

August 2025

Lewis Estates Memory care community

Questions about Programming?
Please contact Bobbie
Bobbie.myshyniuk@optimaliving.ca
(780) 452 - 2273

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Doll Therapy (2nd) 2:00 Music with Rebecca (2nd) 3:30 Finish that qoute! (2nd) 4:00 Travel for the weekend (2nd) 6:30 Movie Night (2nd)	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Coffee social with friends (2p) 2:00 Hymn Sign Along (2nd) 2:00 Vince with Virtual Reality (1/2) 3:00 Helping hands (2nd) 4:00 Focal Visits (G)
9:00 Virtual Church Service	9:45 Daily Chronicles (2nd)	9:45 Daily Chronicles (2nd) 5	9:45 Daily Chronicles (2nd)	9:45 Daily Chronicles (2nd) 7	9:45 Daily Chronicles (2nd)	9:45 Daily Chronicles (2nd)
(2nd) 9:45 Daily Chronicles (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)
10:00 Seated Exercise (2nd)	10:30 Walking Club (2nd) 1:00 Guided Relaxation (2nd)	10:30 Walking Club (2nd) 1:00 Sensory Explorers (2nd)	10:30 Walking Club (2nd) 1:00 What am I? (2nd)	10:30 Walking Club (2nd) 1:00 Pet Therapy (3rd)	10:30 Walking Club (2nd) 1:00 Doll Therapy (2nd)	10:30 Walking Club (2nd) 1:00 Coffee social with friends
10:30 Walking Club (2nd)	2:00 Bingo (2nd)	2:00 Odd Word Out (2nd)	2:00 Ice cream Social (G)	2:00 Bingo (2nd)	2:00 Music with Rebecca (2nd)	(2p)
1:30 Country Drive (O)	3:00 Artful Enrichment (2nd)	3:00 Gardening Club (G)	3:00 Drum Cardio (Th)	3:00 Sing that tune (Th)	3:30 Finish that qoute! (2nd)	2:00 Hymn Sign Along (2nd)
3:00 Patio Garden Watering	4:00 Americas Got Talent (2nd	3:30 Trivia Tuesday (2nd)	4:00 Individual Visits (2nd)	4:00 Sensory Explorers (2nd)	4:00 Travel for the weekend	3:00 Helping hands (2nd)
(2p))	4:30 Dinner time helping hands	4:30 Dinner time helping hands	4:30 Dinner time helping hands	(2nd)	4:00 Focal Visits (G)
4:00 Puzzle Table (3rd)	6:30 Documentry Monday (2nd	(2nd)	(2nd)	(2nd)	4:30 Dinner time helping hands	4:30 Dinner time helping hands
)	6:00 Nighttime Nature Station	6:30 Western Movie	6:00 Nighttime Nature Station	(2nd)	(2nd)
		(2nd)	Wednesday (2nd)	(2nd)	6:30 Movie Night (2nd)	
9:00 Virtual Church	9:45 Daily Chronicles (2nd)	9:45 Daily Chronicles (2nd 12	9:30 Trail explorer: Outing 13	9:45 Daily Chronicles (2nd 14	9:45 Daily Chronicles (2nd 15	9:45 Daily Chronicles (2nd) 16
Service (2nd)	10:00 Seated Exercise (2nd))	(O)) ')	10:00 Seated Exercise (2nd)
9:45 Daily Chronicles (2nd)	10:30 Walking Club (2nd)	10:00 Seated Exercise (2nd)	1:00 What am I? (2nd)	10:00 Seated Exercise (2nd)	10:00 Seated Exercise (2nd)	10:30 Walking Club (2nd)
10:00 Seated Exercise (2nd)	1:00 Guided Relaxation (2nd)	10:30 Walking Club (2nd)	2:00 Music with Kay DeSilva	10:30 Walking Club (2nd)	10:30 Walking Club (2nd)	1:00 Coffee social with friends
10:30 Walking Club (2nd)	2:00 Bingo (2nd)	1:00 Sensory Explorers (2nd)	(G)	1:00 Pet Therapy (3rd)	1:00 Doll Therapy (2nd)	(2p)
10:30 Weekly News Recap (G)	3:00 Artful Enrichment (2nd)	2:00 Odd Word Out (2nd)	2:00 Ice cream Social (G)	2:00 Bingo (2nd)	2:00 Music with Rebecca (2nd)	2:00 Hymn Sign Along (2nd) 2:00 Vince with Virtual Reality
1:30 Country Drive (O)	4:00 Americas Got Talent (2nd	3:00 Gardening Club (G)	3:00 Drum Cardio (Th)	3:00 Sing that tune (Th)	3:30 Finish that qoute! (2nd)	(1/2)
3:00 Patio Garden Watering		3:30 Trivia Tuesday (2nd)	4:00 Individual Visits (2nd)	4:00 Sensory Explorers (2nd)	4:00 Travel for the weekend	3:00 Helping hands (2nd)
(2p) 4:00 Puzzle Table (3rd)	4:30 Dinner time helping hands (2nd)	4:30 Dinner time helping hands	4:30 Dinner time helping hands (2nd)	4:30 Dinner time helping hands (2nd)	(2nd) 4:30 Dinner time helping hands	4:00 Focal Visits (G)
4:30 Dinner time helping hands	6:30 Documentry Monday (2nd	(2nd) 6:00 Nighttime Nature Station	6:30 Western Movie	6:00 Nighttime Nature Station	(2nd)	4:30 Dinner time helping hands
(2nd))	(2nd)	Wednesday (2nd)	(2nd)	6:30 Movie Night (2nd)	(2nd)
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Parking Lot (PL) Chapel (Ch) Dining Room (D)

