








August 2025

Rutherford Heights

Independent Living




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> <div>Dimensions Of Wellness</div> <div>Legend</div> </div> <div> Physical Intellectual Emotional Social Vocational Spiritual Environmental </div> </div>	<div> <div>Locations Legend</div> <div> Chapel (CH) Games Room (GR) Lobby (LOB) Dining Room (DR) Theatre (TH) Bus (BS) In Suite (IS) Independent (IND) </div> </div>	<div>   <h1>August</h1> </div>			<div> <div> 9:00 Daily Neurobics (LOB) <div>1</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Leaf Stamping Art (GR) </div> <div> 2:00 Entertainment with the Reflections (DR) </div> <div> 3:30 Washer Toss (GR) </div> <div> 6:30 Dice Bingo (GR) </div> </div>	<div> <div> 9:00 Daily Neurobics (LOB) <div>2</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Mindful Walks (LOB) </div> <div> 1:30 Nickel Card Bingo - 5¢ per game (GR) </div> <div> 3:00 Bocce Ball (CH) </div> </div>
<div> <div> 9:00 Daily Neurobics (LOB) <div>3</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Trivia (GR) </div> <div> 1:30 Worship Service (CH) </div> <div> 2:30 Bingo (DR) </div> <div> 4:00 Ladder Golf (CH) </div> </div>	<div> <div> Civic Holiday <div>4</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Mini Canvas Painting (GR) </div> <div> 2:00 Musically Engaged Sing Along: School Days (CH) </div> <div> 3:30 Bowling (CH) </div> <div> 6:30 Movie Night: Cool Runnings (TH)  </div> </div>	<div> <div> Senior Olympics <div>5</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Coffee & Chat with Councillor Rice (GR) </div> <div> <u>1:30 Sobeyes 15% Off Day Outing - Sign up at reception (BS)</u> </div> <div> 2:00 Senior Olympics: Push Ball (CH) </div> <div> 2:00 Senior Olympics Opening Ceremony (CH) </div> <div> 3:30 Beats & Beyond with Harley (GR)  </div> </div>	<div> <div> Senior Olympics <div>6</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Searching for August (Word Search) (CH) </div> <div> 1:30 Afternoon Brew & You with Cheryl Ann (GR) </div> <div> 2:00 Bingo (DR) </div> <div> 3:30 Senior Olympics: Discus (CH) </div> <div> 6:30 'I Love Lucy' Watch Party (TH) </div> </div>	<div> <div> Senior Olympics <div>7</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Music Bingo (GR) </div> <div> <u>1:30 Walmart Outing - Sign up at reception (BS)</u> </div> <div> 2:00 Senior Olympics: Javilin (CH) </div> <div> 3:30 Knitting With Barb (TH) </div> <div> 3:30 One to One Visits (IS) </div> </div>	<div> <div> Senior Olympics <div>8</div> </div> <div> 9:00 Daily Neurobics (LOB)  </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Men's Den (GR) </div> <div> 2:00 Senior Olympics Closing Ceremony Happy Hour (DR) </div> <div> 6:30 Movie Mania - Guess the Movie (TH) </div> </div>	<div> <div> 9:00 Daily Neurobics (LOB) <div>9</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Mindful Walks (LOB) </div> <div> 1:30 Nickel Card Bingo - 5¢ per game (GR) </div> <div> 3:00 Bocce Ball (CH) </div> </div>
<div> <div> 9:00 Daily Neurobics (LOB) <div>10</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Artfull Enrichment: Collaborative Painting (GR) </div> <div> 1:30 Worship Service (CH) </div> <div> 2:30 Bingo (DR) </div> <div> 4:00 Ladder Golf (CH) </div> </div>	<div> <div> Emergency Preparedness Week <div>11</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Name That Instrument (TH) </div> <div> 1:30 River Cree Casino Outing - Sign up at reception (BS) </div> <div> 2:00 Welcome Home Social (DR) </div> <div> 6:30 Movie Night: Apollo 13 (TH)  </div> </div>	<div> <div> Emergency Preparedness Week <div>12</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:00 - 2:00 The Clay Edit Jewelry Vendor (LOB) </div> <div> 10:30 Beats & Beyond with Harley (GR) </div> <div> 11:00 Morning Brew & You with Cheryl Ann (GR) </div> <div> <u>1:30 Superstore Outing - Sign up at reception (BS)</u> </div> <div> 2:00 Sing Along with Mary Ellen & David (DR) </div> <div> 3:30 One to One Visits (IS) </div> </div>	<div> <div> Emergency Preparedness Week <div>13</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 August Trivia (GR) </div> <div> 2:00 Bingo (DR) </div> <div> 3:30 Bean Bag Toss (CH) </div> <div> 6:30 Armchair Travel to New Zealand (TH) </div> </div>	<div> <div> Emergency Preparedness Week <div>14</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Code Green Education (TH) </div> <div> <u>1:30 Winners Outing - Sign up at reception (BS)</u> </div> <div> 2:00 Happy Hour & Trivia </div> <div> Afternoon: Emergency Preparedness Editi  </div> <div> 3:30 Horseshoes (CH) </div> </div>	<div> <div> Emergency Preparedness Week <div>15</div> </div> <div> 9:00 Daily Neurobics (LOB) </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 EZ Does It: Which Picture Fits (GR) </div> <div> 2:00 Entertainment with Kay Da Silva (DR) </div> <div> 3:30 Corn Hole (CH) </div> <div> 6:30 Dice Bingo (GR) </div> </div>	<div> <div> 9:00 Daily Neurobics (LOB) <div>16</div> </div> <div> 9:30 Exercise (CH) </div> <div> 10:30 Mindful Walks (LOB) </div> <div> 1:30 Nickel Card Bingo - 5¢ per game (GR) </div> <div> 3:00 Bowling (CH) </div> </div>

