



INSPIRED SENIOR LIVING

August 2024

Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MONDAY AUG 5 Civic Holiday</p>		 <p>THURSDAY AUG 8 National Cat Day</p>		<p>9:00 Brain Games- Trivia and more (OM) 1 10:00 Ball Therapy! (OMLR) 10:30 Music Therapy with Norma (LO) 10:45 Garden Visits (OM) 1:30 Horse Race Game (LO) 2:30 Bean Bag Toss Game (OMLR)</p>	<p>9:15 Fit Minds Friday! (OM) 2 10:00 Fun Fitness Friday! (OMLR) 10:00 Individual Activities with Recreation (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattogories (OMLR)</p>	<p>9:00 Go4Life Walking Club! Indoor/Outdoor (OM) 3 1:00 Silly Poems and Stories (OMLR) 2:00 Afternoon Exercise Class (OMLR)</p>
<p>9:00 Go 4 Life Walking club (OM) 4 10:00 Piano Music with Beryl (OMLR) 1:00 Central Okanagan United Church Service (LO) 1:00 Afternoon Movie Matinee- Viewer's Choice (OMLR)</p>	<p>10:15 BINGO with Prizes! (OM) 5 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 11:00 Trivia (OMLR) 1:45 Courtyard Social (Weather permitting) (OM) 2:30 Individual Activities (AF)</p>	<p>9:30 Go4Life Walking Club! (OM) 6 10:00 Morning Exercises & Stretches (OMLR) 10:30 Individual Visits with Life Enrichment (ORC) 1:30 Music Bingo! (OM) 2:30 Scattogories! (ORC) 3:30 Active Games (OMLR)</p>	<p>9:00 Morning Game Shows (OMLR) 7 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Brain Games (C)</p>	<p>9:00 Brain Games- Trivia and more (OM) 8 10:00 Ball Therapy! (OMLR) 10:45 Garden Visits (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment with Rolland! (OMLR)</p>	<p>9:15 Fit Minds Friday! (OM) 9 10:00 Fun Fitness Friday! (OMLR) 10:00 Individual Activities with Recreation (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattogories (OMLR)</p>	<p>9:00 Go4Life Walking Club! Indoor/Outdoor (OM) 10 9:30 Morning Exercises! (ORC) 10:30 Courtyard Visits and Walks (OMLR) 1:00 Silly Poems and Stories (OMLR) 3:00 Table Top Activities: Coloring (OMLR)</p>
<p>9:00 Go 4 Life Walking club (OM) 11 10:00 Morning Exercises & Stretches (OMLR) 11:00 Giant Crossword Puzzle! (ORC) 12:00 Individual Visits and Hand Massages (ORC) 1:30 Outdoor Walks and Singing in the Courtyard (OMLR) 4:00 Java Music Club (ORC)</p>	<p>10:15 BINGO with Prizes! (OM) 12 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Activities (AF) 3:00 Word Games, trivia and jokes! (OM)</p>	<p>9:30 Go4Life Walking Club! (OM) 13 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:15 Ball Therapy (OMLR) 2:30 Scattogories! (ORC) 3:30 Active Games (OMLR)</p>	<p>9:00 Morning Game Shows (OMLR) 14 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C) 5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Brain Games- Trivia and more (OM) 15 10:00 Ball Therapy! (OMLR) 10:00 Premium Mobility Walker Clinic- Complimentary tune ups (LO) 10:30 Music Therapy with Norma (LO) 10:45 Garden Visits (OM) 1:30 Horse Race Game (LO) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment with Ria! (OMLR)</p>	<p>9:15 Fit Minds Friday! (OM) 16 10:00 Fun Fitness Friday! (OMLR) 10:00 Individual Activities with Recreation (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattogories (OMLR)</p>	<p>9:00 Go4Life Walking Club! Indoor/Outdoor (OM) 17 1:00 Silly Poems and Stories (OMLR) 3:30 Card Games (OMLR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Go 4 Life Walking club (OM) 18 10:00 Piano Music with Beryl (OMLR) 10:45 Giant Crossword Puzzle (ORC) 1:00 Sunday Sundae Cart! (ORC) 2:00 Individual Visits (ORC) 4:00 Java Music Club (ORC)	10:15 BINGO with Prizes! (OM) 19 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Activities (AF) 3:00 Word Games, trivia and jokes! (OM)	9:30 Go4Life Walking Club! (OM) 20 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:30 Music Bingo! (OM) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Morning Game Shows (OMLR) 21 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 1:45 Afternoon Social and Entertainment with Sam * new entertainer! (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C) 5:00 Bar Cart with Heather! (OM)	9:00 Brain Games- Trivia and more (OM) 22 10:00 Ball Therapy! (OMLR) 10:45 Garden Visits (OM) 1:30 Giant Crossword puzzle (OMLR) 2:30 Bean Bag Toss Game (OMLR)	9:15 Fit Minds Friday! (OM) 23 10:00 Fun Fitness Friday! (OMLR) 10:00 Individual Activities with Recreation (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! Indoor/Outdoor (OM) 24 1:00 Silly Poems and Stories (OMLR) 3:00 Table Top Activities: Coloring (OMLR)
9:00 Go 4 Life Walking club (OM) 25 11:00 Giant Crossword Puzzle! (ORC) 2:00 Individual Visits (ORC) 4:00 Java Music Club (ORC)	10:15 BINGO with Prizes! (OM) 26 10:30 Catholic Communion Service (T) 11:00 Morning Exercises and Stretches (OM) 2:15 Sing a Long (OM) 2:30 Individual Activities (AF) 3:00 Word Games, trivia and jokes! (OM)	9:30 Go4Life Walking Club! (OM) 27 10:00 Scenic Drive (MEE) 10:30 Individual Visits with Life Enrichment (ORC) 1:15 Ball Therapy (OMLR) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	9:00 Morning Game Shows (OMLR) 28 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Visits and walks (OMLR) 1:30 Afternoon Social & Entertainment with Vic & Caorl (OMLR) 2:00 Afternoon Tea and Trivia (OM) 3:30 Individual Visits (OM) 3:30 Brain Games (C) 5:00 Bar Cart with Heather! (OM)	9:00 Brain Games- Trivia and more (OM) 29 10:00 Ball Therapy! (OMLR) 10:30 Music Therapy with Norma (LO) 10:45 Garden Visits (OM) 1:30 Horse Race Game (LO) 2:30 Bean Bag Toss Game (OMLR) 3:00 Afternoon Social and Entertainment (OMLR)	9:15 Fit Minds Friday! *Card Games* (OM) 30 10:00 Fun Fitness Friday! (OMLR) 10:00 Individual Activities with Recreation (OM) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories (OMLR)	9:00 Go4Life Walking Club! Indoor/Outdoor (OM) 31 1:00 Silly Poems and Stories (OMLR) 3:30 Card Games (OMLR)



Locations Legend

Orchard Manor Living Room (OMLR)	Theatre (T)
Orchard Manor (OM)	All Floors (AF)
Orchard Manor Activity Room (ORC)	Orchard Manor Lobby (OML)
Lounge (LO)	Courtyard (C)
	Meet by bus (MEE)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program