iviemory care community									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
9:00 Virtual Church Service (2nd) 9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 10:30 Weekly News Recap (G) 1:30 Country Drive (O) 3:00 Patio Garden Watering (2p) 4:00 Puzzle Table (3rd)	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Guided Relaxation (2nd) 2:00 Bingo (2nd) 3:00 Artful Enrichment (2nd) 4:00 Americas Got Talent (2nd) 4:30 Dinner time helping hands (2nd) 6:30 Documentry Monday (2nd)	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:00 Hearing Aid Clinic (MpR) 10:30 Walking Club (2nd) 1:00 Sensory Explorers (2nd) 2:00 Odd Word Out (2nd) 3:00 Gardening Club (G) 3:30 Trivia Tuesday (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 What am I? (2nd) 2:00 Code Green Drill (PL) 2:00 Ice cream Social (G) 3:00 Drum Cardio (Th) 4:00 Individual Visits (2nd) 4:30 Dinner time helping hands (2nd) 6:30 Western Movie Wednesday	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Catholic Mass (Ch) 10:30 Walking Club (2nd) 1:00 Pet Therapy (3rd) 2:00 Bingo (2nd) 3:00 Sing that tune (Th) 4:00 Sensory Explorers (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Doll Therapy (2nd) 2:00 Music with Rebecca (2nd) 3:30 Finish that qoute! (2nd) 4:00 Travel for the weekend (2nd) 4:30 Dinner time helping hands (2nd)	9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Coffee social with friends (2p) 2:00 Hymn Sign Along (2nd) 3:00 Helping hands (2nd) 4:00 Focal Visits (G) 4:30 Dinner time helping hands (2nd)			
4:30 Dinner time helping hands (2nd) 9:00 Virtual Church Service (2nd)	9:30 Outing: St. Albert Botanical Gardens (O)	9:45 Daily Chronicles (2nd 26	9:45 Daily Chronicles (2nd 27	9:45 Daily Chronicles (2nd 28	6:30 Movie Night (2nd) 9:45 Daily Chronicles (2nd 29	9:45 Daily Chronicles (2nd 30			
9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 10:30 Weekly News Recap (G) 1:30 Country Drive (O) 3:00 Patio Garden Watering (2p) 4:00 Puzzle Table (3rd) 4:30 Dinner time helping hands (2nd)	1:00 Guided Relaxation (2nd) 2:00 Bingo (2nd) 2:00 International Banana Split Day Social (G) 3:00 Artful Enrichment (2nd) 4:00 Americas Got Talent (2nd) 4:30 Dinner time helping hands (2nd) 6:30 Documentry Monday (2nd)	10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Sensory Explorers (2nd) 2:00 Odd Word Out (2nd) 3:00 Gardening Club (G) 3:30 Trivia Tuesday (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 What am I? (2nd) 2:00 Ice cream Social (G) 3:00 Drum Cardio (Th) 4:00 Individual Visits (2nd) 4:30 Dinner time helping hands (2nd) 6:30 Western Movie Wednesday (2nd)	10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Pet Therapy (3rd) 2:00 Bingo (2nd) 3:00 Sing that tune (Th) 4:00 Sensory Explorers (2nd) 4:30 Dinner time helping hands (2nd) 6:00 Nighttime Nature Station (2nd)	10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Doll Therapy (2nd) 2:00 Music with Rebecca (2nd) 3:30 Finish that qoute! (2nd) 4:00 Travel for the weekend (2nd) 4:30 Dinner time helping hands (2nd) 6:30 Movie Night (2nd)	10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 1:00 Coffee social with friends (2p) 2:00 Hymn Sign Along (2nd) 3:00 Helping hands (2nd) 4:00 Focal Visits (G) 4:30 Dinner time helping hands (2nd)			
9:45 Daily Chronicles (2nd) 10:00 Seated Exercise (2nd) 10:30 Walking Club (2nd) 11:00 Brunch (D) 1:30 Country Drive (O) 4:30 Dinner time helping hands (2nd)						Locations Legend 2nd Floor Common Area (2nd) Games Room (G) 2nd Floor Patio (2p) Third Floor Common Area (3rd) Theatre (Th) Outing (O) 1st/2nd (1/2) Multipurpose Room (MpR)			