



August 2024

Southbridge London



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs are subject to change</p> <p>Programs in ORANGE are located on the main floor Activity Room</p>	<p>CHERRY Suites</p> <p><i>Activity Aide ~ Amir</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i></p>		<p>Southbridge London Olympic Week</p> <p><i>Dress Down Days:</i> 5th - Wear BLUE 6th - Wear YELLOW 7th - Wear BLACK 8th - Wear GREEN 9th - Wear RED</p>	<p>10:30 Hymn Sing 1 2:15 Comedy Hour: America's Funniest Home Videos</p>	<p>10:00 Pet Therapy Visits 2 10:15 Town Hall Meeting 10:30 Trivia 1:30 Physio Group Exercises (Willow) 2:15 Outdoor Walks</p>	<p>10:30 Java Mentors 3 11:00 Physio Group Exercises (Willow) 2:15 Ice Cream Social</p>
<p>10:30 Virtual Church Service 4 2:15 Indoor Bowling</p>	<p><u>Civic Holiday</u> 5 2:15 Opening Ceremonies SBL Summer Olympics</p>	<p>10:30 Chapel Service 6 1:30 Physio Group Exercises (Willow) 2:15 BINGO</p>	<p><u>Visiting Library Service</u> 7 10:30 Java Memory 10:30 Olympic Basketball Toss 11:00 Physio Group Exercises (Cherry) 2:00 Travelogue</p>	<p>10:15 Olympic Axe Throw 8 2:15 Olympic Rocket Toss 7:00 Celebration of Life Service</p>	<p>10:15 Trivia 9 1:30 Physio Group Exercises (Willow) 2:15 Closing Ceremonies SBL Summer Olympics</p>	<p>10:30 Java Music 10 11:00 Physio Group Exercises (Willow) 2:15 Popsicle Party</p>
<p>10:30 Virtual Church Service 11 2:15 What's Cooking?</p>	<p>10:15 Magnetic Darts 12 11:00 Physio Group Exercises (Cherry) 2:15 Estelle 100th Birthday Party</p>	<p>10:15 BINGO 13 1:30 Physio Group Exercises (Willow) 2:15 Manicures</p>	<p>10:30 Java Memory 14 11:00 Physio Group Exercises (Cherry) 2:15 Music with Tara Dunphy</p>	<p>10:30 Poet Tree 15 1:45 Inspire</p>	<p>10:00 Pet Therapy Visits 16 10:15 Trivia 1:30 Physio Group Exercises (Willow) 2:15 Men's Club</p>	<p>10:30 Java Music 17 11:00 Physio Group Exercises (Willow) 2:15 Community Rock Painting Project</p>
<p><u>Hippie Day</u> 18 10:30 Virtual Church Service 2:15 1960's Playlist and Basketball Afternoon</p>	<p>11:00 Physio Group Exercises (Cherry) 19 2:15 Sing-a-long with Katie</p>	<p>10:30 Chapel Service with Chris 20 1:30 Physio Group Exercises (Willow) 2:15 BINGO</p>	<p>10:30 Java Memory 21 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Music with Jude</p>	<p>10:00 Drum Circle 22 10:30 Magnetic darts 2:15 Dice Game: Left, Right, Centre</p>	<p>10:15 Trivia 23 12:00 Cherry BBQ Lunch 1:30 Physio Group Exercises (Willow) 2:15 Bean Bag Toss</p>	<p>10:30 Java Music 24 11:00 Physio Group Exercises (Willow) 2:15 Music with Larry Smith</p>
