



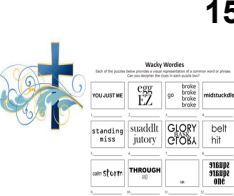



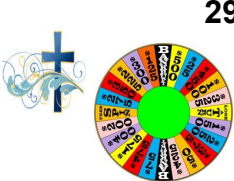





Day Program Without Walls August — 2021 — Aout

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 HOLIDAY CIVIC DAY 2 No Programs Centre is Closed Today</p>	<p>3 Virtual ZOOM 10:30AM-11:30 Fabulous East 2:00PM-2:30PM Meditation for Caregivers</p>	<p>4 Virtual ZOOM 10:30AM-NOON Dog Days of Summer BINGO 1:15PM-2:00PM Buzz Words</p>	<p>5 Virtual ZOOM 10:30AM-11:30 Word Games 1:15PM-2:00PM Chapel Service Heather McGrath</p>	<p>6 Virtual ZOOM 10:30AM-11:30 Flashback 50's</p>	 <p>7</p>	
 <p>8 9:45AM-10:45 9 Card BINGO Virtual ZOOM 1:15PM-2:15PM Do u hear what I hear?</p>	<p>10 Virtual ZOOM 10:30AM-11:30 Word Mining 2:00PM-2:30PM Meditation for Caregivers</p>	<p>11 Virtual ZOOM 10:30AM-11:30 Tai Chi Exercise 1:15PM-2:00PM Fill in the Blanks</p>	<p>12 Virtual ZOOM 10:30AM-11:30 Music by Dai Bassett 1:15PM-2:00PM Just Joking</p>	<p>13 Virtual ZOOM 10:30AM-11:30 Word Unscramble</p>	 <p>14</p>	
 <p>15 9:45AM-10:30 16 Chapel Service Neil Wallace Virtual ZOOM 1:15PM-2:15PM Wackie Words</p>	<p>17 Virtual ZOOM 10:30AM-11:30 Sing-A-Long 2:00PM-2:30PM Meditation for Caregivers</p>	<p>18 Virtual ZOOM 10:30AM-11:30 Hymn Sing with Gary Palmer 1:15PM-2:00PM Birthday Party</p>	<p>19 Virtual ZOOM 10:30AM-11:30 Music by Arlene Quinn 1:15PM-2:00PM Coffee Chat</p>	<p>20 Virtual ZOOM 10:30AM-NOON Parks BINGO</p>	 <p>21</p>	
 <p>22 9:45AM-10:15 23 Daily Gratitude's Virtual ZOOM 1:15PM-2:15PM Vacation Memories</p>	<p>24 Virtual ZOOM 10:30AM-11:30 Chair Yoga 2:00PM-2:30PM Meditation for Caregivers</p>	<p>25 Virtual ZOOM 10:30AM-11:30 Teddy Bear Picnic with Gary 1:15PM-2:00PM Bucket List</p>	<p>26 Virtual ZOOM 10:30AM-NOON Lighthouse BINGO 1:15PM-2:00PM Chicken Soup</p>	<p>27 Virtual ZOOM 10:30AM-11:30 Conversation Starters: Post Cards</p>	 <p>28</p>	
 <p>29 9:45AM-10:30 30 Chapel Service Neil Wallace Virtual ZOOM 1:15PM-2:15PM Wheel of Fortune</p>	<p>31 Virtual ZOOM 10:30AM-NOON Card BINGO 2:00PM-3:00PM Caregiver Medita- tion & Workshop</p>	 <p>The Good Companions Supporting a Vibrant Community</p>	<p>STEPS TO CONNECT How do I participate in the calls? On the day and time of a chosen program, dial 613-686-1547 or 1-800-669-6180. Enter the 6-digit passcode 155113 #. Record your name or just stay on the line. Press 0 for assistance.</p>			