

August 2026

Main South



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00am Exercise on Cha Cha Cha 11:00am 1:1 Visits (Social) 1:30pm Community Centre (Art Studio) 3:30pm Montessori Sorting Activities 4:00pm Heart for Music
2 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Garden Games 3:15pm Monthly Gazette 4:00pm 1:1 Visits (C)	3 BC Day Holiday	4 10:00am Bingo (Town Hall)	5 10:00am Show And Tell with BACI (Main Street)	6 10:00am Music and Memories (MT) 10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT) 3:00pm Individual Music Therapy (MT) 3:00pm Table Games	7 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 3:45pm Wheelchair Walks	8 10:00am Exercise on Ballroom Music 11:00am Helping Hands 1:30pm Community Centre (Art Studio) 3:30pm Trivia 4:00pm 1:1 Visits (Social)
9 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Garden Games 3:15pm Name that Tune 4:00pm Outdoor Wheelchair Walks	10 10:00am Mobility Flow Yoga 11:00am Green Thumb Gardening 1:30pm Crosswords 3:15pm "Guy Talk" Discussion Group 4:00pm 1:1 Walk & Talk	11 10:00am Bingo (Town Hall) 1:30pm Active Games 3:00pm Multisensory Room 4:00pm Dining Room Visits	12 10:00am News & Views 10:30am Mahjong (Main Street) 11:00am Garden Watering 1:30pm Art Studio Open 1:30pm Exercise & Stretch 3:15pm Creative Corner 4:00pm 1:1 Visits	13 10:00am Music and Memories (MT) 10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT) 3:00pm Individual Music Therapy (MT)	14 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 3:45pm Garden Explorations	15 10:00am Exercise on Cha Cha Cha 11:00am Gardening 1:30pm Community Centre (Art Studio) 3:30pm Table Games 4:00pm Heart for Music
16 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Garden Games 3:15pm Table Games 4:00pm 1:1 Visits (S)	17 10:00am Mobility Flow Yoga 11:00am Green Thumb Gardening 1:30pm Crosswords 1:30pm Veterans Group with Michelle (Art Studio) 3:15pm What Am I? 4:00pm 1:1 Walk & Talk	18 10:00am Art Studio Open 10:00am Bingo (Town Hall) 1:30pm Active Games 1:30pm Art Studio Open 3:00pm Multisensory Room 4:00pm Dining Room Visits	19 Library Collection 10:00am Show And Tell with BACI (Main Street) 1:30pm Art Studio Open 1:30pm Mobile Nail Spa 2:00pm Mahjong (Main Street) 3:15pm Green Thumb Gardening	20 10:00am Music and Memories (MT) 10:30am Catholic Mass (Town Hall) 10:30am Shuffle Board (Art Studio) 1:30pm Making Key Lime Pie 1:30pm Main Street Music Jam! (MT) 1:30pm Resident Council Meeting (Town Hall) 3:00pm Individual Music Therapy (MT) 3:00pm Table Games 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) 3:45pm Outdoors Walks	22 10:00am Exercise on Swing Music 11:00am Helping Hands 1:30pm Community Centre (Art Studio) 3:00pm Trivia 4:00pm Heart for Music
23 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Garden Games 4:00pm Outdoor Wheelchair Walks	24 10:00am Mobility Flow Yoga 11:00am Green Thumb Gardening 1:30pm Crosswords 3:15pm Reminiscing Group 4:00pm 1:1 Walk & Talk	25 10:00am Art Studio Open 10:00am Bingo (Town Hall) 1:30pm Active Games 1:30pm Art Studio Open 3:00pm Multisensory Room 4:00pm Dining Room Visits	26 10:00am Mobile Nail Spa 10:30am Mahjong (Main Street) 11:00am Garden Watering 1:30pm Art Studio Open 1:30pm Exercise & Stretch 3:15pm Ice Cream Cart 4:00pm 1:1 Visits	27 10:00am Music and Memories (MT) 10:30am Catholic Mass (Town Hall) 1:30pm Main Street Music Jam! (MT) 3:00pm Individual Music Therapy (MT)	28 10:00am Bingo (Town Hall) 10:30am Mahjong (Main Street) 2:00pm Town Hall Pub 3:30pm Cribbage (Town Hall) 3:45pm Garden Explorations	29 10:00am Exercise on Ballroom music 11:00am Gardening 1:30pm Community Centre (Art Studio) 3:30pm Montessori Puzzles 4:00pm 1:1 Visits (Social)
30 10:00am Hymn Sing (Art Studio) 10:45am Studio Social (Art Studio) 1:30pm Garden Games 3:15pm Word Games 4:00pm 1:1 Visits (P)	31 10:00am Mobility Flow Yoga 11:00am Green Thumb Gardening 1:30pm Crosswords 1:30pm Music at the Piano (MT) 3:15pm Famous Faces 4:00pm 1:1 Walk & Talk					

*Please note that programs are subject to change without notice
Legend: BLUE = Art Studio, PURPLE = Main St./Sensory Room, PINK = Town Hall, RED = Outing/Library