting (B) 2:15 Password (T) 7:00 Poker (GR) 7:00 Movie (T)	9:45 Duc D'Orleans Cruise & Lunch (L) 10:30 Strength Class with Ashley (G) 1:00 Bridge Club (CR) 1-3 Manicures (CR) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	9:30/10:30/11:30 Limo trips to Cherry Hill Mall (L) 10:30 Exercises with Wendy (G) 1:00 Billiards (GR) 2:00 Painting Class with Carolyn (CR) 16:45 Bingo (CR)	10:30 Exercises with Wendy (G) 1:00 Bridge Club (CR) 1:00 Ladies Billiards & Beer (GR) 1:00 Farewell Karan (B) 2:00 Marie Bottrell Sings (B) 7:00 Movie (T)  Vendor Visit 2-5pm Connie's Embroidery	9 National Rice Pudding Day CR Booking 9-5pm 1:30 Men's Billiards & Beer (GR) 2:00 Whitney Houston: I Wanna Dance with Somebody Neflix Special (T) 2-5 Connie's Creations (L) 3:00 Cards & Games (GR) 7:00 Movie (T) Enjoy Rice Pudding for dessert at Dinner tonight!				
CR Booking 1-4pm 2:00 Euchre (A) 7:00 Worship Service (SC) 7:00 TV Series (T)  Fun Facts Booklet Pick up in the Lobby	11 10:30 Qi Gong with Kim (G) 1-1:30 Ice Cream Stand (L) 1:00 VON Exercise (G) 2:00 Cribbage (A) 2:30 Artfull Enrichment: Painting Rocks (CR) 6:45 Bingo (CR)	12 10:30 Bus Trip to Loblaws/LCBO/Banks (L)  10:00 Exercise with Emily (G) 11-12 Tuck Shop (L) 1:00 Billiards (GR) 2:00 Summer Party with Staff ft. Dunk Tank & Cotton Candy on the Patio 7:00 Poker (GR) 7:00 Movie (T)	13 10:00 Train Ride & Picnic in Port Stanley (L)  10:30 Java Music Club (A) 1:00 Bridge Club (CR) 1:00 TEP – Level 1 (G) 1:30 TEP – Level 2 (G) 2:00 TEP – Level 3 (G) 3:00 Water Walking (P) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	9:30 VON Exercise (G) 9:30/10:30/11:30 Limo trips to White Oaks Mall (L) 1:00 Billiards (GR) 2:00 Now & Then Sings (B) 6:45 Bingo (CR)	10:30 Bus Trip to Shoppers & Remark (L) 10:30 Swimfit with Ashley (G) 1:00 Bridge Club (CR) 1:00 Ladies Billiards (GR) 2:00 Booze & Tattoos (B) 7:00 Movie & Popcorn (T)	16 CR Booking 1-4pm 10:30 Saturday Morning Walking Group (L) Resident Led 11-12 Blood Pressure Clinic with Sheby in Wellness 1:30 Men's Billiards & Beer (GR) 2:00 Comedian Kevin James:Never Give Up Netflix Special (T) 3:00 Cards & Games (GR) 7:00 Movie (T)				





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August 2025									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
9:30 Bus Trip to Cherry Hill Mall (L) 10:30 Coffee & Timbits (B) 12:30 Lunch at Tiger Jacks (L) 1:00 VON Exercise (G) 1:45 Mobility 1st (CR) 2:00 Cribbage (A) 2:00 Martin Wall on the Piano (A) 6:45 Bingo (CR)	9:30/10:30/11:30 Limo Trips to Dollarama & No Frills (L)  10:00 Exercise with Emily (G) 11-12 Tuck Shop (L) 1:00 Billiards (GR) 1:00 Fit Minds (CR) 2:00 Bday Party with Joel (B) 7:00 Poker (GR) 7:00 Movie (T)  Vendor Visit 11-3pm Bijoux Treasures by Inga	20 10:00 Bus Trip to Petrolia to see Sexy Laundry (L) 10:00 TEP – Level 1 (G) 10:30 TEP – Level 2 (G) 11:00 TEP – Level 3 (G) 1:00 Bridge Club (GR) 2:00 Shuffleboard (CR) 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	9:30 VON Exercise (G) 