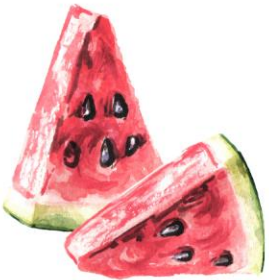


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2025 Parkwood Suites, Garden Homes, and DLMA 						
					1 9:30 Flexibility Fitness (CR) 10:30 Giant Yahtzee (MPR) 1:30 Ring Toss (CR) 2:30 1:1 Fitness with Meagan (Gym) 3:45 Walk & Roll Walking Group (L)	2
3 10:30 Sunday Service with Chaplain Ellen (FH)	4 9:30 Upper Body Strength (CR) 10:30 Paint by Numbers (MPR) 1:30 <i>Resident-Run: UNO</i> (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	5 9:30 Sit & Sway Fitness (CR) 10:30 Walk & Roll Walking Group (L) 1:30 Word Games (CR) 2:00 Suites Resident Drop-In (DR) 2:30 Bocce Ball (CR Hallway) 3:30 <i>Resident-Run: Dominoes</i> (MPR)	6 9:30 Balloon Badminton (CR) 10:00 Men's Club: Seagram's Presentation (FH) 10:30 Hymn Sing (MPR) 2:00 Piano Duet with Mary & Joan (FH)	7 9:30 Upper Body Strength (CR) 10:30 BINGO (MPR) 1:15 Hot Wax Treatment (Gym) 3:45 Walk & Roll Walking Group (L)	8 9:30 Flexibility Fitness (CR) 10:30 Relax and Colour (MPR) 1:30 Bean Bag Toss (CR)	9 2:00 Crochet Club (FH)
10 10:30 Sunday Service with Henrietta T. (FH)	11 9:30 Corn Husking (FP) 10:30 Upper Body Strength (Gym) 2:30 Waterloo Public Library Tech Support Sessions *sign up required 2:30 Music with Traci Kennedy (FH)	12 <i>Kindred Credit Union 10-11</i> 9:30 Sit & Sway Fitness (Gym) 10:30 Corn Husking (FP) 12:00 Kindness Walk Fundraising BBQ *Sign-up required (FH) 3:45 Walk & Roll Walking Group (L)	13 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (FH) 1:30 Arts & Crafts: Suncatchers (Gym) 3:00 Walk & Roll Walking Group (L)	14 9:30 Upper Body Strength (Gym) 10:30 Rootbeer Float Social *Sign-up required (FP) 1:15 Hot Wax Treatment (Gym) 2:30 Bean Bag Toss (Gym)	15 9:30 Flexibility Fitness (Gym) 10:30 Current Events (L) 1:30 Ring Toss (Gym) 2:30 <i>Resident-Run: UNO</i> (GR)	16
17 10:30 Sunday Service with Chaplain Lisa (FH) 2:00 Crochet Club (FH)	18 9:30 Strength & Conditioning (CR) 10:30 Round Robin Group Story Writing (CR) 2:00 Outdoor Music with Jeff Poolton (FP – weather permitting)	19 10:30 Sit & Sway Fitness (CR) 1:30 Ladder Ball Toss (CR) 2:30 Manicures (MPR) 3:30 Walk & Roll Walking Group (L) 5:00 Suites 6th Floor Dinner (MPR)	20 9:30 Seated Dance with Lauren (MPR) 10:30 Hymn Sing (MPR) 2:30 Travelogue: Italy (CR) 3:30 Walk & Roll Walking Group (L)	21 10:00 Outdoor Music with Steve & Diane (FP- weather permitting) 1:15 Hot Wax Treatment (Gym) 2:30 <i>Resident-Run: Crokinole</i> (GR)	22 9:30 Flexibility Fitness (CR) 10:30 Poetry Reading (MPR) 11:30 Outing: Schmidtsville Restaurant *Sign-up required 3:15 Walk & Roll Walking Group (L)	23
24 10:30 Sunday Service with Janice H. (FH)	25 9:30 Strength & Conditioning (CR) 10:30 Arts & Crafts: Kindness Rock Painting (MPR) 1:30 <i>Resident-Run: Dominoes</i> (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	26 <i>Kindred Credit Union 10-11</i> 9:30 Sit & Sway Fitness (CR) 10:30 Yahtzee (MPR) 1:30 August Birthday Celebration (MPR) 2:30 BINGO (MPR)	27 9:30 Beach Ball Fun (CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 11:30 Outing: Schmidtsville Restaurant *Sign-up required 3:30 Walk & Roll Walking Group (L)	28 9:30 Strength & Conditioning (CR) 10:30 Jeopardy (CR) 1:15 Hot Wax Treatment (Gym) 2:00 Music with Conn Smythe (FH)	29 9:30 Flexibility Fitness (CR) 10:30 Corn Husking (FP) 1:30 Outing: Walmart *Sign-up required	30
31 10:30 Sunday Service with Chaplain Lisa (FH)	Legend CR – Craft Room MPR – Multipurpose Room EDR – Education Room FH – Fellowship Hall L – Lobby FP – Front Patio DR – Dining Room GR – Games Room					

ACTIVITY CALENDAR

AUGUST 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2025 Parkwood Pool Schedule						
	3	4	5	6	7	1
	2:30 AquaFit 3:00 Open Swim	4:00 AquaFit 6:30 Open Swim		2:30 Open Swim (1 hour)	2:30 Open Swim (1 hour)	2:30 AquaFit 3:00 Open Swim
	10	11	12	13	14	15
	2:30 Open Swim (1 hour)	2:30 Open Swim (1 hour)	2:30 Open Swim (1 hour)	2:30 AquaFit 3:00 Open Swim	2:30 AquaFit 3:00 Open Swim	2:30 AquaFit 3:00 Open Swim
	17	18	19	20	21	22
	2:30 AquaFit 3:00 Open Swim	3:30 AquaFit		2:30 AquaFit 3:00 Open Swim		
	24	25	26	27	28	29
	2:30 AquaFit 3:00 Open Swim	4:00 AquaFit 6:30 Open Swim		2:30 AquaFit 3:00 Open Swim		
31	* POOL PROGRAMS WILL BE 30 MINUTES EACH					30
	Highlighted = Program is being held at a different time than usual for that day					

If you have any questions about aquatic programs, please contact recreation: (519) 885 – 0090 Ext. 275 or recreation@parkwoodmnh.com