<p>10:30 Virtual Church Service 25 2:15 What's Cooking?</p>	<p>10:15 Axe Throw 26 11:00 Physio Group Exercises (Cherry) 2:15 Cherry Birthday Party</p>	<p>9:45 Food Advisory & Residents' Council Meeting 27 1:30 Physio Group Exercises (Willow) 2:15 BINGO</p>	<p>10:30 Java Memory 28 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Peach Social</p>	<p>10:15 Morning Walks 29 2:15 Craft Hour</p>	<p>8:45 Breakfast Club 30 10:00 Pet Therapy Visits 1:30 Physio Group Exercises (Willow) 2:15 Needle & Thread Afternoon</p>	<p>10:30 Java Music 31 11:00 Physio Group Exercises (Willow) 2:15 Summer BINGO</p>



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<p>All programs are subject to change</p> <p>Programs in ORANGE are located on the main floor Activity Room</p>	<p>MAPLE Suites</p> <p><i>Activity Aide ~ Penny</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i></p>		<p>Southbridge London Olympic Week</p> <p><i>Dress Down Days:</i> 5th - Wear BLUE 6th - Wear YELLOW 7th - Wear BLACK 8th - Wear GREEN 9th - Wear RED</p>	<p>11:00 Physio Group Exercises (Maple) 1 2:15 Outdoor Walks</p>	<p>10:00 Pet Therapy Visits 2 10:15 BINGO 11:30 Town Hall Meeting 2:15 Adult Coloring Page Contest</p>	<p>10:30 Java Mentors 3 1:30 Physio Group Exercises (Maple) 2:15 Ice Cream Social</p>
<p>10:30 Virtual Church Service 4 2:15 Indoor Bowling</p>	<p><u>Civic Holiday</u> 5 2:15 Opening Ceremonies SBL Summer Olympics</p>	<p>10:30 Chapel Service 6 11:00 Physio Group Exercises (Oak) 2:15 Olympic Basketball</p>	<p><u>Visiting Library Service</u> 7 10:15 Olympic Axe Throwing Group 10:30 Java Memory</p>	<p>11:00 Physio Group Exercises (Maple) 8 2:15 Olympic Rocket Toss 7:00 Celebration of Life Service</p>	<p>10:15 BINGO 9 2:15 Closing Ceremonies SBL Summer Olympics</p>	<p>10:30 Java Music 10 1:30 Physio Group Exercises (Maple) 2:15 Popsicle Party</p>
<p>10:30 Virtual Church Service 11 2:15 What's Cooking?</p>	<p><u>Singer Sewing Machine</u> 12 10:15 Documentary of Singer Sewing 1:30 Physio Group Exercises (Oak) 2:15 Sewing & Mending</p>	<p>10:15 Manicures & Birthstone Documentary 13 11:00 Physio Group Exercises (Oak) 2:15 Maple Birthday Party</p>	<p>10:15 I Love Lucy Trivia 14 10:30 Java Memory 2:15 Music with Tara Dunphy 2:30 Documentary on Lucille Ball</p>	<p><u>National Relaxation Day</u> 15 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 2:30 Sing-a-long with Katie</p>	<p><u>National Tell A Joke Day</u> 16 10:00 Pet Therapy Visits 10:15 BINGO 2:15 Laughter is the Best Medicine Afternoon 2:15 Men's Club</p>	<p>10:30 Java Music 17 1:30 Physio Group Exercises (Maple) 2:15 Community Rock Painting Project</p>
<p><u>Hippie Day</u> 18 10:30 Virtual Church Service 2:15 1960's Playlist and Basketball Afternoon</p>	<p><u>Blue Moon Today</u> 19 10:15 All About Blue Moons 1:30 Physio Group Exercises (Oak) 2:15 Outdoor Walks</p>	<p>10:15 Manicures 20 10:30 Chapel Service with Chris 11:00 Physio Group Exercises (Oak) 2:15 August Random Trivia Afternoon</p>	<p>10:30 Java Memory 21 2:15 Music with Jude</p>	<p>10:00 Drum Circle 22 11:00 Physio Group Exercises (Maple) 12:00 Maple BBQ Lunch 2:15 Outdoor Patio Visits</p>	<p>10:15 BINGO 23 2:15 Travelogue to Kauai Hawaii</p>	<p>10:30 Java Music 24 1:30 Physio Group Exercises (Maple) 2:15 Music with Larry Smith</p>