9:30/10:30/11:30 Limo trips to Shoppers & Remark (L)  1:00 Billiards (GR) 2:00 Larry Smith Sings (B) 6:45 Bingo (CR)	22 CR Booking 4-9pm 11:15 Bus Trip to Sparta Lavender Farm Tour, Picnic & Bird Presentation (L)  10:30 Swimfit with Ashley (G) 1:00 Bridge Club (CR) 1:00 Ladies Billiards & Beer (GR) 2:00 Toonie Happy Hour (B) 7:00 Movie & Popcorn (T)  Visiting Library Delivery Day	23 CR Booking 12-4pm 10:30 Saturday Morning Walking Group (L) Resident Led 1:30 Men's Billiards & Beer (GR) 2:00 Dancing with the Birds Documentary Neflix Special (T) 3:00 Cards & Games (GR) 7:00 Movie (T)				
25 10:30 Qi Gong with Kim (G) 1:00 VON Exercise (G) 2:00 Cribbage (A) 2:00 Tim Lucas Sings (B) 6:45 Bingo (CR)  ED IS OFF ALL WEEK → No Bus or Limo Trips	10:00 Exercise with Emily (G) 1-1:30 Ice Cream Stand (L) 1:00 Billiards (GR) 2:00 Fun Bingo (CR) 7:00 Poker (GR) 7:00 Movie (T)	10:30 Java Music Club (A) 1:00 Bridge Club (CR) 1:00 TEP – Level 1 (G) 1:30 TEP – Level 2 (G) 2:00 TEP – Level 3 (G) 2:45 Bocce Ball on the Front Lawn 3:00 Bible Study with JP & Wendy (SC) 7:00 Movie (T)	Wear a Bowtie today 9:30 VON Exercise (G) 1:00 Billiards (GR) 2:00 Dean Sings (B) 6:45 Bingo (CR)	10:30 Swimfit with Emily (P) 1:00 Bridge Club (CR) 1:00 Ladies Billiards & Beer (GR) 1:00 Fit Minds (A) 2:30 Mindful Meditation (T) 7:00 Movie & Popcorn (T)	10:30 Saturday Morning Walking Group (L) Resident Led 1:30 Men's Billiards & Beer (GR) 2:00 Wild Babies Documentary Netflix Special (T) 3:00 Cards & Games (GR) 7:00 Movie (T)				
CALENDAR LEGEND Sign up Required  Special Programs Outings Technology* TEP = Tiered Exercise Program	ROOM LEGEND  A - Alcove B - Bistro CR - Club Room G - Gym GR - Games Room L - Lobby LIB - Library P - Pool								
	9:30 Bus Trip to Cherry Hill Mall (L)  10:30 Coffee & Timbits (B) 12:30 Lunch at Tiger Jacks (L)  1:00 VON Exercise (G) 1:45 Mobility 1st (CR) 2:00 Cribbage (A) 2:00 Martin Wall on the Piano (A) 6:45 Bingo (CR)  25 10:30 Qi Gong with Kim (G) 1:00 VON Exercise (G) 2:00 Cribbage (A) 2:00 Tim Lucas Sings (B) 6:45 Bingo (CR)  ED IS OFF ALL WEEK  No Bus or Limo Trips  CALENDAR LEGEND Sign up Required  Special Programs Outings Technology* TEP = Tiered Exercise	18 9:30 Bus Trip to Cherry Hill Mall (L) ☑ 10:30 Coffee & Timbits (B) 12:30 Lunch at Tiger Jacks (L) ☑ 1:00 VON Exercise (G) 1:45 Mobility 1st (CR) 2:00 Cribbage (A) 2:00 Martin Wall on the Piano (A) 6:45 Bingo (CR)  2:00 Cribbage (A) 2:00 Cribbage (A) 2:00 Cribbage (A) 2:00 Cribbage (A) 2:00 Cribbage (B) 6:45 Bingo (CR)  25 10:30 Qi Gong with Kim (G) 1:00 VON Exercise (G) 2:00 Cribbage (A) 2:00 Tim Lucas Sings (B) 6:45 Bingo (CR)  CALENDAR LEGEND Sign up Required ☑ Special Programs Outings Technology* TEP = Tiered Exercise  10:30 Coffee & Timbits (B) 10:00 Exercise with Emily (G) 11:00 Billiards (GR) 2:00 Fun Bingo (CR) 7:00 Poker (GR) 7:00 Poker (GR) 7:00 Poker (GR) 7:00 Movie (T)  ROOM LEGEND A - Alcove B - Bistro CR - Club Room G - Gym GR - Games Room L - Lobby LIB - Library	18	18	18				