

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Common Room Booking – Hoog 1-5pm	3 Outdoor Yoga 10:30-11:00am (MW)	4 MW Exercise 9:30-10:30am	5 FITSTIX – Outdoor Drum Exercise 10:00am (MW) Deadline to Order Frozen Meals (call Stacy)	6 SFIC 9:30am (Risi) MW Social – Olympic Trivia 2:00pm	7
8	9 MW Exercise 10:30am BW Walks 2:00pm Grocery Delivery 2:00-3:00pm	10 Outdoor Yoga 10:30-11:00am (MW)	11 MW Exercise 9:30-10:30am Community Meal Delivery – Pizza Delight 12:00-1:00pm (sign up required)	12 FITSTIX – Outdoor Drum Exercise 10:00am Back N Time Frozen Meal Delivery 12:00-1:00pm (pre order and payment required)	13 SFIC 9:30am (Risi) MW Social – Wii Bowling 1:00pm	14
15	16 MW Exercise 10:30am BW Walks 2:00pm Grocery Delivery 2:00-3:00pm	17 Outdoor Yoga 10:30-11:00am (MW)	18 MW Exercise 9:30-10:30am BW Coffee and Muffin Social 2:00pm	19 FITSTIX – Outdoor Drum Exercise 10:00am Community Meal Delivery 12:00-1:00pm (sign up required)	20 SFIC 9:30am (Risi)	21
22	23 MW Exercise 10:30am Grocery Delivery 2:00-3:00pm	24 MW CHAP 9:15-11:15am Outdoor Yoga 10:30-11:00am (MW)	25 MW Exercise 9:30-10:30am Community Meal Delivery 12:00-1:00pm (sign up required) FOOTCARE (please call to book appt.)	26 FITSTIX – Outdoor Drum Exercise 10:00am Community CHAP 1:30-3:30pm Risi Room (appointment required)	27 SFIC 9:30am (Risi) FOOTCARE (please call to book appt.)	28 1:00 Bean Festival Car Cruise (Bluewater Rest Home Front Drive)
29	30 MW Exercise 10:30am Grocery Delivery 2:00-3:00pm	31 BW CHAP 9:15-11:15am Outdoor Yoga 10:30-11:00am (MW)	<div data-bbox="1345 1542 1690 1880" data-label="Text"> <p><i>Legend:</i> MW- Maplewoods BW- Birchwoods CW- Cedarwoods CHAP- Blood Pressure Clinic *Contact Community Outreach for common room bookings</p> </div> <div data-bbox="1690 1542 3039 1880" data-label="Complex-Block">  <p>August 2021 West Huron Care Centre – COMMUNITY OUTREACH</p> </div>			

For more information, please contact Wellness Coordinator at 519-236-4373 ext. 632 or wellnesscoordinator@westhuroncarecentre.com