





Weekly Harmony Schedule: August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	8
PARKLAND OLYMPICS BEGINS!					PARKLAND OLYMPICS ENDS!	
9:30 LIVE: Stretch Class (CY & PTV) 10:15 Stretch Class: Seated & Standing (PTV&CY) 10:15 Chair Dance (4 th) 11:00 Travelogue: Travel to Africa to find elephants (PTV) 11:00 Cardiofit (2 nd) 1:30 Olympic Jeopardy! (KT) 2:00 Bridge Club (GH) 2:30 Sit 2bFit! (5 th) 3:00 Olympia & the Olympics (PTV)	9:30 Morning Greetings! (2 nd & 5 th) 9:30 LIVE: BandFit: Seated (CY & PTV) 10:00 Balcony Gardening (2 nd) 10:00 Morning Greetings (4 th) 10:15 BandFit: Seated & Standing (CY) 10:15 BandFit (PTV) 10:30 Stretch Class (2 nd) 11:00 Balcony Chat (2 nd) 11:00 Fitness Class (4 th) 11:00 Active & Social! (5 th) 1:00 TEDTalk: Sleep is Your Superpower by Matt Walker (PTV) 1:30 Parkland Olympics: Minute to Win It Cup Stacking (SP) 2:00 HVUC: Seated Dance (PTV) 2:00 Euchre Club (GH) 2:00 Parkland in pictures (PTV) 2:30 Sit 2bFit! (5 th) 3:30 Nail Spa (4 th) 3:30 Sweet Treat Social (5 th) 6:30 * Evening Movie: Indian Horse (2017) (KT)	9:30 Morning Greetings! (2 nd 4 th & 5 th) 9:30 LIVE: CardioFit: Seated (CY & PTV) 10:00 HVUC: Chair Yoga (PTV) 10:15 CardioFit: Seated + Standing (CY) 10:30 Chair Dance (2 nd) 10:30 Balloon Badminton (4 th) 11:00 Coffee & Chat (2 nd) 11:00 CardioFit: Seated + Standing (CY) 11:00 Classical Concert (PTV) 11:30 Musical Movements (4 th) 1:30 * Pool in the Pub (SP) 1:30 Sweet Treat Social (2 nd) 1:30 Parkland Olympics: Water Balloon Shotput (CY) 2:30 Arts & Crafts (4 th) 2:30 Sit 2bFit! (5 th) 3:00 Chair Dance (FS) 3:00 Brainfit (4 th)	9:30 Morning Greetings! (2 nd ,4 th ,5 th) 9:30 Parkland Olympics: Steppers Neighbourhood Walk (meet BB) 9:30 LIVE: DrumFit (CY & PTV) 10:15 DrumFit (CY) 10:30 Stretching (4 th) 11:00 HVUC: Seated Dance (PTV) 11:00 Baking Corner (2 nd) 11:00 Bowling (4 th) 11:00 Brainfit (5 th) 1:00 Documentary: The New Silk Road (PTV) 1:30 Line Dancing (FS) 2:00 Parkland Readers (GH) 2:00 Sweet Treat Social (4 th) 2:30 Sit 2bFit! (5 th) 3:00 LIVE: BINGO! (PTV)	9:30 LIVE: StrengthFit: Seated (CY & PTV) 10:15 StrengthFit: Seated & Standing (CY) 10:15 StrengthFit – Water Bottle Edition (PTV) 11:30 Active & Social (2 nd) 11:00 Karaoke (5 th) 11:00 Seated Stretch (4 th) 11:30 Bean Bag Toss (4 th) 1:30 *Pool in the Pub (2 nd) 1:30 Senior's Store Walker Clinic (GH) 2:00 Parkland Olympics: Ball Toss (FS) 2:30 Karaoke (4 th) 3:00 Parkland Olympics: Pie Throwing Contest(CY) 4:00 Brainfit (2 nd)	10:15 LIVE: Seated Yoga (CY & PTV) 10:45 Chair Dance (2 nd) 11:30 Drum Fit (4 th) 1:00 * Parkland University: The Earliest Churches (KT) 2:00 Parkland Olympics Closing Ceremony with Elvis Presley (PTV GH) 2:30 Nail Spa (4 th) 3:30 Name That Tune! (2 nd) 3:00 Documentary: The Indigenous People of America (PTV) 3:00 Movie (4 th)	9:30 Morning Greetings! (5 th) 10:30 LIVE: Humber Valley United Church Service (PTV) 11:00 News & Views (2 nd) 11:30 Guided Meditation (PTV) 1:00 Artistic Corner (4 th) 2:30 Baking Corner (5 th) 3:00 Baking Corner (PTV) 3:00 * Afternoon Movie: I'll See You In My Dreams (2015) (KT) 4:00 Nail Spa (5 th)