<p>10:30 Virtual Church Service 25 2:15 What's Cooking?</p>	<p><u>Everything Elvis Day</u> 26 10:15 Elvis Trivia 1:30 Physio Group Exercises (Oak) 2:15 All Shook Up Sing-a-long</p>	<p>9:45 Food Advisory & Residents' Council Meeting 27 10:15 Manicures 11:00 Physio Group Exercises (Oak) 2:15 Craft Hour</p>	<p>10:30 Java Memory 28 2:15 Peach Social</p>	<p>11:00 Physio Group Exercises (Maple) 29 2:15 Sing-a-long with Katie</p>	<p>8:45 Breakfast Club 30 10:00 Pet Therapy Visits 10:15 BINGO 2:15 Needle & Thread Afternoon</p>	<p>10:30 Java Music 31 1:30 Physio Group Exercises (Maple) 2:15 Summer BINGO</p>



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<p>10:30 Virtual Church Service 4 2:15 Indoor Bowling</p>	<p><u>Civic Holiday</u> 5 2:15 Opening Ceremonies SBL Summer Olympics 6:00 Olympic Axe Throw</p>	<p>10:30 Chapel Service 6 11:00 Physio Group Exercises (Oak) 2:15 Green Thumbs Group 2:30 Hymn Sing 6:00 Olympic Basketball</p>	<p><u>Visiting Library Service</u> 7 10:30 Java Memory 2:15 Documentary on Lighthouses 2:30 Montessori 6:00 Olympic Rocket Toss</p>	<p>10:15 BINGO 8 11:00 Physio Group Exercises (Maple) 2:15 Crafts 7:00 Celebration of Life Service</p>	<p>10:15 Ball Toss 9 2:15 Closing Ceremonies SBL Summer Olympics 6:00 Karaoke Night</p>	<p>10:30 Java Music 10 1:30 Physio Group Exercises (Maple) 2:15 Popsicle Party 6:00 Indoor Bowling</p>
<p>10:30 Virtual Church Service 11 2:15 What's Cooking? 6:00 Documentary on Presidential Joke Day</p>	<p>10:15 Manicures 12 1:30 Physio Group Exercises (Oak) 2:15 Outdoor Walks 6:00 Documentary: National Vinyl Record Day</p>	<p>10:15 Sensory Visits 13 11:00 Physio Group Exercises (Oak) 2:15 Puzzles 6:00 Colour Your World</p>	<p>10:30 Java Memory 14 2:15 Music with Tara Dunphy 6:00 Creative Expressions: Calligraphy</p>	<p>10:15 BINGO 15 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 2:15 Cloud Watching 6:00 Indoor Bowling</p>	<p>10:00 Pet Therapy Visits 16 10:15 Montessori 2:15 Men's Club 6:00 Karaoke Night</p>	<p>10:30 Java Music 17 1:30 Physio Group Exercises (Maple) 2:15 Community Rock Painting Project</p>
<p><u>Hippie Day</u> 18 10:30 Virtual Church Service 2:15 1960's Playlist and Basketball Afternoon</p>	<p>10:15 Sing-a-long with Katie 19 1:30 Physio Group Exercises (Oak) 2:15 Outdoor Walks 6:00 Indoor Bowling</p>	<p>10:30 Chapel Service with Chris 20 11:00 Physio Group Exercises (Oak) 2:15 Puzzles 6:00 Balloon Baseball</p>	<p>10:30 Java Memory 21 12:00 Oak BBQ Lunch 2:15 Music with Jude 6:00 Ball Toss</p>	<p>10:00 Drum Circle 22 10:15 BINGO 11:00 Physio Group Exercises (Maple) 2:15 Crafts</p>	<p>10:15 Sensory Visits 23 2:15 Axe Throw 6:00 Karaoke Night</p>	<p>10:30 Java Music 24 1:30 Physio Group Exercises (Maple) 2:15 Music with Larry Smith</p>
