

# AUGUST 2022



Sunday

Monday



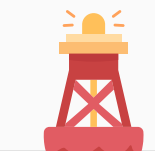




Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1 Natal Day</p> 	<p>2 10:15 Yoga LB 2:00 Bingo</p>	<p>3 10:15 Baking dog treats for Nelson UK 2:00 Baking dog treats for Nelson HS</p>	<p>4 10:15 Exercise BD 2:00 Church</p>	<p>5 10:15 Nelson Visits 2:00 Gaby's Austria</p>	<p>6 SUMMER WEEKEND</p> 
<p>7 Week Theme: Regatta Week 2:00 Church (Gospel Hall)</p> 	<p>8 10:15 Knot Tying 2:00 Nautical Party</p>	<p>9 10:15 Yoga TS 2:00 Bingo</p>	<p>10 10:15 Resident Council 2:00 Sail Boat Decorating</p>	<p>11 10:15 Book Mobile 10:15 Exercise HS 2:00 Church</p>	<p>12 10:15 Nelson Visits 2:00 Shell Painting UK/LB</p>	<p>13 SUMMER WEEKEND</p> 
<p>14 Patrick Hannigan 2:00 Church (Gospel Hall)</p>	<p>15 10:15 Knitting HS 10:15 Exercise LB 1:30 Nelson BI 2:30 Nelson BD</p>	<p>16 10:15 Yoga BI 2:00 Bingo</p>	<p>17 10:15 Driftwood Crafts UK 2:00 Driftwood Crafts HS</p>	<p>18 10:15 Exercise TS 2:00 Church</p>	<p>19 10:15 Nelson Visits 12:00 BBQ LB/TS</p>	<p>20 SUMMER WEEKEND</p> 
<p>21 2:00 Church (Gospel Hall)</p>	<p>22 10:15 Knitting TS 10:15 Exercise BD 1:30 Nelson UK 2:30 Nelson HS</p>	<p>23 Lloyd MacRitchie 10:15 Yoga HS 2:00 Bingo</p>	<p>24 Blair Maxwell 10:15 Baking dog treats for Nelson LB 2:00 Baking dog treats for Nelson TS</p>	<p>25 10:15 Book Mobile 10:15 Exercise BI 2:00 Church</p>	<p>26 Birthday Party Cake, Music &amp; Nelson</p> 	<p>27 SUMMER WEEKEND</p> 
<p>28 2:00 Church (Gospel Hall)</p>	<p>29 10:15 Knitting BI 10:15 Exercise UK 1:30 Nelson TS 2:30 Nelson LB</p>	<p>30 10:15 Yoga LB 2:00 Bingo</p>	<p>31 10:15 Baking dog treats for Nelson BD 2:00 Baking dog treats for Nelson BI</p>	<p>Other activities depending on availability: exercises, 1:1 visits, games, gardening, music &amp; reading</p>		



Visit us on Facebook: Alderwood Rest Home