

August 2019 - Heritage Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		August Flower: Gladiolas or Poppy August Birthstone: Peridot or Sardonyx				
				8:00 Hairdresser 1 8:30 Dr. Williams 9:30 Walk the Block 2:00 Draffin's Sun Care Presentation 6:00 Bingo	9:15 Exercises with 2 Gail & Maria 11:00 Canteen with Sandy 2:00 Entertainment with Tom Price	3 2:00 Movie & Popcorn 6:30 Walter Strand
4 Lesley off →	5 HERITAGE DAY	6 9:30 Walk the Block 11:45 Toonie Tuesday with Sandy 2:00 Horse Racing with Georgene	7 9:15 Exercises with Gail & Maria 10:00 Farmers' Market 2:00 Card Bingo with Georgene 6:30 Shuffleboard	8 8:00 Hairdresser 10:30 Bus trip: GAF Annual Resident Picnic at the Park 6:00 Bingo	9 9:15 Exercises with Gail & Maria 11:00 Canteen with Sandy 2:00 Entertainment with Los Gringos	10 2:00 Movie & Popcorn
11 Lesley off →	12 9:15 Exercises with Gail & Maria 2:00 Bingo with Georgene	13 9:00 Manicures 11:00 Canteen 2:00 Card Bingo 6:15 Bingo with Ken	14 8:00 Bus trip: Longview Beef Jerky Tour and lunch at Marv's Classic Soda Shop	15 8:00 Hairdresser 9:30 Walk the Block 10:00 Coffee/doughnuts 1:00 On-the-go shopping 6:00 Bingo	16 9:15 Yoga 11:00 Canteen 2:00 Entertainment with Randy & Rai	17 2:00 Movie & Popcorn 6:30 Walter Strand
18	19 9:15 Exercises 10:00 LCR dice game (bring your nickels) 2:00 Bingo	20 7:00 Big Breakfast 9:00 Walk to the Parade 11:45 Toonie Tuesday 2:00 Horse Racing 6:00 Bus trip: Ice cream and a walk at Henderson	21 7:30 Bus trip: Pancake Breakfast Southland Trailers 1:00 Bus trip: North Walmart 6:30 Shuffleboard	22 8:00 Hairdresser 9:30 Bus trip: Picnic at Ridge Park 6:00 Bingo	23 9:15 Yoga 11:00 Canteen 11:30 BBQ Buffet 2:00 Birthday party with Brian & The Geriatrics	24 2:00 Movie & Popcorn
25	26 9:15 Exercises 10:00 Sticks 2:00 Bingo	27 8:30 Bus trip: Picnic at Beaver Mines 6:15 Bingo with Ken	28 9:15 Exercises 10:00 Farmers' Market 2:00 Card Bingo	29 8:00 Hairdresser 9:30 Walk the Block 12:15 Bus trip: Movie Mill or Value Village 6:00 Bingo	30 11:00 Canteen with Sandy 2:00 Entertainment w/ Richard Wadham	31 2:00 Movie & Popcorn