

August 2026

Main North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio)
2 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	3 BC Day Holiday	4 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 1:30pm Piano Music with Bowie (MT) 3:00pm Individual Music Therapy (MT)	5 10:00am Show And Tell with BACI (Main Street)	6 10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT)	7 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall)	8 1:30pm Community Centre (Art Studio)
9 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	10 10:00am Exercise 11:00am Wheelchair Walks 1:30pm Creative Corner 3:00pm News & Views on the Patio 4:00pm Helping Hands	11 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 1:30pm Piano Music with Bowie (MT) 3:00pm Individual Music Therapy (MT)	12 10:30am Mahjong (Main Street) 1:30pm Art Studio Open	13 10:30am Catholic Mass (Town Hall) 12:00pm BBQ - MNDR 1:30pm Main Street Music Jam! (MT) 2:30pm Multisensory Room 4:00pm Helping Hands : Gardening	14 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm Sensory Cart	15 10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:45pm Garden Walks
16 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	17 10:00am Exercise 11:00am Montessori Sorting Activities 1:30pm Spa & Relaxation 1:30pm Veterans Group with Michelle (Art Studio) 3:00pm Short Stories on the Patio 4:00pm 1:1 Visits (Social)	18 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 10:00am Shuffle Board & Pool (Art Studio) 1:30pm Jeopardy & smoothies 1:30pm Piano Music with Bowie (MT) 3:00pm Individual Music Therapy (MT) 3:15pm Cribbage (Art Studio) 3:15pm Magic Table (Art Studio)	19 Library Collection 10:00am Show And Tell with BACI (Main Street) 1:30pm Art Studio Open 1:30pm Helping Hands: Gardening 2:00pm Mahjong (Main Street) 3:00pm Active Games 4:00pm 1:1 Visits (Emotional)	20 10:00am Chair Yoga Dance 10:30am Catholic Mass (Town Hall) 11:00am Heart for Music 1:30pm Art Studio Open 1:30pm Main Street Music Jam! (MT) 1:30pm Resident Council Meeting (Town Hall) 4:00pm Library Delivery	21 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm 1:1 Visits (Physical)	22 10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:45pm Helping Hands: Gardening
23 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	24 10:00am Exercise 11:00am Wheelchair Walks 1:30pm Sing-a-long 3:00pm Trivia on the Patio 4:00pm Helping Hands	25 10:00am Bingo (Town Hall) 10:00am Individual Music Therapy (MT) 1:30pm Piano Music with Bowie (MT) 1:45pm Chinese Tea Appreciation 3:00pm Individual Music Therapy (MT) 3:15pm Cribbage (Art Studio) 3:15pm Magic Table (Art Studio)	26 10:00am Chair Yoga Dance 10:30am Mahjong (Main Street) 11:00am Heart for Music 1:30pm Art Studio Open 1:30pm Helping Hands: Gardening 3:00pm Crosswords 4:00pm 1:1 Visits (Emotional)	27 10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT) 2:30pm Active Game 4:00pm 1:1 Visits (Spiritual)	28 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 4:00pm Sensory Cart	29 10:00am Gentle Stretches and Ball Toss 11:00am Heart for Music 1:30pm Community Centre (Art Studio) 3:45pm Garden Walks
30 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio)	31 10:00am Exercise 11:00am Montessori Sorting Activities 1:30pm Music with Volunteers 3:00pm Reminisce on the Patio 4:00pm Gardening					