







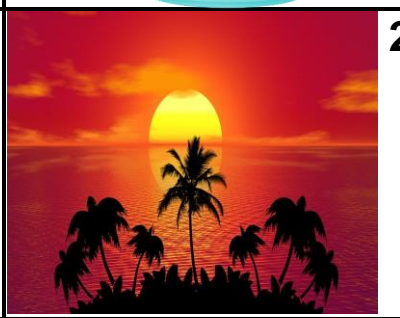



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>August 2020</h1> <h2>WISTERIA P2 ACTIVITY CALENDAR</h2> </div>						“The teacher is the needle and the disciple is the thread.” -Miyamoto Musashi
<div>2</div>  <div>VIRTUAL WORSHIP</div>	<div>3</div> <div>HAPPY BRITISH COLUMBIA DAY !!!</div>	<div>4</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 WORD GAMES</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>5</div> <div>8:00 Breakfast</div> <div>9:30 Prayer Cell Group</div> <div>10:15 5 CARDS BINGO</div> <div>2:00</div> <div>ACTIVITY CALENDAR MEETING</div>	<div>6</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 HYMN SING</div> <div>11:00 WALK WITH ME</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>7</div> <div>8:00 Breakfast</div> <div>9:30 Tea Social & Table Games</div> <div>FAMILY VISITS</div> <div>1:30- 3:30</div> <div>FAMILY VISITS</div> <div>2:45 MUSIC WITH RON</div>	<div>8</div> 
<div>9</div>  <div>VIRTUAL WORSHIP</div>	<div>10</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 Arm Chair Travelling</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>11</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 “GARDEN VISITS”</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>12</div> <div>8:00 Breakfast</div> <div>9:30 Prayer Cell Group</div> <div>10:15 5 CARDS BINGO</div> <div>11:30 CHICKEN’S PRIDE</div> <div>Lunch in Order</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>13</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 HYMN SING</div> <div>11:00 WALK WITH ME</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>14</div> <div>8:00 Breakfast</div> <div>9:30 FUN AND FITNESS</div> <div>10:30 GARDEN VISITS</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div> <div>2:45 MUSIC WITH RON</div>	<div>15</div> 
<div>16</div>  <div>VIRTUAL WORSHIP</div>	<div>17</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 “WORD HUNTING”</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>18</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 “GARDEN VISITS”</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>19</div> <div>8:00 Breakfast</div> <div>9:30 Prayer Cell Group</div> <div>10:15 5 CARDS BINGO</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>20</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 HYMN SING</div> <div>11:00 WALK WITH ME</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>21</div> <div>8:00 Breakfast</div> <div>9:30 BIBLE STUDY</div> <div>10:30 ART THERAPY</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div> <div>2:45 MUSIC WITH RON</div>	<div>22</div> 
<div>23</div>  <div>VIRTUAL WORSHIP</div>	<div>24</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 “WORD HUNTING”</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>25</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 “GARDEN VISITS”</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>26</div> <div>8:00 Breakfast</div> <div>9:30 Prayer Cell Group</div> <div>10:15 5 CARDS BINGO</div> <div>2:00</div> <div>DEPARTMENT STAFF MEETING</div>	<div>27</div> <div>8:00 Breakfast</div> <div>9:30 Strength and Balance</div> <div>10:30 HYMN SING</div> <div>11:00 WALK WITH ME</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<div>28</div> <div>8:00 Breakfast</div> <div>9:30 FUN AND FITNESS</div> <div>10:30 ART THERAPY</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div> <div>2:45 MUSIC WITH RON</div>	<div>29</div> 
<div>30</div>  <div>VIRTUAL WORSHIP</div>	<div>31</div> <div>8:00 SPECIAL Breakfast</div> <div>9:30 Strength and Balance</div> <div>FAMILY VISITS</div> <div>1:30 – 3:30</div> <div>FAMILY VISITS</div>	<p>The field of therapeutic recreation, especially for older adults (gerontology) is not limited to physical exercise but activities that promote healthy living. These activities include: arts & crafts, music gardening, games, social events, outings and entertainment. The promotion of health in older adults encompass physical, emotional, cultural, spiritual and mental well-being.</p>				