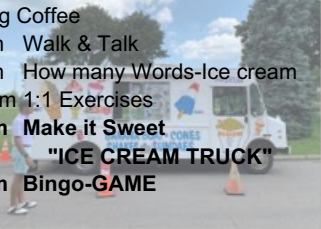
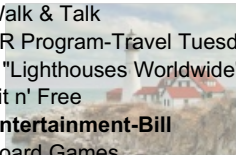
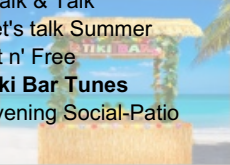


August 2025



SARA VISTA LTC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We continue to have individual programs of Reading, Writing Letters, Manicures, Walks/Strolls, Family Zoom Sessions, and Montessori Activities	Recreation Programs are subject to change based on Resident needs, suggestions, Ministry of Long Term Care or Public Health Directives. Thank you in advance for understanding		PHYSIO IN PT-FRIDAY'S PTA-MONDAY'S, WEDNESDAY'S FRIDAY'S MUISC THERAPIST MONDAY'S HAIRDRESSER FRIDAY'S		1 Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Word Games "Think Gardening"	2 Morning Coffee 9:00am Walk & Talk 9:45am History of a Watermelon 10:30am Fun & Fitness 2:00pm Watermelon Social 
3 Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:37pm Blue Jays vs Royals 2:00pm Church Service-YouTube 2:15pm Afternoon Strolls	4 CIVIC HOLIDAY Morning Coffee 9:00am Walk & Talk 9:45am Fun & Fitness-Parachute 10:15am Civic Holiday History 2:00pm Civic Holiday Social 	5 Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday "Hawaii" 10:30am Fit n' Free 2:00pm Entertainment Jean & Don 6:00pm Mandala Art	6 Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Block Busters 10:30am 1:1 Exercises 2:00pm Church Service Rev. T. Mason-Presbyterian 6:00pm Evening Stroytime	7 Morning Coffee 9:00am Walk & Talk 9:45am Reading Group 10:30am Fit n' Free 1:45pm Food Committee Mtg. 2:15pm Resident Council Mtg. 6:00pm Floor Games	8 Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Let's Talk DOG'S 	9 Morning Coffee 9:00am Walk & Talk 9:45am Dog Days of Summer ? 10:30am Fun & Fitness 2:00pm Bingo-GAME
10 Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 2:00pm Church Service-YouTube 2:15pm Friendly Visits 4:10pm Blue Jays vs Dodgers	11 Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Crafts -Butterflies	12 Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday "Florida" 10:30am Fit n' Free 2:00pm Outdoor Fishing Derby 6:00pm Evening Movie- Elvis	13 Morning Coffee 9:00am Walk & Talk 9:45am How many Words-Ice cream 10:30am 1:1 Exercises 1:30pm Make it Sweet "ICE CREAM TRUCK" 6:00pm Bingo-GAME 	14 Morning Coffee 9:00am Walk & Talk 9:45am Reading Group 10:30am Fit n' Free 2:00pm Art Therapy-Marlene 6:00pm Outdoor Games	15 Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Elvis Sing a long	16 Morning Coffee 9:00am Walk & Talk 9:45am This Day in History-Elvis 10:30am Fun & Fitness 2:00pm Elvis Social 
17 Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:37pm Blue Jays vs Texas 2:00pm Church Service-YouTube 2:15pm Montessori Programs 1:1	18 Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Word Games	19 Morning Coffee 9:00am Walk & Talk 9:45am VR Program-Travel Tuesday "Lighthouses Worldwide" 10:30am Fit n' Free 2:00pm Entertainment-Bill 6:00pm Board Games 	20 Morning Coffee 9:00am Walk & Talk 9:45am Name Summer Sports? 10:30am 1:1 Exercises 2:00pm Chuck it Service Rev. B. Davis-Community 6:00pm Bingo-GAME	21 Morning Coffee 9:00am Walk & Talk 9:45am Reading Group 10:30am Fit n' Free 1:00pm Sing a long 2:00pm Coloring Group 6:00pm Comedy Hour	22 Morning Coffee 9:00am Walk & Talk 9:45am Happiness Program 10:30am 1:1 Exercises 2:00pm Afternoon Stories	23 Morning Coffee 9:00am Walk & Talk 9:45am Facts about August 10:30am Fun & Fitness 2:00pm Bingo-GAME
24 Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:40pm Blue Jays vs Miami 2:00pm Church Service-YouTube 2:15pm Afternoon Strolls	25 CRUISE WEEK Morning Coffee 9:00am Walk & Talk 9:45am 1:1 Music Therapy 9:45am One More Mile (Exercises) 10:15am Music Therapy Session 10:45am Music Therapy Session 1:00pm 1:1 Music Therapy 1:00pm Short Stories 2:00pm Casino Games	26 Morning Coffee 9:00am Walk & Talk 9:45am Let's talk Summer 10:30am Fit n' Free 2:00pm Tiki Bar Tunes 6:00pm Evening Social-Patio 	27 TOOTHPICKS DENTAL CLINIC Morning Coffee 9:00am Walk & Talk 9:45am Let's talk Beach 10:30am 1:1 Exercises 2:00pm Beach Party 6:00pm Bingo-GAME	28 Morning Coffee 9:00am Walk & Talk 9:45am Reading Group 10:30am Fit n' Free 2:00pm Mini Putt-GOLF 6:00pm Ladies Spa Night 	29 Morning Coffee 9:00am Walk & Talk 9:45am Armchair Vacation "A day at a Resort" 10:30am 1:1 Exercises 2:00pm Glow Party Social	30 Morning Coffee 9:00am Walk & Talk 9:45am A Day at the Beach 10:30am Fun & Fitness 2:00pm Armchair Vacations "Cruise Destinations" 
31 Morning Coffee 9:00am Walk & Talk 10:00am Move It or Lose It 10:45am Reflection Readings 1:00pm Hymn Sing (Video) 1:37pm Blue Jays vs Brewers 2:00pm Church Service-YouTube 2:15pm Advice to School Students 