



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Refreshments Available Daily in the Main Lounge	Pet Visits Weekly on MONDAYS Eleanor & Scrappy		Activities are subject to change according to resident needs or management requirements			
		1 1 PM – General Exercise (AR) 2 PM - Falls Prevention (AR) 3 PM - Seated Tai Chi (AR)	2 11 AM – Refreshments on the Ground Floor Lounge 2:15 PM – Roman Catholic Mass (NH) 6 PM - Bingo	3 9 AM – General Exercise (AR) 10AM – Falls Prevention (AR) 11AM – Seated Tai Chi (AR)	4 HAIR DAY	5 10 AM Hymn Sing (NH) 2:15 Heartake Seventh Day Adventist Children’s Group
6 2:15 PM New Covenant Church (NH)	7 CIVIC HOLIDAY 2 PM – Roman Catholic Communion Touring 7 PM – Movie Night (ML)	8 1 PM – General Exercise (AR) 2 PM - Falls Prevention (AR) 3 PM - Seated Tai Chi (AR) 2:15 PM – Mississauga City Baptist Church (NH)	9 6 PM – Bingo 7:00 PM Church of God (NH)	10 CARNIVAL @ NH 9 AM – General Exercise (AR) 10AM – Falls Prevention (AR) 11AM – Seated Tai Chi (AR)	11 HAIR DAY 3:00 Chinese Alliance Church(NH) 7pm - Social Club with Viviane Castell (NH)	12 10 AM Hymn Sing (NH)
13 2:15 PM Promise of Life Church (NH)	14 2 PM – Roman Catholic Communion Touring 7 PM – Movie Night (ML)	15 1 PM – General Exercise (AR) 2 PM - Falls Prevention (AR) 3 PM - Seated Tai Chi (AR) 2: 15PM – Church of the Holy Spirit Anglican /Lutheran (NH)	16 11 AM – Refreshments on the Ground Floor Lounge 6 PM – Bingo 7:00 PM Rosary	17 9 AM – General Exercise (AR) 10AM – Falls Prevention (AR) 11AM – Seated Tai Chi (AR) 10:00 AM – Heritage Museum Presentation (NH)	18 HAIR DAY	19 10 AM Hymn Sing 2:15 PM New Life Fellowship Church of God (NH)
20 2:15 PM Kingdom Covenant Church (NH)	21 2 PM – Roman Catholic Communion Touring 7 PM – Movie Night (ML)	22 BUS OUTING with NH 1 PM – General Exercise (AR) 2 PM - Falls Prevention (AR) 3 PM - Seated Tai Chi (AR)	23 2pm Monthly Birthday Party Celebration with Kenny Joseph 6pm - Bingo	24 9 AM – General Exercise (AR) 10AM – Falls Prevention (AR) 11AM – Seated Tai Chi (AR)	25 HAIR DAY 7pm Social Club with Janelle Heath (NH)	26 10 AM Hymn Sing (NH)
27 	28 11 AM- Resident Management Meeting 2 PM – Roman Catholic Communion Touring 7 PM – Movie Night (ML)	29 1 PM – General Exercise (AR) 2 PM - Falls Prevention (AR) 3 PM - Seated Tai Chi (AR)	30 11 AM – Refreshments on the Ground Floor Lounge 6 PM – Bingo	31 9 AM – General Exercise (AR) 10AM – Falls Prevention (AR) 11AM – Seated Tai Chi (AR)		

Tyndall Seniors Village RH Recreation Calendar

AUGUST

2017



Tyndall Seniors
Village
Recreation Calendar
Retirement Home