



LEWIS
ESTATES
by Optima Living

August 2026

Lewis Estates Memory Care

Questions or comments?
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 11:30 Lunch Time Help (2nd) 1:00 Grocery "Shopping" (2nd) 2:00 Beach Ball Pass (2p) 3:00 Outdoor Walks (B) 4:00 Word Search (2nd) 4:30 Dinner time helping hands (2nd)
9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:00 Virtual Church Service (Th) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Hymn Sing Along (2nd) 1:30 Country Drive Memory Community (O) 2:00 Patio Bean Bag Toss (2p) 3:00 BINGO! (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Guided Relaxation (2nd) 2:00 Artful Enrichment (2nd) 3:00 Patio Gardening (2p) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Documentary Night (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Manicures (2nd) 2:00 Entertainment: Mike C. (D) 3:00 Finish the Phrase (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Sensory Explorers (2nd) 2:00 Entertainment: Karen Kerr (2nd) 3:00 Ice Cream Social (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Pet Therapy (3rd) 2:00 Axe Throwing (2nd) 3:00 Word Search (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Doll Therapy (2nd) 2:00 Music with Rebecca (2nd) 3:30 Finish that quote! (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 11:30 Lunch Time Help (2nd) 1:00 Short Stories (2nd) 2:00 Bean Bag Number Toss (2nd) 3:00 Calgary Stampede Trivia (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)
9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:00 Virtual Church Service (Th) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Hymn Sing Along (2nd) 1:30 Country Drive Memory Community (O) 2:00 BINGO! (2nd) 3:00 Patio Ladder Golf (2p) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Guided Relaxation (2nd) 2:00 Nature Scavenger Hunt (2p) 3:00 Guess the Missing Item (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Documentary Night (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Manicures (2nd) 2:00 Patio Beach Ball Pass (2p) 3:00 Chores and Chats (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Sensory Explorers (2nd) 2:00 Entertainment: JP Music (G) 3:00 Creamsicle Social (G) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Pet Therapy (3rd) 2:00 Watercolor Painting (2nd) 3:00 Left Handed Trivia (G) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 1:00 Doll Therapy (2nd) 2:00 Music with Rebecca (2nd) 3:30 Finish that quote! (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Good Morning Greetings (2nd) 10:00 Seated Exercise (2nd) 10:30 Daily Chronicles (2nd) 11:00 Walking Group (2nd) 11:30 Lunch Time Help (2nd) 1:00 Alphabet Game (2nd) 2:00 Patio Gardening (2p) 3:00 Music and Coloring (2nd) 4:00 Walking club (2nd) 4:30 Dinner time helping hands (2nd)