

August 2025

Lewis Estates


Memory care community

Questions about Programming?

Please contact Bobbie

Bobbie.myshyniuk@optimaliving.ca

(780) 452 - 2273

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>9:45 Daily Chronicles (2nd) 1</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Doll Therapy (2nd)</div> <div>2:00 Music with Rebecca (2nd)</div> <div>3:30 Finish that qoute! (2nd)</div> <div>4:00 Travel for the weekend (2nd)</div> <div>6:30 Movie Night (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 2</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Coffee social with friends (2p)</div> <div>2:00 Hymn Sign Along (2nd)</div> <div>2:00 Vince with Virtual Reality (1/2)</div> <div>3:00 Helping hands (2nd)</div> <div>4:00 Focal Visits (G)</div>
<div>9:00 Virtual Church Service (2nd) 3</div> <div>9:45 Daily Chronicles (2nd)</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:30 Country Drive (O)</div> <div>3:00 Patio Garden Watering (2p)</div> <div>4:00 Puzzle Table (3rd)</div>	<div>9:45 Daily Chronicles (2nd) 4</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Guided Relaxation (2nd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Artful Enrichment (2nd)</div> <div>4:00 Americas Got Talent (2nd)</div> <div>6:30 Documentry Monday (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 5</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Sensory Explorers (2nd)</div> <div>2:00 Odd Word Out (2nd)</div> <div>3:00 Gardening Club (G)</div> <div>3:30 Trivia Tuesday (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 6</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 What am I? (2nd)</div> <div>2:00 Ice cream Social (G)</div> <div>3:00 Drum Cardio (Th)</div> <div>4:00 Individual Visits (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Western Movie Wednesday (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 7</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Pet Therapy (3rd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Sing that tune (Th)</div> <div>4:00 Sensory Explorers (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 8</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Doll Therapy (2nd)</div> <div>2:00 Music with Rebecca (2nd)</div> <div>3:30 Finish that qoute! (2nd)</div> <div>4:00 Travel for the weekend (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Movie Night (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 9</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Coffee social with friends (2p)</div> <div>2:00 Hymn Sign Along (2nd)</div> <div>3:00 Helping hands (2nd)</div> <div>4:00 Focal Visits (G)</div> <div>4:30 Dinner time helping hands (2nd)</div>
<div>9:00 Virtual Church Service (2nd) 10</div> <div>9:45 Daily Chronicles (2nd)</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>10:30 Weekly News Recap (G)</div> <div>1:30 Country Drive (O)</div> <div>3:00 Patio Garden Watering (2p)</div> <div>4:00 Puzzle Table (3rd)</div> <div>4:30 Dinner time helping hands (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 11</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Guided Relaxation (2nd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Artful Enrichment (2nd)</div> <div>4:00 Americas Got Talent (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Documentry Monday (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 12</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Sensory Explorers (2nd)</div> <div>2:00 Odd Word Out (2nd)</div> <div>3:00 Gardening Club (G)</div> <div>3:30 Trivia Tuesday (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:30 Trail explorer: Outing (O) 13</div> <div>1:00 What am I? (2nd)</div> <div>2:00 Music with Kay DeSilva (G)</div> <div>2:00 Ice cream Social (G)</div> <div>3:00 Drum Cardio (Th)</div> <div>4:00 Individual Visits (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Western Movie Wednesday (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 14</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Pet Therapy (3rd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Sing that tune (Th)</div> <div>4:00 Sensory Explorers (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 15</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Doll Therapy (2nd)</div> <div>2:00 Music with Rebecca (2nd)</div> <div>3:30 Finish that qoute! (2nd)</div> <div>4:00 Travel for the weekend (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Movie Night (2nd)</div>	<div>9:45 Daily Chronicles (2nd) 16</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Coffee social with friends (2p)</div> <div>2:00 Hymn Sign Along (2nd)</div> <div>2:00 Vince with Virtual Reality (1/2)</div> <div>3:00 Helping hands (2nd)</div> <div>4:00 Focal Visits (G)</div> <div>4:30 Dinner time helping hands (2nd)</div>

August 2025

Lewis Estates

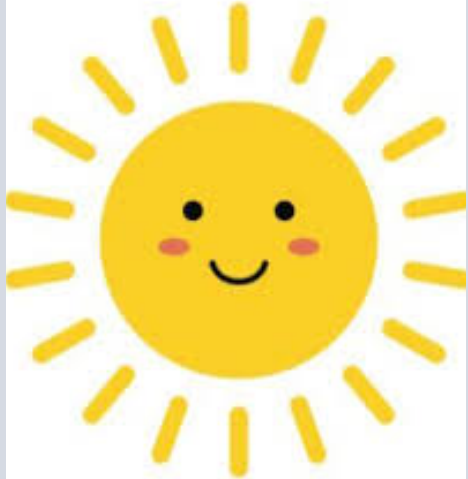
Memory care community

Questions about Programming?

