

# August 2025

## Hamlets at Penticton

GIANTS HEAD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 Coffee Social (GHAR) <b>1</b> 10:00 Fun Games (AR2) 10:30 Painting group (GH ) 1:30 Recreation Staff- Meeting (2nd) 2:00 Garden Party (GHAR) 2:30 Men's Group (rec) 3:30 <i>Spa Day (2nd)</i>	9:30 Listening to music (AR2) <b>2</b> 10:00 Exercise (AR2) 10:30 Cranium crunches-2nd floor (AR2) 1:30 Bingo (AR2) 3:00 Courtyard- Coffee Social (2nd) 4:00 One to One's (2nd)
9:30 Listening to music (AR2) <b>3</b> 10:00 Exercise (AR2) 10:30 Word Game (AR2) 1:30 Sing-Along (2nd) 2:30 Church service-Dan Proctor (2nd) 3:30 Refreshments and snacks (2nd)	10:30 <i>Cycling without Age-LTC (outi)</i> <b>4</b> 1:30 Mobile Ice-Cream social (AR3) 2:30 Bowling (GHAR) 3:30 Giant crossword (GH ) 4:30 One to One's (AR3)	9:30 News & Views (AR2) <b>5</b> 10:00 Exercise (AR2) 10:30 Cranium Crunches (AR3) 1:30 Beth Ann on Piano (AR2) 2:00 Giant Jenga (GHAR) 3:00 Music Therapy (GH ) 6:00 Afternnoon Movie & Popcorn (GHAR)	9:30 News & Views (AR2) <b>6</b> 10:00 Exercise (AR2) 10:30 Cranium Crunches (AR3) <b>1:30 Resident and Family Council Meeting (AR2)</b> 2:30 Ring Toss (GHAR) 3:30 Name that Tune (GHAR)	9:30 News & Views (AR2) <b>7</b> 10:00 Bake it Happen (AR3) 10:30 Catholic Communion (rec) 2:00 <i>Happy Hour- Candie Schmidt (AR2)</i> 4:00 Nail Painting (GHAR)	10:00 Fun and Games (AR3) <b>8</b> 10:30 Painting group (GH ) 1:30 Chair Badminton (GHAR) 1:30 <i>Scenic drive (outi)</i> 2:30 Men's Group (rec) 3:00 Card Games (GHAR)	9:30 Listening to music (AR2) <b>9</b> 10:00 Exercise (AR2) 10:30 Cranium crunches-2nd floor (AR2) 1:30 Bingo (AR2) 3:00 Courtyard- Coffee Social (2nd) 4:00 Manicures (AR2)
9:30 Listening to music (AR2) <b>10</b> 10:00 <i>Sunday Hymn Sings (AR2)</i> 10:30 Exercise (AR2) 1:30 Fun and Games (AR2) 3:00 Courtyard Visits and Sing-along (2nd) 4:00 One to One's (AR3)	10:30 <i>Cycling without Age-LTC (outi)</i> <b>11</b> 1:30 Mobile Ice-Cream social (AR3) 2:30 Chair Volleyball (GHAR) 3:30 Board Games (GH ) 4:30 One to One's (AR3)	9:30 News & Views (AR2) <b>12</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 1:30 Tuck Shop -GH (rec) 2:30 <i>Educational Documentary (AR3)</i> 5:00 One to one (AR3) 6:00 Games with mobii (GHAR)	9:30 News & Views (AR2) <b>13</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 1:30 Tuck Shop -GH (rec) 1:30 <i>Celebration of Life-Pastor Neale (AR3)</i> 2:30 Garden Party (GHAR) 4:00 One to One's (AR3)	9:30 News & Views (AR2) <b>14</b> 10:00 Bake it Happen (AR3) 2:00 <i>Happy Hour- Rona Nadeau (AR2)</i> 4:00 Friendly Visits (AR2)	9:30 News & Views (AR2) <b>15</b> 10:30 Painting group (GH ) 1:30 <i>Spa Day (2nd)</i> 1:30 <i>Scenic drive (outi)</i> 2:30 Men's Group (rec) 3:00 Trivia (AR2) 5:00 One to one (AR3)	9:30 Listening to music (AR2) <b>16</b> 10:00 Exercise (AR2) 10:30 Cranium crunches-2nd floor (AR2) 1:30 Bingo (AR2) 3:00 Courtyard- Coffee Social (2nd)
