



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

North Shore, West Shore, Lakeview Residents

August 2026											1
North Shore, West Shore, Lakeview Residents											
2	10:00-Sit- N- Fit-PR	3	10:00-Sit- N- Fit-PR	4	10:00-Sit- N- Fit-PR	5	9:00- Exercise	6	10:00-Sit- N- Fit-PR	7	8
			1:30-Exercise				10:00-Sit- N- Fit-PR				
							3:00-Apostolic Church-CH				
9	10:00-Sit- N- Fit-PR	10	10:00-Sit- N- Fit-PR	11	10:00-Sit- N- Fit-PR	12	NO Exercise	13	10:00-Sit- N- Fit-PR	14	15
			1:30-Exercise				1PM- Resident Council- Activity Center				
16	10:00-Sit- N- Fit-PR	17	10:00-Sit- N- Fit-PR	18	10:00-Sit- N- Fit-PR	19	9:00- Exercise	20	10:00-Sit- N- Fit-PR	21	22
			1:00pm- Fun Bingo-Activity Center				10:00-Sit- N- Fit-PR				
							3:00-Apostolic Church-CH				
23	10:00-Sit- N- Fit-PR	24	10:00-Sit- N- Fit-PR	25	10:00-Sit- N- Fit-PR	26	9:00- Exercise	27	10:00-Sit- N- Fit-PR	28	29
			No Exercise				10:00-Sit- N- Fit-PR				
30	10:00-Sit- N- Fit-PR	31	Please Join us Residents Council at the Activity Center at 1:00PM								