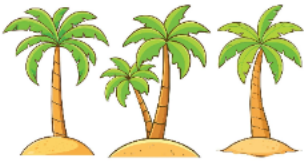




August 2026

Frederick Community peopleCare AR Goudie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Calendar Handout (MLRR) 11:00 Trivia on the Balcony (2FB) 2:30 Community Movie (VPDR) 1
10:30 Discussion Group: National Friendship Day (FCDR) 2:30 Church Service (RGDR) 2	Civic Holiday 11:30 Manicure Monday 2:00 Music Bingo (FCDR) 3:30 Outdoor Visits (FY) 6:00 Travelogue: Little Europe (FCDR) 3	10:00 Pump It Up! (FCEL) 10:00 Resident Council Week Planning Meeting (EPDR) 11:30 Word Game (FCDR) 2:00 Spirit and Song (FCDR) 3:00 Outdoor Walks (FCDR) 4	11:30 Word Game (FCDR) 2:30 BINGO (RGDR) 6:00 Finish the Phrase (FCDR)  5	10:30 Discussion Group (FCDR) 11:30 Chair Exercises (FCDR) 2:30 Painting (FCDR) 6:00 Nature Documentary (FCDR) 6	10:30 August Birthday Party with Kevin Coates (FCDR) 2:00 Baking Monkey Bread (FCDR) 6:00 Short Stories (FCNS) 7	11:30 Chair Exercises (FCDR) 2:30 Community Movie (MLDR) 6:00 Trivia (FCDR) 8
11:30 70s Music Throwback (2FB) 2:30 Church Service (RGDR) 6:00 Nature Documentary (FCDR) 9	11:30 Word Game (FCDR) 2:00 Tim Hortons Outing (Sign Up) (OUT) 6:00 Finish the Phrase (FCDR) 10	10:00 Pump It Up! (FCEL) 11:30 Active Game (FCDR) 2:00 Meaningful Conversations (FCDR) 6:00 Discussion Group: National Son & Daughter Day (FCEL) 11	10:00 Games & Cards with Holy Cross Youth Group (CYD) 2:30 BINGO (RGDR)  12	10:00 Pump It Up! (FCEL) 2:00 Word Game (FCDR) 3:30 Getting Ready for Casino Night 6:00 Casino Night (GH) 13	10:00 Chair Exercises (FCDR) 11:30 Quiche Lunch (FCAR) 2:30 Outdoor Walks (FY) 6:00 Short Stories (FCNS) 14	10:30 Puzzle (FCEL) 11:30 Word Games (FCDR) 2:30 Community Movie (MLDR) 15
10:00 Friendly Visits (FCRR) 11:00 Travelogue: New Zealand (FCDR) 2:30 Church Service (RGDR) 16	10:00 Baking Chocolate Chip Banana Bread (FCDR) 11:30 Banana Bread Social (2FB) 2:00 Music Bingo (FCDR) 17	10:00 Pump It Up! (FCEL) 10:00 Resident Council (EPDR) 11:30 Discussion Group: National Couples Day (FCDR) 2:00 Spirit and Song (FCDR) 3:00 Outdoor Walks (Byrd) 18	11:30 Chair Exercises (FCDR) 2:30 BINGO (RGDR) 6:00 Short Stories (FCNS) 19	8:30 Breakfast Club (Sign Up) (GH) 11:30 Active Game (FCDR) 2:30 Knit and Crochet Group (VPDR) 6:00 Cranium Crunches (FCDR) 20	11:00 Music Therapy Group with Chelsea (FCDR) 2:30 Crafting Greeting Cards (FCDR) 6:00 Short Stories (FCNS) 21	11:30 Ladder Ball (FCEL) 2:30 Specialty Coffee Time (MLDR) 6:00 Dance Party! (FCNS)  22
11:30 Chair Exercises (FCDR) 2:30 Church Service (RGDR) 6:00 Short Stories (FCNS) 23	11:30 Manicure Monday 2:30 Baked Alaska Social (FCDR) 3:30 Outdoor Visits (FY) 6:00 Active Game (FCDR) 24	10:00 Pump It Up! (FCEL) 11:30 Word Game (FCDR) 1:15 Elmira Wagon Ride Outing (Sign up) (OUT) 2:00 Meaningful Conversations (FCDR) 6:00 Trivia (FCNS) 25	10:00 Friendly Visits (FCRR) 11:30 Chair Exercises (FCDR) 2:30 Doggy Day - Making Dog Beds & Treats (CYD) 6:00 Travelogue: The Swiss Alps (FCDR) 26	11:30 Word Game (FCDR) 2:30 Root Beer Float Social (2FB) 6:00 You be the Judge! (FCEL) 27	11:30 Chair Exercises (FCDR) 2:30 Guided Painting (FCDR) 6:00 Beer Garden Social (CYD) 28	10:30 Discussion Group: National Sports Day (FCEL) 11:30 Word Games (FCDR) 2:30 Community Movie (MLDR) 29
10:30 Puzzle (FCDR) 11:30 Balloon Badminton (FCDR) 2:30 Church Service (RGDR) 30	11:30 Manicure Monday 2:00 Music Bingo (FCDR) 3:30 Outdoor Walks (FY) 6:00 Travelogue: Italy's Riviera (FCDR) 31	Frederick Community Dining Room (FCDR) Frederick Community East Lounge (FCEL) Rockway Gardens Dining Room (RGDR) Frederick Community Nurses Station (FCNS) 2nd Floor Balcony (2FB) Front Yard (FY) Market Lane Dining Room (MLDR) Courtyard (CYD) Victoria Park Dining Room (VPDR) Edna Place Dining Room (EPDR) Outing (OUT) Grand Hall (GH) Frederick Community Room-to-Room for 1:1 scoring (FCRR) Market Lane Room-to-Room for 1:1 scoring (MLRR) Frederick Community Activity Room (FCAR) Backyard (Byrd) Locations Legend				