









The Cardinal Retirement Residence

10 Herkimer St, Hamilton, ON L8P 2G2

Phone (905) 525-0338

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Chair Dancing 11:00 Trivia 1:30 Word Scramble 3:00 Coffee Break 8:00 Evening Social	2 9:30 Exercises 11:00 Bean Bag Toss 1:30 Manicures 3:00 Afternoon Tea 8:00 Evening Social	3 9:30 Physiotherapy 11:00 Crosswords 2:00 Bingo 3:00 Afternoon Tea 3:30 Walking Club!	4 6:30pm Evening Movie 8:00 Evening Tea
5 3:00 Afternoon Tea 8:00 Evening Social 	Civic Holiday! 6 9:30 Physiotherapy 3:00 Coffee time! 3:30 Scrabble 8:00 Evening Social	7 9:30 Exercises 1:30 Bonus Bingo 3:00 Coffee Break 3:30 Patio time! 8:00 Evening Social 	8 11:30 KFC Picnic lunch at Dundurn Pavilion 8:00 Evening Social	9 9:30 Exercises 1:30 Manicures 3:00 Afternoon Tea 3:30 Resident Meeting 8:00 Evening social	10 9:30 Physiotherapy Class 11:00 Crosswords 2:00 Bingo 3:00 Afternoon Tea 8:00 Evening Social	11 6:30pm Evening Movie 8:00 Evening Tea
12 3:00 Afternoon Tea 8:00 Evening Social 	13 9:30 Physiotherapy 11:00 Crosswords 1:30 Maddy on Piano! 3:00 Coffee time! 3:30 Scrabble 8:00 Evening Social	14 9:30 Exercises 1:30 Bonus Bingo 3:00 Coffee Break 3:30 Patio time! 8:00 Evening Social	15 9:30 Chair Dancing 2:00 Ice Cream Truck Visits! 3:00 Coffee Break 8:00 Evening Social 	16 9:30 Exercises 1:30 Manicures 3:00 Coffee Break! 3:30 Musical Trivia 8:00 Evening Social	17 9:30 Physiotherapy 11:00 Horseracing 2:00 Bingo 3:00 Afternoon Tea 8:00 Evening Social	18 3:00 Coffee/tea break 6:30pm Evening Movie 8:00 Evening Tea
19 3:00 Afternoon Tea 8:00 Evening Social 	20 9:30 Physiotherapy 11:00 Crosswords 1:30 Manicures 3:00 Coffee time! 3:30 Scrabble	21 9:30 Exercises 1:30 Bonus Bingo 3:00 Coffee Break 3:30 Patio time! 8:00 Evening Social	22 9:30 Chair Dancing 11:00 Musical Trivia 1:30 Word Scramble 3:00 Coffee Break 8:00 Evening Social	23 9:30 Exercises 2:00 Peach Party/Birthday Party with Toni. R!! 3:00 Coffee Break! 	24 9:30 Physiotherapy 11:00 Crosswords 2:00 Bingo 3:00 Afternoon tea 8:00 Evening Social	25 6:30pm Movie 8:00 Evening Tea
26 3:00 Afternoon Tea 8:00 Evening Social 	27 9:30 Physiotherapy 11:00 Crosswords 1:30 Maddy on Piano! 3:00 Coffee time! 3:30 Scrabble	28 9:30 Exercises 1:30 Bonus Bingo 3:00 Coffee break 3:30 Patio time! 8:00 Evening Social	29 9:30 Chair Dancing 11:00 Trivia 1:30 Word Scramble 3:00 Coffee Break 8:00 Evening Social	30 9:30 Exercises 11:00 Bowling 1:30 Manicures 3:00 Coffee Break! 8:00 Evening Social	31 9:30 Physiotherapy 11:00 Horseracing 2:00 Bingo 3:00 Afternoon tea 8:00 Evening Social	