






Gladstone Seniors Residence



AUGUST 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	2 CIVIC HOLIDAY 	3 9:30 Upper Body 2:00 LET'S TALK (current events)	4 9:30 Lower Body 10:00 ROSARY 2:30 FATHER LOUIE	5 9:30 Upper Body 2:00 CARD BINGO	6 9:30 Lower Body 2:00 VISIT ON THE PATIO	7 Clean wheelchairs and walkers (C1)
8 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	9 9:30 Upper Body 2:00 YAHTZEE	10 9:30 Lower Body 2:00 BOCCEE BALL	11 9:30 Upper Body 10:00 ROSARY 2:00 WHEEL OF FORTUNE	12 9:30 Lower Body 11:00 ST. MARY'S 2:00 BINGO	13 9:30 Upper Body 12:00 BBQ on Patio Sign up sheet by activity board	14 Clean wheelchairs and walkers (C1)
15 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	16 9:30 Lower Body 2:00 BEAN BAG TOSS	17 9:30 Upper Body 2:00 REMEMBER WHEN	18 9:30 Lower Body 10:00 ROSARY 2:00 TREAT ON THE PATIO	19 9:30 Upper Body 2:00 CARD BINGO	20 9:30 Lower Body 2:00 VISIT A FRIEND	21 Clean wheelchairs and walkers (C1)
22 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	23 9:30 Upper Body 2:00 TARGET PRACTICE	24 9:30 Lower Body 2:00 BINGO	25 9:30 Upper Body 10:00 ROSARY 2:00 ICE CREAM SUNDAES	26 9:30 Lower Body 2:00 RING TOSS MONTHLY WEIGHTS	27 9:30 Upper Body 2:00 VISIT ON THE PATIO	28 Clean wheelchairs and walkers (C1)
29 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	30 9:30 Lower Body 2:00 CARD BINGO	31 9:30 Upper Body 2:00 WHEEL OF FORTUNE			<div style="border: 1px solid black; padding: 5px; text-align: center;"> Activities may change on daily basis due to weather, cancellations or last minute changes or additions. </div>	