



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Iris 9:15 Weight Exercises – A 9:45 Weight Exercise – A 10:30 Beanbag Baseball 1:30 Horse Shoes – A 2:30 Golf Game – A 3:30 Crib and Whist – C 7:00 Kings Corner – C
2 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	3 Irma & Alfred Civic Holiday 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Hockey Game – A 1:30 Mall Shopping 2:30 Golf Game – A 7:00 Chicken Foot – C	4 9:15 Weight Exercises – A 9:30 Pole Walking 9:45 Weight Exercises – A 10:30 Carpet Darts – A 2:00 Town Hall – D 2:30 Painting with Jeann 7:00 Movie Night – A	5 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 11:30 & 12:30 BBQ – D 1:30 Crib & Whist – C 1:30 Golf Game – A 2:30 Marshmallow Roast-L 7:00 Movie Night – A	6 9:15 Tiered Exercises 9:30 Pole Walking 9:45 Tiered Exercises 10:30 Bean Bag Baseball 1:30 Grief Class – PD 1:30 Bingo – A 3:00 Crib & Whist – C 7:00 Shuffleboard – 3rd	7 Emil 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac Toe – A 2:30 Happy Hour with Lawrance Kitz – D 3:30 Skip-Bo – C 7:00 Kiaser – C	8 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Beanbag Baseball 1:30 Horse Shoes – A 2:00 Sing Along with Vera – D 3:30 Rummikub – C 3:30 Crib and Whist – C 7:00 Kings Corner – C
9 Vera 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Crib and Whist – C 7:00 Checkers – C	10 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Horse Races – 3 rd 1:30 Dollarama Shopping 2:30 Black Jack – D 4:00 Chair Dancing – A	11 9:15 Weight Exercises – A 9:30 Pole Walking 9:45 Weight Exercises – A 10:30 Carpet Darts – A 2:00 Painting with Jeann 3:30 Phase 10 – C 7:00 Movie Night – A	12 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 11:30 & 12:30 BBQ – D 1:30 Chair Yoga – A 1:30 Crib & Whist – C 2:30 Peach Social-D 2:30 Roy Lonaway – D 3:00 Book Club – PD	13 Ted 9:15 Tiered One Exercises 9:30 Pole Walking 9:45 Tiered Two Exercises 10:30 Bean Bag Baseball-A 1:30 Bingo – A 3:00 Crib & Whist – C 7:00 Shuffleboard – 3rd	14 Mike 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:30 Happy Hour with Gregg – D 3:30 Skip-Bo – C 7:00 Kiaser – C	15 Bentley Birthday 9:15 Weight Exercises – A 9:45 Weight Exercises – A 12:30 Recheal Dancsock 2:30 James Betts 2:30 Pie Throwing – L 3:30 Balloon Game – L 7:00 Kings Corner – C



The Bentley Yorkton Kerri Anaka Active Living Coordinator:
Kerri.Anaka@cogirseniorliving.ca

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:00 Salvation Army Sing Along – D 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	17 Manager’s Breakfast – D 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Hockey Shoot Out – A 1:30 Walmart Shopping 2:30 Left, right, center – D 7:00 Chicken Foot – C	18 9:15 Weight Exercises – A 9:30 Pole Walking 9:45 Weight Exercises – A 10:30 Ukrainian Service 10:30 Carpet Darts 2:00 Painting with Jeann 7:00 Tile Rummy – C 7:00 Movie Night – A	19 Elsie O. 9:15 Tiered One Exercises 9:30 Pole Walking 9:45 Tiered Two Exercises 10:30 Bling Ball – A 11:30 & 12:30 BBQ – D 1:30 Chair Yoga – A 2:30 Monthly Birthdays 2:30 Karin Roulston-D 7:00 Tri-Ominos – C 7:00 Movie Night – A	20 9:15 Tiered One Exercises 9:30 Pole Walking 9:45 Tiered Two Exercise 10:30 Beanbag Baseball – A 1:30 Bingo – A 1:30 Crib & Whist – C 7:00 Shuffleboard – 3rd	21 9:15 Band Exercises 9:30 Pole Walking 9:45 Band Exercises 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:30 Happy Hour with Gordon Weick – D 3:30 Skip-Bo – C 7:00 Kiaser – C	22 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Beanbag Baseball 1:30 Horse Shoes – A 2:30 Golf Game – A 2:30 Rummikub – C 7:00 King’s Corner – C
23 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	24 Mary & Harvey 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Horse Races – 3 rd 1:30 Dollar Tree Shopping 2:30 Black Jack – D 7:00 Chicken Foot – C	25 9:15 Weight Exercises – A 9:30 Pole Walking 9:45 Weight Exercises – A 10:30 Carpet Darts 2:00 Town Hall Meeting-D 2:30 Painting with Jeann 7:00 Tile Rummy – C 7:00 Movie Night – A	26 Elsie K. 9:15 Tiered One Exercises 9:30 Pole Walking 9:45 Tiered Two Exercises 10:30 Bling Ball – A 11:30 & 12:30 BBQ – D 2:15 Golf Game – A 7:00 Tri-Ominos – C 7:00 Movie Night – A	27 9:15 Tiered One Exercises 9:30 Pole Walking 9:45 Tiered Two Exercise 10:30 Beanbag Baseball – A 1:30 Bingo – A 1:30 Crib & Whist – C 7:00 Shuffleboard – 3rd	28 Lois 9:15 Band Exercises 9:30 Pole Walking 9:45 Band Exercises 10:30 Rosary – CH 10:30 Tic, Tac, Toe – A 2:30 Happy Hour with Joe Theriault – D 3:30 Skip-Bo – C 7:00 Kiaser – C	29 9:15 Weight Exercises – A 9:45 Weight Exercises – A 10:30 Beanbag Baseball 1:30 Horse Shoes – A 2:30 Golf Game – A 2:30 Rummikub – C 7:00 King’s Corner – C
30 Marion 9:15 Tiered One Exercises 9:45 Tiered Two Exercises 10:30 Bling Ball – A 1:30 Bingo – A 3:30 Tile Rummy – C 3:30 Crib and Whist – C 7:00 Checkers – C	31 9:15 Band Exercises – A 9:30 Pole Walking 9:45 Band Exercises – A 10:30 Horseshoes – A 1:30 Hockey Shoot Out-A 1:30 Dollarama Shopping 2:30 Left, right, center – D 7:00 Chicken Foot – C			DATES TO REMEMBER Aug. 7 th Lawrence Kitz Aug. 21 st Gordon Weick Aug. 28 th Joe Theriault	DATES TO REMEMBER Aug. 12 th Roy Lonaway Aug. 14 th Gregg Aug. 19 th Karin Roulston	ROOM LEGEND A – Activity Room D – Dining Room C – Common Area 1 st , 2 nd , 3 rd CH – Chapel on 2 nd Floor