

August 2025

Memory Care

Hamlets at Red Deer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calenda Entertainment Payment Required * Outings Special Programs	r <u>Legend</u> Resident-Run <u>Sign-up</u> Meetings				9:30 Exercise Class (MPR) 10:30 Walker Name Plates - Hamlet Focus (BAL) 1:30 Craft: Egg Carton Flowers (MPR) 3:30 Tea Cart (MBL) Happy Birthday	9:30 Morning Walks + Water The Plants 10:30 Armchair Travel - Scotland (CH) 1:30 Floor Curling (MPR) 3:30 Courtyard Visits (SCY)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)	9:30 Exercise Class (MPR) 10:30 Balloon Badminton (GAS) 3:30 Nails and Chat (SBK)	9:30 Morning Walks 10:30 Pet Therapy 1:1 (MBL) 1:30 Shuffle Board (MPR) 3:00 Happy Hour: Arnold Palmer (SCY)	9:30 Exercise Class (MPR) 10:30 Catholic Service (CH) 1:30 Mega Bingo (MDR) 2:00 Optima Living Principal Visits: Resident Town Hall (MDR)	9:30 Morning Walks 10:30 Garden Club 1:30 Concert - Paul Wood (MDR) 3:30 Library Cart (MBL)	9:30 Exercise Class (MPR) 10:30 Giant Crossword (BAL) 1:30 Spaz the Cockatoo (MPR)	9:30 Morning Walks + Water The Plants 10:30 Ring Toss (MPR) 1:30 Country Kitchen - Chocolate Cookies (MPR)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:30 Anglican Church Online (CH)	9:30 Exercise Class (MPR) 11 10:30 Nails and Chat (GAS) 1:30 Hymn Singing & Bible Study (MDR) Happy Birthday	9:30 Morning Walks 10:30 Pet Therapy 1:1 (MBL) 2:00 St. Mary's Catholic Mass (CH) 3:00 Happy Hour: Rum & Coke* (DP) Happy Birthday	10:30 Painting: Watercolour (CYRD) 1:30 Bingo (BAL)	9:30 Morning Walks 10:30 Walking With Jesus Today - Evangelical Service (CH) 10:30 Garden Club 1:30 Concert - The Plaiders (MDR)	9:30 Exercise Class (MPR) 15 10:30 Walker Name Plates - Hamlet Focus (SBK) 1:30 Country Pride Dancers - Dance Along (MDR) 3:30 Tea Cart (MBL)	9:30 Morning Walks + Water 16 The Plants 10:30 Armchair Travel - Iran (CH) 1:30 Bean Bag Toss (MPR) 3:30 Courtyard Visits (SCY)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)	9:30 Exercise Class (MPR) 10:00 -2:00 Personal Touch Fashions (DP) 10:30 Bracelet Making (GAS) 3:30 Nails and Chat (BAL)	9:30 Morning Walks 10:00 -2:00 Pop Up Shop - Cory's Creations (BIST) 10:30 Pet Therapy 1:1 (MBL) 1:30 Bus Trip: Walk in City Hall 3:30 Kite Making & Flying (CYRD)	9:30 Exercise Class (MPR) 10:30 Catholic Service (CH) 12:00 BBQ - Island Party (MDR) 1:30 Summer Island Party! (CYRD)	9:30 Morning Walks 10:30 Garden Club 10:30 St. Leonard's Anglican Service (MDR) 1:30 Concert - Visions Country Gospel (MDR) 3:30 Library Cart (MBL)	9:30 Exercise Class (MPR) 22 10:30 Walker Name Plats - Hamlet Focus (GAS) 1:30 Bowling (MPR) Happy Birthday	9:30 Morning Walks + Water The Plants 10:30 Ring Toss (MPR) 12:00 - 2:00 Red Deer Cruise Night (PRK)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:30 Anglican Church Online (CH) Happy Birthday	9:30 Exercise Class (MPR) 25 10:30 Nails and Chat (SBK) 1:30 Bus Trip: Coffee in Capstone	9:30 Morning Walks 10:30 Pet Therapy 1:1 (MBL) 2:00 Hymn Sing Along (CH) 3:00 Happy Hour: Tequila Sunrise* (DP)	9:30 Exercise Class (MPR) 27 10:30 Musical Drawing (BAL) 1:30 Mega Bingo (MDR)	9:30 Morning Walks 10:30 Garden Club 1:30 Concert - All Sorts + Birthday Celebration (MDR)	9:30 Exercise Class (MPR) 29 10:30 Card Bingo (BAL)	9:30 Morning Walks + Water The Plants 10:30 Armchair Travel - Amalfi Coast (CH) 1:30 Floor Curling (MPR) 3:30 Courtyard Visits (SCY)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)			Multipurpose Room (MPR) Chapel (CH) Main Dining Room (MDR) Mobile (MBL)	Locations Legend Balmoral (BAL) Secure Courtyard (SCY) Gasoline Alley (GAS) Sunnybrook (SBK)	Day Program (DP) Courtyard (CYRD) Bistro (BIST) Parking Lot (PRK)	Store Hours 12:15-1:00 Mon, Tue, Wed, Fri, Sat