



# August 2023

## Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aug. Outings</b> Aug. 2nd Mall 9:45-11:40am Aug. 8th Willdwood 6:30 8:00 Aug. 10th Drive 9:00-10:45am Aug. 22nd Drive 6:30 8:00 pm Contact Activities if interested 519-271-4090 ext.2227		10:30 Therapy Swim Time <b>1</b> 10:30 Fun & Fitness 2:00 Bingo 3:00 S.L Cafe & Pub 6:30 Paint Night Fun	9:40 Mall Outing <b>2</b> 10:30 Advance Exercise 10:30 Musical Games 2:00 Balloon Volleyball 3:00 Blueberry Social 6:15 Cards & Games	10:30 Fun & Fitness <b>3</b> 12:30 Chicken BBQ 2:00 Bingo 2:00 Cottage Music 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:30 Word Games <b>4</b> 11:30 Tone Chime Group 2:00 Scrapbooking	10:30 Fun & Fitness <b>5</b> 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Trivia Fun <b>6</b> 2:00 Crafty Corner Fun	10:30 News and Events <b>7</b> 2:00 Manicure Mondays	10:30 Fun & Fitness <b>8</b> 10:30 Therapy Swim Time 2:00 Bingo 3:00 S.L Cafe & Pub 6:30 Wildwood Outing	10:00 News and Events <b>9</b> 10:30 RC Mass 2:00 Keys and Strings Band 3:00 Euchre/Crokinole Cafe 6:30 Campfire	9:00 Country Drive <b>10</b> 10:30 Fun & Fitness 2:00 Bingo 2:00 Cottage Music 3:00 Ice Cream Sundae Cafe	10:30 Trivia Fun <b>11</b> 11:30 Tone Chime Group 2:00 Music: Gerry Cutting 3:00 Euchre/Crokinole Cafe	10:30 Fun & Fitness <b>12</b> 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Crafty Corner Fun <b>13</b> 2:00 Hymn Sing	10:30 DROM Drumming <b>14</b> 10:30 News and Events 2:00 Karaoke Fun 3:00 Manicure Cart	10:30 Fun & Fitness <b>15</b> 10:30 Therapy Swim Time 2:00 Bingo 3:30 Dog Parade 6:30 Paint Night Fun	10:00 Resident Council <b>16</b> 10:30 Scrapbooking 11:00 Exercise 2:00 Carpet Bowling 3:00 Games Cafe 6:30 Hymn Sing	10:30 Fun & Fitness <b>17</b> 2:00 Bingo 2:00 Cottage Music 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:30 Word Games <b>18</b> 11:30 Tone Chime Group 2:00 Music: Joel Horvath 3:00 Euchre/Crokinole Cafe	10:30 Fun & Fitness <b>19</b> 2:00 Bingo 
10:30 Outdoor Strolls <b>20</b> 12:30 Men's Sign-Up Meal 2:00 Hymn Sing/Church Service 3:00 S.L Cafe & Pub	10:30 DROM Drumming <b>21</b> 10:30 News and Events 2:00 Sing-a-Long 3:00 Manicure Cart 6:15 Cards & Games	10:30 Fun & Fitness <b>22</b> 10:30 Therapy Swim Time 2:00 Music with Elvis Presley! 6:30 Country Drive	10:30 Advance Exercise <b>23</b> 10:30 Scrapbooking 1:00 Perogies Food Truck 1-5pm 2:00 Flying Dog Show	10:30 Fun & Fitness <b>24</b> 2:00 Bingo 2:00 Cottage Music 3:00 Ice Cream Sunday Caf 6:15 Friendship Group	10:30 Trivia Fun <b>25</b> 11:30 Tone Chime Group 2:00 Music with the Then & Now Band 3:00 Games Café	10:30 Painting Fun <b>26</b> 2:00 Bingo 3:00 S.L Cafe & Pub 
10:30 Fun & Fitness <b>27</b> 2:00 Movie Afternoon	10:30 DROM Drumming <b>28</b> 10:30 News and Events 2:00 Sing-a-Long 3:00 Manicure Cart	10:30 Fun & Fitness <b>29</b> 10:30 Therapy Swim Time 12:30 Steak Sign-Up Meal 2:00 Bingo 6:30 Paint Night Fun	10:30 Advance Exercise <b>30</b> 10:30 Scrapbooking 2:00 Mini Putt Game 3:00 Games Cafe 6:30 Hymn Sing: Stephanie	10:30 Fun & Fitness <b>31</b> 2:00 Bingo 2:00 Cottage Music 3:00 S.L Cafe & Pub 6:15 Friendship Group		