

August 2026 ~ Irene Baron Eden Centre ~ Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 Butterflies have very small “dots” on their wings which are used to see!			1 10:00 MANICURES 1:30 STRETCHES & AUGUST NEWS
2 ENJOY YOUR LONG WEEKEND!! JOYCE B. -B-DAY 🌿	3 Civic Holiday OFFICE CLOSED	4 10:30 STRENGTHENING EXERCISES 1:30 Toss the Hoop	5 10:30 LADDER BALL 1:30 Gardening	6 “You are capable of AMAZING things”	7 1:30 SING-A-LONG WITH SUSIE Q.	8 10:00 MANICURES 1:30 Water Fun and Bubbles DOUG K. -B-DAY 🌿
9 10:15 WORSHIP SERVICE 1:30 BASEBALL TOSS	10 “I believe that when you bring forth the best there is within you, you lift yourself to greater and greater things!!”	11 10:30 SIT N’ DANCE 1:30 MONTHLY BIRTHDAY PARTY W/ GUITARIST CAL WOKEY	12 1:30 SING-A-LONG WITH DANIEL O’DONNELL	13 1:30 Baseball Toss 6pm Horse Races	14 1:30 AFTERNOON MOVIE WERA T. -B-DAY 🌿	15 7:00PM COFFEE AND WORD GAMES ON YOUR NEIGHBORHOOD
16 ENJOY YOUR LEISURE SUNDAY!!	17 10:30 BEAN BAG TOSS 1:00 Gardening	18 10:30 Chair Yoga 1:30 KERPLUNK	19 10:30 GROUP CROSSWORD PUZZLE 1:30 LAWN DARTS	20 1:30 OUTDOOR FUN 6pm Toss the Hoop or Lawn Darts	21 10:30 FUN & FITNESS 1:30 SING-A-LONG	22 10:30 STRETCHES AND WALK ABOUT 1:30 POLKA PARTY OLIVE S. & LILLIAN S. -B-DAY 🌿
23/30 10:15 WORSHIP SERVICE 1:30 LADDER BALL	24/31 10:30 STRENGTHENING EXERCISES 1:30 WASHER TOSS	25 10:30 FUN & FITNESS 1:30 OUTDOOR FUN AND GARDENING	26 10:30 LINE DANCE WITH LAURA RITTENHOUSE 1:30 GROUP YATZEE GAME	27 11:30 Outing for 2nd Floor (Blueberry Bay & Marigold Lane) to A&W Lockport	28 10:30 STRETCHES & OUTDOOR WALK 1:30 Sing-a-long	29 10:30 Sit n’ Dance 1:30 WATER MELON PARTY 🍉

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES