

August 2026

Lewis Estates

Floors 1/3/4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 2:00 Whiteboard Word Scramble (G) 3:00 Balloon Noodle Volleyball (G) 4:00 Billiards Club (G) 4:30 Helping hands (G)
9:30 Church Drives (Q) 10:00 Virtual Church Service (Th) 10:30 Word Scramble (G) 11:00 Daily Chronicle (G) 2:00 Family Swim (P) 2:00 Bocce Ball (G) 2:30 Country Drive - Independent (Q) 3:00 Water the Flowers (B) 4:00 Individual Visits (ooo)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 3:00 Manicures (TBP) 6:30 Quarter Bingo (G)	10:00 Catholic Communion (Ch) 10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 2:00 Entertainment: Mike C. (D) 3:00 Which Came First Quiz (G) 4:00 Home Support Exercise Program (Th) 6:30 Billiards Club (G)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 2:00 Ice Cream Social (G) 3:00 Calgary Stampede Quiz (G) 4:00 Outdoor Walking Club (B) 6:30 Western Movie Wednesday (TBP)	10:00 Aquasize (P) 10:00 Coffee and Bailey's Social (G) 10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Pet Therapy (3rd) 2:00 Bowling (G) 3:00 Whiteboard Alphabet Game (G) 4:00 Outdoor Walks (B) 6:45 Quarter Bingo (G)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 2:00 Billiards (G) 2:00 Zumba (Th) 3:00 Mocktails & Cocktails (G) 4:00 Home Support Exercise Program (Th) 6:30 Movie Night Comedy (TBP)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 2:00 Giant Crossword (G) 3:00 Drum Cardio (Th) 4:00 Billiards Club (G) 4:30 Helping hands (G)
9:30 Church Drives (Q) 10:00 Virtual Church Service (Th) 11:00 Daily Chronicle (G) 2:00 Family Swim (P) 2:30 Country Drive - Independent (Q) 3:00 Board Games (G) 4:00 Individual Visits (ooo)	10:00 Aquasize (P) 10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 2:00 Presentation: MP Billy Morin (G) 3:00 Gazebo Ball Toss (gz) 4:00 Individual Focus Visits (RR) 6:30 Quarter Bingo (G)	10:00 Catholic Communion (Ch) 10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 2:00 Balloon Volleyball (G) 3:00 Whiteboard Word Games (G) 3:00 Cribbage (G) 4:00 Home Support Exercise Program (Th) 6:30 Billiards Club (G)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 2:00 Entertainment: JP Music (G) 3:00 Creamsicle Social (G) 4:00 Walking Club (O) 7:00 Youtube Concert: Elvis (G)	10:00 Aquasize (P) 10:00 Coffee and Bailey's Social (G) 10:00 Vendor Visit: Executive Jewels (L) 10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Pet Therapy (3rd) 2:00 Left-Handers Day Games (G) 3:00 Left Handed Trivia (G) 4:00 Outdoor Walks (B) 6:45 Quarter Bingo (G)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 1:00 Nature Documentary (G) 2:00 Zumba (Th) 2:00 Billiards (G) 3:00 Mocktails & Cocktails (G) 4:00 Home Support Exercise Program (Th) 6:30 Movie Night Comedy (TBP)	10:30 Seated Exercise (G) 11:00 Video Exercises (Th) 11:00 Daily Chronicle (G) 2:00 Giant Crossword (G) 3:00 Ladder Golf (G) 4:00 Billiards Club (G) 4:30 Helping hands (G)