August 2025

Rutherford Heights

Independent Living

Harley Hempel
Recreation Manager
P: 780-432-6900
E: harley.hempel@optimaliving.ca
Programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Daily Neurobics (LOB) 17 9:30 Exercise (CH) 10:30 Nifty Nails (GR) 1:30 Worship Service (CH) 2:30 Bingo (DR) 4:00 Ladder Golf (CH)	9:00 Daily Neurobics (LOB) 18 9:30 Exercise (CH) 10:30 Baking: (GR) 2:00 S'mores Social (DR) 3:30 Petanque Atout (CH) 6:30 Movie Night: Mary Poppins (TH) 	9:00 Daily Neurobics (LOB) 19 9:30 Exercise (CH) 10:30 Activity Committee (GR) 11:00 Morning Brew & You with Cheryl Ann (GR) <u>1:30 Save on Foods Outing - Sign up at reception (BS)</u> 2:00 Happy Hour (DR) 3:30 Beats & Beyond with Harley (DR)	9:00 Daily Neurobics (LOB) 20 9:30 Exercise (CH) 10:00 - 3:00 Jansal Clothing (LOB) 10:30 Roman Catholic Communion (CH) 2:00 Bingo (DR) 3:30 Corn Hole (CH) 6:30 Name That Tune: Rock & Roll Edition (GR)	9:00 Daily Neurobics (LOB) 21 9:30 Exercise (CH) 10:30 DIY Stickers (GR) 12:30 Take Out Thursday (GR) 2:00 Knitting With Barb (TH) 2:00 One to One Visits (IS) 3:30 Ring Toss (CH)	9:00 Daily Neurobics (LOB) 22 9:30 Exercise (CH) 10:30 Men's Den (GR) 2:00 Entertainment with Gary Wayne Meyers (DR) 6:30 Roll-A-Flower Craft (GR) 	9:00 Daily Neurobics (LOB) 23 9:30 Exercise (CH) 10:30 Mindful Walks (LOB) 1:30 Nickel Card Bingo - 5¢ per game (GR) 3:00 Washer Toss (GR)
9:00 Daily Neurobics (LOB) 24 9:30 Exercise (CH) 10:30 Dot Art (IND) 1:30 Worship Service (TH) 2:30 Bingo (DR) 4:00 Ladder Golf (GR)	9:00 Daily Neurobics (LOB) 25 9:30 Exercise (CH) 10:30 Cranium Crunches (GR) 2:00 Funny Money Shop (GR) 3:30 Washer Toss (GR) 6:30 Movie Night: Elton John, Never Too Late (TH)	9:00 Daily Neurobics (LOB) 26 9:30 Exercise (CH) 10:00 - 4:00 Mia Bella Candle Warmers Vendor (LOB) 10:30 Artfull Talks: Female Renaissance & Baroque Artists (GR) 11:00 Morning Brew & You with Cheryl Ann (GR) <u>1:30 Elk Island Scenic Drive Outing (BS)</u> 2:00 Happy Hour (DR) 3:30 Beats & Beyond with Harley (DR)	9:00 Daily Neurobics (LOB) 27 9:30 Exercise (CH) 10:30 Roman Catholic Communion (CH) 2:00 Big Prize Bingo (DR) 3:30 Ring Toss (CH) 6:30 Sing Along with Lindi Moo (TH) 	9:00 Daily Neurobics (LOB) 28 9:30 Exercise (CH) 10:30 Music Bingo with Matt Day (GR) <u>1:30 Marshalls Outing - Sign up at reception (BS)</u> 2:00 Bean Bag Toss (CH) 3:30 Resident Council Meeting (CH) 3:30 One to One Visits (IS)	9:00 Daily Neurobics (LOB) 29 9:30 Exercise (CH) 11:00 Journalling: Words of Wisdom (GR) 2:00 August Birthday Party with Entertainment by the Grand Jazz Trio (DR) 3:30 Corn Hole (CH) 6:30 Dice Bingo (GR)	9:00 Daily Neurobics (LOB) 30 9:30 Exercise (CH) 10:30 Mindful Walks (LOB) 1:30 Nickel Card Bingo - 5¢ per game (GR) 3:00 Bocce Ball (CH)
9:00 Daily Neurobics (LOB) 31 9:30 Exercise (CH) 10:30 Novel Notions: Book Club (TH) 1:30 Worship Service (CH) 2:30 Bingo (DR) 4:00 Ladder Golf (CH)	