

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">August 2019</h1> <h2 style="text-align: center;">NHNH Activity Calendar</h2>				<b>8:30 Breakfast Club (G)</b> 1 <b>10:00 Bible Study (G)</b> <b>2:00 Spiritual Sing Along with Alex (G)</b> <b>7:00 5 Card Flip (G)</b>	<b>10:00 Exercise Class (G)</b> 2 <b>2:00 Bingo (G)</b>	<b>10:00 Arts &amp; Crafts with Liz (G)</b> 3
				<b>4</b>	<b>5</b> Civic Holiday	<b>6</b> <b>10:00 Nail Care (1)</b> <b>10:00 Karaoke with Jim (M)</b> <b>2:00 Church Service (G)</b>
<b>11</b> <b>10:00 Exercise (G)</b> <b>2:00 Friendly Visits (1)</b>	<b>12</b> <b>10:00 Nail Care (M)</b> <b>10:00 Karaoke with Jim (1)</b> <b>10:00 Music with Angus (M)</b> <b>2:00 Church Service (G)</b>	<b>13</b> <b>10:00 Exercise Class (G)</b> <b>2:00 You've Got Mail</b> <b>2:00 Happy Hour &amp; Games (G)</b>	<b>14</b> <b>10:00 Current Events (G)</b> <b>10:00 Bible Study (G)</b> <b>2:00 Soul Tyme (G)</b> <b>7:00 Art Therapy with Shelley (G)</b>	<b>15</b> <b>10:00 Exercise Class (G)</b> <b>1:00 Lighthouse Theatre Outing-Alice in Wonderland</b>	<b>16</b> <b>10:00 Bingo (G)</b>	<b>17</b>
<b>18</b> <b>10:00 Exercise (G)</b> <b>12:00 BBQ Luncheon Main Floor Residents</b> <b>2:00 Music with Laurie (G)</b> <b>7:00 Bingo (G)</b>	<b>19</b> <b>10:00 Nail Care (1)</b> <b>10:00 Karaoke with Jim (M)</b> <b>2:00 Church Service (G)</b> <b>4:00 Pet Therapy</b>	<b>20</b> <b>10:00 Exercise Class (G)</b> <b>10:00 Bible Study (M)</b> <b>2:00 You've Got Mail</b> <b>2:00 Happy Hour &amp; Games (G)</b>	<b>21</b> <b>10:30 Catholic Mass (G)</b> <b>2:00 Bingo (G)</b> <b>7:00 Family Fun Night with Gerry O'Robko (G)</b>	<b>22</b> <b>10:00 Exercise Class (G)</b> <b>2:00 Planet Earth Presentation (G)</b>	<b>23</b> <b>10:00 Social Time with Ruth (M)</b> <b>2:00 Patio Time (G)</b>	<b>24</b>
<b>25</b> <b>10:00 Exercise (G)</b> <b>2:00 Music with Gloria (G)</b> <b>7:00 Bingo (G)</b>	<b>26</b> <b>10:00 Nail Care (M)</b> <b>10:00 Karaoke with Jim (1)</b> <b>10:00 Music with Angus (M)</b> <b>2:00 Church Service (G)</b>	<b>27</b> <b>10:00 Exercise Class (G)</b> <b>12:00 BBQ Luncheon Upper Floor Residents</b> <b>2:00 Happy Hour (G)</b>	<b>28</b> <b>10:00 Fishing Outing (G)</b> <b>10:00 Bible Study (G)</b> <b>2:00 Ice Cream Sundaes (G)</b>	<b>29</b> <b>10:00 Exercise Class (G)</b> <b>2:00 Wine &amp; Cheese Party (G)</b>	<b>30</b>	<b>31</b>

Legend: G=Activity Room M=Main Level 1=Upper Level