

Weekly Activities at The Manor

Monday August 3 - BC Day Statutory Holiday

9:15 Self-Serve Morning Coffee & Snacks (Dining Rm)
2:15 Self-Serve Afternoon Snacks (Dining Rm)

Tuesday August 4

9:15 Morning Coffee & Snacks (Dining Rm)
10:00 Exercise Class (Dining Rm.)
12:45 Bus to the Mall (Meet at Entrance)
2:15 Self-Serve Afternoon Snacks & Social Time (Dining Rm.)
3:00 Half Hour of Trivia with Jenni (Fireside Lounge)



TRIVIA

Wednesday August 5

9:15 Morning Coffee & Snacks (Dining Rm)
10:00 Exercise Class (Dining Rm.)
1:15 Bingo with Annie (Dining Rm.)
2:30 Afternoon Snacks (Dining Rm.)
2:45 Memory Toss Group Game (Fireside Lounge)



Thursday August 6

9:15 Morning Coffee & Snacks (Dining Rm.)
10:00 Exercise Class (Dining Rm.)
2:00 Armchair Travel to Finland (Fireside Lounge)
*Snacks will be served during the Armchair Travel



Friday August 7

9:15 Morning Coffee & Snacks (Dining Rm.)
1:15 Cribbage with Rae & Nan (Dining Rm.)
1:30 Self-Led Colouring & Drawing (Fireside Lounge)
2:15 Afternoon Snacks & Social Time (Dining Rm.)



Saturday August 8

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



Sunday August 9

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

The Manor Weekly

Aug. 3 to Aug. 9, 2026



BC Day Holiday

Monday is the BC Day statutory holiday. The main office will be closed and there will be no activity staff on shift.

The office will re-open on Tuesday at 9:00 AM.



Memory Toss Game

We will try a new Interactive Group Game on Wednesday. The game is called Memory Toss and participants will throw bean bags at plates on the floor. Whatever plate your bean bag lands on will determine what memory question is asked. A fun way to share stories and bring back memories. Join us on the Fireside Lounge.

**Wednesday August 5th
2:45 PM**



Armchair Travel



For this session of Armchair Travel we are heading off to Finland!

We will look into the history, geography, life and culture of this Scandinavian country.

These sessions are a mix of talking, videos and trivia as we explore Finland. We will also have a taste of some traditional Finnish foods and drink.

Hope you can join us!



Bus to the Mall

Our bus will be taking folks over to the shopping area on Tuesday after lunch. Please sign-up if you would like to come.

Please note, anyone coming must be able to shop independently or arrange to have a friend or family member meet you there.