



August 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are subject to Change**

						11:00 Exercise 1 2:00 Baseball 3:30 Elvis Trivia 7:00 Roughrider vs Edmonton Elks Game
11:00 Exercise 2 1:00 RC Lay Service 2:00 History Presentation 3:30 Vinyl Radio Show	3 NO RECREATION	9:30 What's in a Name? 4 11:00 Exercise 2:00 Saskatchewan Jeopardy 3:30 Gentle Stretches 6:30 Hand Bells	9:30 Guess the Acronym 5 10:45 Care Resident Meeting 2:00 Kaitlyn Semple 3:30 Walking 6:30 Bowling	9:30 Which came First 6 10:45 Suite Resident Meeting 2:00 Nathan and Marianne 3:30 Card Games 6:30 Bucket Ball	9:30 Never Have I Ever 7 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:15 RC Rosary and Prayer Group 7:00 Roughrider vs Ottawa Redblacks Game	11:00 Exercise 8 2:00 Target Curling 3:30 Family Feud
11:00 Exercise 9 2:00 Bingo 3:30 Travelogue: South Korea	9:30 All About Qu'Appelle House! 10 10:00 Jet the Dog 11:00 Exercise 2:00 Rory Allen 6:30 UNO!	11 5:00 QH 60TH Anniversary BBQ	8:30-10:00 12 TREAT SHOP 10:00 RC Communion 11:00 Exercise 2:00 Church 3:30 Gentle Stretches 6:30 Cirque de Soleil Show	9:30 Older or Younger Than QH 13 11:00 Exercise 2:00 Rob Young 3:30 Walking 6:30 Pictionary	9:30 News Flash 14 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 Reminiscing	10:00 RC Mass and Confession 15 11:00 Exercise 2:00 Target Shooting 3:30 Who am I? 5:00 Roughrider vs Hamilton Tigrercats Game
11:00 Exercise 16 2:00 Summer Craft 3:30 Seated Sports	9:30 Riddles 17 10:00 Jet the Dog 11:00 Exercise 2:30 July and August Birthday Tea 6:30 Chair Yoga	9:30 Name That Tune 18 11:00 Exercise 2:00 Bingo 3:30 Gentle Stretches 6:00 Movie Night!	9:30 Wordle 19 11:00 Exercise 2:00 Regina Fire Station Visit 3:30 Walking 6:30 Bowling	9:30 How Old are they Now? 20 11:00 Exercise 2:30 Arnold Palmer Social 3:30 Walking 7:00 D'Amigos	9:30 Guess the Antique 21 11:00 Exercise 2:00 Manicures 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 Dice Games	11:00 Exercise 22 2:00 Cup Pong 3:30 Word Ladder
11:00 Exercise 23 2:00 Bingo 3:30 Short Stories on the Patio 5:00 Roughrider vs BC Lions Game	9:30 Random Trivia 24 10:00 Jet the Dog 11:00 Exercise 2:00 David Lowey 3:30 Walking 6:30 Balloon Badminton	9:30 Strange Laws From around the World 25 11:00 Exercise 2:00 Banana Split Social 3:30 Gentle Stretches 6:30 A Night at the Orchestra	8:30-10:00 26 TREAT SHOP 11:00 Exercise 2:00 Ring Toss on the Patio 3:30 Walking 6:30 Connect 4	9:30 Hangman 27 11:00 Exercise 2:00 Tic Tac Toe Bean Bag Toss 3:30 Easy Listening Music 6:30 Music Mapping	9:30 News Flash 28 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:15 RC Rosary and Prayer Group 6:30 Colouring	11:00 Exercise 29 2:00 Carpet Golf 3:30 Chit Chat 5:00 Roughrider vs Toronto Argonauts Game
11:00 Exercise 30 2:00 Yahtzee! 3:30 Tongue Twisters	9:30 Guess the Year 31 10:00 Jet the Dog 11:00 Exercise 2:00 August Happy Hour! 3:30 Walking 6:30 Singalong with Nick					