Please contact Bobbie

Bobbie.myshyniuk@optimaliving.ca

(780) 452 - 2273

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:00 Virtual Church Service (2nd)17</div> <div>9:45 Daily Chronicles (2nd)</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>10:30 Weekly News Recap (G)</div> <div>1:30 Country Drive (O)</div> <div>3:00 Patio Garden Watering (2p)</div> <div>4:00 Puzzle Table (3rd)</div> <div>4:30 Dinner time helping hands (2nd)</div>	<div>9:45 Daily Chronicles (2nd)18</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Guided Relaxation (2nd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Artful Enrichment (2nd)</div> <div>4:00 Americas Got Talent (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Documentry Monday (2nd)</div>	<div>9:45 Daily Chronicles (2nd)19</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:00 Hearing Aid Clinic (MpR)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Sensory Explorers (2nd)</div> <div>2:00 Odd Word Out (2nd)</div> <div>3:00 Gardening Club (G)</div> <div>3:30 Trivia Tuesday (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd)20</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 What am I? (2nd)</div> <div>2:00 Code Green Drill (PL)</div> <div>2:00 Ice cream Social (G)</div> <div>3:00 Drum Cardio (Th)</div> <div>4:00 Individual Visits (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Western Movie Wednesday (2nd)</div>	<div>9:45 Daily Chronicles (2nd)21</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Catholic Mass (Ch)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Pet Therapy (3rd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Sing that tune (Th)</div> <div>4:00 Sensory Explorers (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd)22</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Doll Therapy (2nd)</div> <div>2:00 Music with Rebecca (2nd)</div> <div>3:30 Finish that qoute! (2nd)</div> <div>4:00 Travel for the weekend (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Movie Night (2nd)</div>	<div>9:45 Daily Chronicles (2nd)23</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Coffee social with friends (2p)</div> <div>2:00 Hymn Sign Along (2nd)</div> <div>3:00 Helping hands (2nd)</div> <div>4:00 Focal Visits (G)</div> <div>4:30 Dinner time helping hands (2nd)</div>
<div>9:00 Virtual Church Service (2nd)24</div> <div>9:45 Daily Chronicles (2nd)</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>10:30 Weekly News Recap (G)</div> <div>1:30 Country Drive (O)</div> <div>3:00 Patio Garden Watering (2p)</div> <div>4:00 Puzzle Table (3rd)</div> <div>4:30 Dinner time helping hands (2nd)</div>	<div>9:30 Outing: St. Albert Botanical Gardens (O)25</div> <div>1:00 Guided Relaxation (2nd)</div> <div>2:00 Bingo (2nd)</div> <div>2:00 International Banana Split Day Social (G)</div> <div>3:00 Artful Enrichment (2nd)</div> <div>4:00 Americas Got Talent (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Documentry Monday (2nd)</div>	<div>9:45 Daily Chronicles (2nd)26</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Sensory Explorers (2nd)</div> <div>2:00 Odd Word Out (2nd)</div> <div>3:00 Gardening Club (G)</div> <div>3:30 Trivia Tuesday (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd)27</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 What am I? (2nd)</div> <div>2:00 Ice cream Social (G)</div> <div>3:00 Drum Cardio (Th)</div> <div>4:00 Individual Visits (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Western Movie Wednesday (2nd)</div>	<div>9:45 Daily Chronicles (2nd)28</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Pet Therapy (3rd)</div> <div>2:00 Bingo (2nd)</div> <div>3:00 Sing that tune (Th)</div> <div>4:00 Sensory Explorers (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:00 Nighttime Nature Station (2nd)</div>	<div>9:45 Daily Chronicles (2nd)29</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Doll Therapy (2nd)</div> <div>2:00 Music with Rebecca (2nd)</div> <div>3:30 Finish that qoute! (2nd)</div> <div>4:00 Travel for the weekend (2nd)</div> <div>4:30 Dinner time helping hands (2nd)</div> <div>6:30 Movie Night (2nd)</div>	<div>9:45 Daily Chronicles (2nd)30</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>1:00 Coffee social with friends (2p)</div> <div>2:00 Hymn Sign Along (2nd)</div> <div>3:00 Helping hands (2nd)</div> <div>4:00 Focal Visits (G)</div> <div>4:30 Dinner time helping hands (2nd)</div>
<div>9:45 Daily Chronicles (2nd)31</div> <div>10:00 Seated Exercise (2nd)</div> <div>10:30 Walking Club (2nd)</div> <div>11:00 Brunch (D)</div> <div>1:30 Country Drive (O)</div> <div>4:30 Dinner time helping hands (2nd)</div>						<div>Locations Legend</div> <div>2nd Floor Common Area (2nd)</div> <div>Games Room (G)</div> <div>2nd Floor Patio (2p)</div> <div>Third Floor Common Area (3rd)</div> <div>Theatre (Th)</div> <div>Outing (O)</div> <div>1st/2nd (1/2)</div> <div>Multipurpose Room (MpR)</div> <div>Parking Lot (PL)</div> <div>Chapel (Ch)</div> <div>Dining Room (D)</div>