













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00 Music with Dana 1 9:15 One to One Exercises 10:30 Exercise Group 2:00 Ice Cream Floats on the Patio 3:00 Tuck Cart 7:00 OMNI Projector</p> <p><b>CIVIC HOLIDAY</b> </p>	<p>9:15 One to One Exercises 2 10:30 Stronger Seniors <b>2:00 Entertainment with Gerry Cutting</b> 3:00 Ice Cream Sandwiches  7:00 ABC Ice Cream <b>ICE CREAM SANDWICH DAY</b></p>	<p>9:15 One to One Exercises 3 10:30 Stronger Seniors <b>2:00 Resident Council &amp; Food Committee</b> 3:00 Montessori <b>7:00 Paint Night-submit to Seaforth Fall Fair</b></p>	<p>9:15 One to One Exercises 4 10:30 Stronger Seniors 12:00 BBQ Lunch <b>2:00 Entertainment with Ken Dale</b> 3:00 Hand Therapy 7:00 Campfire </p>	<p>8:30 Breakfast Club 5 10:00 Exercise Group 10:00 Duet Bike 2:00 Bingo 7:00 Wii Family Feud</p>	<p>9:15 One to One Exercises 6 10:00 News and Views 2:00 Lawn Darts 7:00 Shake Loose A Memory</p>	
<p>9:15 One to One Exercises 7 10:00 Roman Catholic Communion 2:00 Make Friendship Bracelets  7:00 Manicures <b>National Friendship Day</b></p>	<p>9:15 One to One Exercises 8 10:30 Stronger Seniors 2:00 Music Bingo 3:00 Tuck Cart 7:00 Slot Machine Competition</p>	<p>9:15 One to One Exercises 9 10:00 Walk A Blocks <b>2:00 Entertainment with Cameron Denomme</b> 3:00 Ice Cream Cones 7:00 Java Music</p>	<p>9:15 One to One Exercises 10 10:30 Stronger Seniors 2:00 Floor Shuffleboard 3:00 Fill Bird Feeders 7:00 You Tube Laugh</p>	<p>9:15 One to One Exercises 11 10:30 Stronger Seniors 2:00 Giant Yahtzee 3:00 Hand Therapy 7:00 Balloon Volleyball</p>	<p>8:30 Breakfast Club 12 10:00 Exercise Group 10:00 Duet Bike <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo 7:00 Wii Wheel of Fortune</p>	<p>9:15 One to One Exercises 13 10:00 News and Views <b>2:00 Sing A Long with Karen</b></p>
<p>9:15 One to One Exercises 14 10:00 Roman Catholic Communion <b>2:00 Church Service with Phil Kuttain</b></p>	<p>9:15 One to One Exercises 15 10:30 Stronger Seniors <b>1:30 Music with Dana</b> 2:00 Smoothies on the Patio  3:00 Tuck Cart 7:00 Pokeno</p>	<p>9:15 One to One Exercises 16 10:00 Walk A Blocks <b>2:00 Colouring Pages-submit to Seaforth Fall Fair</b> 3:00 Ice Cream Cones 7:00 Let's Bake</p>	<p>9:15 One to One Exercises 17 10:30 Stronger Seniors <b>1:00 Bus Trip to Goderich Beach-Scenic Tour and Ice Cream</b> <b>2:00 Church Service with Pastor Ken Whiting</b> 7:00 Plinko</p>	<p>9:15 One to One Exercises 18 10:30 Stronger Seniors 12:00 BBQ Lunch <b>2:00 Entertainment with Friends with Music</b> 3:00 Hand Therapy 7:00 Campfire </p>	<p>8:30 Breakfast Club 19 10:00 Exercise Group 10:00 Duet Bike <b>10:45 Rosary with Mary Helen VanLoon</b> <b>2:00 Entertainment with Marie and Joseph</b> 7:00 Wii Jeopardy</p>	<p>9:15 One to One Exercises 20 10:00 News and Views 2:00 Bingo 7:00 OMNI Game</p>
<p>9:15 One to One Exercises 21 10:00 Roman Catholic Communion 2:00 Manicures 7:00 Share Life Stories  <b>SENIOR CITIZEN DAY</b></p>	<p>9:15 One to One Exercises 22 10:30 Stronger Seniors <b>1:30 Music with Dana</b> <b>2:00 Entertainment with Martha Lawrence</b>  3:00 Tuck Cart 7:00 Games Night</p>	<p>9:15 One to One Exercises 23 10:00 Walk A Blocks 2:00 Ladder Ball 3:00 Ice Cream Cones 7:00 Karaoke Night</p>	<p>9:15 One to One Exercises 24 10:30 Stronger Seniors <b>2:00 Church Service with Pastor Brian Hymers</b> 3:00 Fill Bird Feeders 7:00 Bean Bag Toss</p>	<p>9:15 One to One Exercises 25 10:30 Stronger Seniors <b>2:00 Entertainment with Jason Lamont</b> 3:00 Hand Therapy 7:00 Pool Noodle Game</p>	<p>8:30 Breakfast Club 26 10:00 Exercise Group 10:00 Duet Bike <b>10:45 Rosary with Mary Helen VanLoon</b> 2:00 Bingo  7:00 Movie Night and Popcorn</p>	<p>9:15 One to One Exercises 27 10:00 Exercise Group 2:00 Universal Yums-Snacks and Trivia  7:00 Men's Night</p>
<p>9:15 One to One Exercises 28 10:00 Roman Catholic Communion 2:00 Manicures 7:00 Ladies Night</p>	<p>9:15 One to One Exercises 29 10:30 Stronger Seniors <b>1:30 Music with Dana</b> 2:00 Music Bingo 3:00 Tuck Cart 7:00 Tic Tac Toe Trivia</p>	<p>9:15 One to One Exercises 30 10:00 Walk A Blocks <b>2:00 Birthday Party and Entertainment with Ron Allin</b>  3:00 Birthday Cake 7:00 Let's Bake</p>	<p>9:15 One to One Exercises 31 10:30 Stronger Seniors <b>2:00 Penmanship-submit to Seaforth Fall Fair</b> 3:00 Montessori 7:00 Target Toss</p>	<h1>August 2022</h1> <h2>SEAFORTH LONG TERM CARE HOME</h2>		
<p><b>DUE TO UNFORSEEN CIRCUMSTANCES PROGRAM CHANGES MAY OCCUR WITHOUT ADVANCED WARNING.</b></p>						