<p>10:30 Virtual Church Service 25 2:15 What's Cooking? 6:00 Balloon Baseball</p>	<p>10:15 Sing-a-long with Katie 26 1:30 Physio Group Exercises (Oak) 2:15 Outdoor Walks 6:00 Indoor Bowling</p>	<p>10:15 Montessori 27 11:00 Physio Group Exercises (Oak) 2:15 Puzzles 6:00 Colour Your World</p>	<p>10:30 Java Memory 28 2:15 Peach Social 6:00 Shania Twain Music & Story</p>	<p>10:15 BINGO 29 11:00 Physio Group Exercises (Maple) 2:15 Manicures 6:00 Axe Throw</p>	<p>8:45 Breakfast Club 30 10:00 Pet Therapy Visits 2:15 Needle & Thread Afternoon 6:00 Karaoke Night</p>	<p>10:30 Java Music 31 1:30 Physio Group Exercises (Maple) 2:15 Summer BINGO</p>



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<p>10:30 Virtual Church Service 4 2:15 Indoor Bowling</p>	<p><u>Civic Holiday</u> 5 2:15 Opening Ceremonies SBL Summer Olympics 4:30 Olympic Rocket Toss 6:15 Karaoke Dance Party</p>	<p>10:30 Olympic BINGO 6 10:30 Chapel Service 2:15 Olympic Axe Throw</p>	<p><u>Visiting Library Service</u> 7 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:00 Travelogue: Paris</p>	<p>10:15 Morning Walks 8 1:30 Physio Group Exercises (Pine) 2:15 Card Games 7:00 Celebration of Life Service</p>	<p>10:15 Olympic Basketball 9 11:00 Physio Group Exercises (Pine) 2:15 Closing Ceremonies SBL Summer Olympics</p>	<p>10:30 Java Music 10 2:15 Popsicle Party</p>
<p>10:30 Virtual Church Service 11 2:15 What's Cooking?</p>	<p>2:15 Sing-a-long with Katie 12 3:00 Memory Lane Room Visits</p>	<p>10:15 Crafts 13 2:15 Trivia Afternoon</p>	<p>10:15 BINGO 14 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:15 Music with Tara Dunphy</p>	<p>10:00 Shopping Trip Dollarama 15 10:30 Poet Tree 1:30 Physio Group Exercises (Pine) 2:15 Outdoor Walks</p>	<p>10:00 Pet Therapy Visits 16 10:15 Manicures 11:00 Physio Group Exercises (Pine) 2:15 Men's Club</p>	<p>10:30 Java Music 17 2:15 Community Rock Painting Project</p>
<p><u>Hippie Day</u> 18 10:30 Virtual Church Service 2:15 1960's Playlist and Basketball Afternoon</p>	<p>10:15 Montessori 19 12:00 Pine BBQ Lunch 2:15 Pine Birthday Party</p>	<p>10:30 Chapel Service with Chris 20 2:15 Trivia Afternoon</p>	<p>10:15 BINGO 21 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:15 Music with Jude</p>	<p>10:00 Drum Circle 22 1:30 Physio Group Exercises (Pine) 1:45 Hymn Sing 2:15 Higher or Lower Card Game 3:00 Guitar Room Visits</p>	<p>10:15 Manicures 23 11:00 Physio Group Exercises (Pine) 2:15 Float Friday</p>	<p>10:30 Java Music 24 2:15 Music with Larry Smith</p>
<p>10:30 Virtual Church Service 25 2:15 What's Cooking?</p>	<p>10:15 Craft Hour 26 2:15 Sing-a-long with Katie 3:00 Memory Lane Room Visits</p>	<p>9:45 Food Advisory & Residents' Council Meeting 27 2:15 Trivia Afternoon</p>	<p>10:30 Java Memory 28 1:30 Physio Group Exercises (Pine) 2:15 Peach Social</p>	<p>10:15 BINGO 29 1:30 Physio Group Exercises (Pine) 2:15 Manicures</p>	<p>8:45 Breakfast Club 30 10:00 Pet Therapy Visits 11:00 Physio Group Exercises (Pine) 2:15 Needle & Thread Afternoon</p>	<p>10:30 Java Music 31 2:15 Summer BINGO</p>



