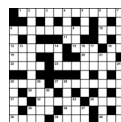


Weekly Activities at The Manor

Monday August 18

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 Giant Group Crossword (Fireside Lounge)
2:15 Coffee House Social (Dining Rm.)



Tuesday August 19

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 Armchair Travel to Cuba (Dining Rm.)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



Wednesday August 20

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Bingo with Annie (Dining Rm.)
2:30 Afternoon Snacks & Sing-a-long with Carolyn (Dining Rm.)



Thursday August 21

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:30 *On the Couch* Talk Show (Fireside Lounge)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



Friday August 22

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
1:15 Cribbage with Rae & Nan (Dining Rm.)
2:30 Afternoon Snacks & Social Time (Dining Rm.)



Saturday August 23

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
1:15 Bingo with Darlene (Dining Rm.)
2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



Sunday August 24

9:15 & 2:30 Self-Serve Coffee & Snacks (Dining Rm.)

The Manor Weekly

Aug. 18 to Aug. 24, 2025



On the Couch Talk Show

Join Jenni for a fun new activity! We will emulate a talk show like the ones on TV where celebrities and others are interviewed.

Jenni will find 3 or 4 volunteers who agree to be interviewed. We will set-up the interview area and everyone else who attends will make up the 'audience'. No one will be put on the spot if they don't want to be.

Hope you will join us for this fun and lighthearted event.

Armchair Travel to Cuba

This month for our Armchair Travel session we are heading to Cuba!

Join Jenni on Tuesday after lunch for a look into the culture and traditions of the Caribbean nation of Cuba.

Coffee House Social

Jenni will be making Espresso drinks such as Cappuccinos and Lattes during snacks on Monday.

Elevator Door Reminder

A reminder to those using the elevators that if you are in the doorway of the elevator and the solid alarm bell starts to ring, you need to get out of the way as the door will not stop closing.

The elevator door does sense objects in it's path at first, but will eventually close and will ring a solid alarm bell when closing. That is your signal to move away from the path of the door.

Shuffleboard League

Are you interested in playing shuffleboard on a regular basis?

We are interested in creating a Shuffleboard League so people can play on a regular basis.

Jenni will post a sign-up sheet on Monday to see how many people are interested and then we can meet to discuss possible days and times to play. Please put your name on the sheet if you would like to be included in the information meeting.