9:30 Listening to music (AR2) <b>17</b> 10:00 Exercise (AR2) 10:30 Word Game (AR2) 1:30 Karoke (2nd) 2:30 Chuch service - Dan Proctor (2nd) 3:30 Mingle & Munch (2nd)	10:30 <i>Cycling without Age-LTC (outi)</i> <b>18</b> 1:30 Mobile Ice-Cream Social (AR3) 2:30 Mini Golf (GHAR) 4:00 One to One's (AR3)	9:30 News & Views (AR2) <b>19</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 1:30 Beth Ann on Piano-2nd Floor (AR2) 2:00 Sing-Along (2nd) 2:00 Reminiscing (AR2) 3:30 Card Games (GHAR)	9:00 News & Views (AR2) <b>20</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 1:30 Ladies Group (GHAR) 3:00 Chair Basketball (GHAR)	9:30 News & Views (AR2) <b>21</b> 10:00 Bake it Happen (AR3) 2:00 <i>Happy Hour- Smokey Wine (AR2)</i> 4:00 Nail Painting (GHAR)	9:30 News & Views (AR2) <b>22</b> 10:30 Cranium Crunches (AR3) 10:30 Painting group (GH ) 1:30 Garden Party (GHAR) 1:30 <i>Scenic drive (outi)</i> 2:30 Men's Group (rec) 3:00 Movie time (GHAR)	9:30 Listening to music (AR2) <b>23</b> 10:00 Exercise (AR2) 10:30 Cranium crunches-2nd floor (AR2) 1:30 Bingo (AR2) 3:00 Courtyard- Coffee Social (2nd)
9:30 Listening to music (AR2) <b>24</b> 10:00 <i>Sunday Hymn Sings (AR2)</i> 10:30 Exercise (AR2) 1:30 Fun and Games (AR2) 3:00 Courtyard Visits and Sing-along (2nd) 4:00 One to One's (AR3)	10:30 <i>Cycling without Age-LTC (outi)</i> <b>25</b> 1:30 Mobile Ice-Cream social (AR3) 2:30 Ring Toss (GHAR) 3:30 Trivia (AR2) 4:30 One to One's (AR3)	9:30 News & Views (AR2) <b>26</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 2:00 Tuck Shop -GH (rec) 2:30 Movie time (GHAR) 3:30 Board Games (GH ) 5:00 One to one (AR3) 6:00 Games with mobii (GHAR)	9:30 News & Views (AR2) <b>27</b> 10:00 Exercises (AR2) 10:30 Cranium Crunches (AR3) 1:30 Church Service- Pastor Neale (AR2) 2:30 Bowling (GHAR) 3:30 Name that Tune (GHAR) 4:30 One to One's (AR3)	9:30 News & Views (AR2) <b>28</b> 10:00 Bake it Happen (AR3) 2:00 <i>Happy Hour- Kyle Anderson (AR2)</i> 4:00 Friendly Visits (AR2)	9:30 News & Views (AR2) <b>29</b> 10:30 Painting group (GH ) 1:30 Random Games 1:30 <i>Scenic drive (outi)</i> 2:30 Men's Group (rec) 3:00 Snack and chats (GHAR) 4:00 One to one (AR3)	9:30 Listening to music (AR2) <b>30</b> 10:00 Exercise (AR2) 10:30 Cranium crunches-2nd floor (AR2) 1:30 Bingo (AR2) 3:00 Courtyard- Coffee Social (2nd)
9:30 Listening to music (AR2) <b>31</b> 10:00 Exercise (AR2) 10:30 Word Game (AR2) 1:30 Sing-Along (2nd) 2:30 Church service - Dan Proctor (2nd) 3:30 Mingle & Munch (2nd)						