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<p>10:30 Virtual Church Service 4 2:15 Indoor Bowling</p>	<p><u>Civic Holiday</u> 5 2:15 Opening Ceremonies SBL Summer Olympics 6:15 Karaoke Dance Party</p>	<p>10:30 Chapel Service 6 1:30 Physio Group Exercises (Willow) 2:15 Olympic Rocket Toss</p>	<p><u>Visiting Library Service</u> 7 10:15 Olympic BINGO 10:30 Java Memory 11:00 Physio Group Exercises (Cherry) 2:00 Travelogue to Paris France</p>	<p>10:15 Olympic Basketball Toss 8 2:15 Olympic Axe Throw 7:00 Celebration of Life Service</p>	<p>1:30 Physio Group Exercises (Willow) 9 2:15 Closing Ceremonies SBL Summer Olympics</p>	<p>10:30 Java Music 10 11:00 Physio Group Exercises (Willow) 2:15 Popsicle Party</p>
<p>10:30 Virtual Church Service 11 2:15 What's Cooking?</p>	<p>10:15 Outdoor Walks 12 11:00 Physio Group Exercises (Cherry) 2:15 BINGO</p>	<p>10:30 Inspire 13 1:30 Physio Group Exercises (Willow) 2:15 Memory Lane Room Visits</p>	<p>10:30 Java Memory 14 11:00 Physio Group Exercises (Cherry) 2:15 Music with Tara Dunphy</p>	<p>10:00 Shopping Trip Dollarama 15 10:30 Poet Tree 2:15 Trivia</p>	<p>10:00 Pet Therapy Visits 16 10:15 Crafts 1:30 Physio Group Exercises (Willow) 2:15 Men's Club 2:30 Manicures</p>	<p>10:30 Java Music 17 11:00 Physio Group Exercises (Willow) 2:15 Community Rock Painting Project</p>
<p><u>Hippie Day</u> 18 10:30 Virtual Church Service 2:15 1960's Playlist and Basketball Afternoon</p>	<p>10:15 Whiteboard Word Games 19 11:00 Physio Group Exercises (Cherry) 2:15 BINGO</p>	<p>10:30 Chapel Service with Chris 20 12:00 Willow BBQ Lunch 1:30 Physio Group Exercises (Willow) 2:30 Outdoor Walks</p>	<p>10:30 Java Memory 21 11:00 Physio Group Exercises (Cherry) 2:15 Music with Jude</p>	<p>10:00 Drum Circle 22 10:15 Manicures 2:15 Trivia</p>	<p>1:30 Physio Group Exercises (Willow) 23 2:15 Sing-a-long with Katie 3:00 Memory Lane Room Visits</p>	<p>10:30 Java Music 24 11:00 Physio Group Exercises (Willow) 2:15 Music with Larry Smith</p>
<p>10:30 Virtual Church Service 25 2:15 What's Cooking?</p>	<p>10:15 Crafts 26 11:00 Physio Group Exercises (Cherry) 2:15 BINGO</p>	<p>9:45 Food Advisory & Residents' Council Meeting 27 1:30 Physio Group Exercises (Willow) 2:15 Memory Lane Room Visits</p>	<p>10:30 Java Memory 28 11:00 Physio Group Exercises (Cherry) 2:15 Peach Social</p>	<p>10:15 Manicures 29 2:30 Willow Birthday Party</p>	<p>8:45 Breakfast Club 30 10:00 Pet Therapy Visits 10:15 Outdoor Walks 1:30 Physio Group Exercises (Willow) 2:15 Needle & Thread Afternoon</p>	<p>10:30 Java Music 31 11:00 Physio Group Exercises (Willow) 2:15 Summer BINGO</p>