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>1st Parkland Games: Word in a Word! Please look out for the delivery of your sheets. Drop Completed forms off at Concierge</p>  </div> <div style="width: 40%; text-align: center;"> <p>Please note: “*” Denotes that reservations are required. Please contact concierge to book this activity. The Gym, Simulator and Pool table are available all day with reservations at Concierge!</p> </div> <div style="width: 20%; text-align: right;">  </div> <div style="width: 15%; border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Legend</p> <p>PTV – Parkland TV Ch. 988 BB- Breton Bistro & Lounge CY – Courtyard GH- Great Hall SP- Shannon’s Pub FS- Fitness Studio KT – Kingsway Theatre 2nd – Assisted Living Floor 4th- Memory Care Floor 5th- Enriched Care Floor</p> </div> </div>						

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9</p> <p>9:30 LIVE: Stretch Class (CY & PTV)</p> <p>10:15 Stretch Class: Seated & Standing (PTV&CY)</p> <p>10:15 Chair Dance (4th)</p> <p>11:00 Travelogue: India & Nepal (PTV)</p> <p>11:00 Cardiofit (2nd)</p> <p>1:30 Welcome Home Committee Interest Meeting (SP)</p> <p>1:30 Jeopardy (KT)</p> <p>2:00 Bridge Club (GH)</p> <p>2:30 Sit 2bFit! (5th)</p> <p>3:00 Sweet Spot Ice Cream Social (SC)</p>	<p>10 National Smores Day!</p> <p>9:30 Morning Greetings! (2nd & 5th)</p> <p>9:30 LIVE: BandFit: Seated (CY & PTV)</p> <p>10:00 Balcony Gardening (2nd)</p> <p>10:00 Morning Greetings (4th)</p> <p>10:15 BandFit: Seated & Standing (CY)</p> <p>10:15 BandFit (PTV)</p> <p>10:30 Stretch Class (2nd)</p> <p>11:00 Balcony Chat (2nd)</p> <p>11:00 Fitness Class (4th)</p> <p>11:00 Active & Social! (5th)</p> <p>1:00 TEDTalk: Inside the Mind of a Master Procrastinator (PTV)</p> <p>2:00 HVUC: Seated Dance (PTV)</p> <p>2:00 Euchre Club (GH)</p> <p>2:30 Sit 2bFit! (5th)</p> <p>2:00 Nail Spa (4th)</p> <p>3:00 Social (4th)</p> <p>3:30 Sweet Treat Social (5th)</p> <p>6:30 * Evening Movie: Chocolat (KT)</p> <p>7:30 Campfire Sing Along w/ singer Francis D. (GH)</p> 	<p>11 Bingo Scavenger Hunt</p> <p>9:30 Morning Greetings! (2nd 4th & 5th)</p> <p>9:30 LIVE: CardioFit: Seated (CY & PTV)</p> <p>10:00 HVUC: Chair Yoga (PTV)</p> <p>10:15 CardioFit: Seated + Standing (CY)</p> <p>10:30 Chair Dance (2nd)</p> <p>10:30 Balloon Badminton (4th)</p> <p>11:00 Coffee & Chat (2nd)</p> <p>11:00 CardioFit: Seated + Standing (CY)</p> <p>11:00 The Last Waltz (PTV)</p> <p>11:30 Musical Movements (4th)</p> <p>1:30 * Pool in the Pub (SP)</p> <p>1:30 Sweet Treat Social (2nd)</p> <p>2:00 *Live Lecture: Canada's Royal Family(KT & PTV)</p> <p>2:30 Arts & Crafts (4th)</p> <p>2:30 Sit 2bFit! (5th)</p> <p>3:00 Chair Dance (FS)</p> <p>3:00 Brainfit (4th)</p> 	<p>12</p> <p>9:30 Morning Greetings! (2nd,4th,5th)</p> <p>9:30 Parkland Steppers Neighbourhood Walk (meet BB)</p> <p>9:30 LIVE: DrumFit (CY & PTV)</p> <p>10:15 DrumFit (CY)</p> <p>10:30 Stretching (4th)</p> <p>11:00 HVUC: Seated Dance (PTV)</p> <p>11:00 Baking Corner: Pie in a Cup (2nd)</p> <p>11:00 Bowling (4th)</p> <p>11:00 Brainfit (5th)</p> <p>1:00 Documentary: The New Silk Road 2 (PTV)</p> <p>1:30 Line Dancing (FS)</p> <p>2:00 Passionate Painters: Bring Your Own Photos(GH)</p> <p>2:00 Sweet Treat Social (4th)</p> <p>2:30 Sit 2bFit! (5th)</p> <p>3:00 LIVE: BINGO! (PTV)</p>	<p>13</p> <p>9:30 LIVE: StrengthFit: Seated (CY & PTV)</p> <p>10:15 StrengthFit: Seated & Standing (CY)</p> <p>10:15 StrengthFit – Water Bottle Edition (PTV)</p> <p>11:30 Active & Social (2nd)</p> <p>11:00 Karaoke (5th)</p> <p>11:00 Sit 2bFit (4th)</p> <p>11:30 Bean Bag Toss (4th)</p> <p>1:30 *Pool in the Pub (2nd)</p> <p>2:00 Parkland Bowling w/ Simulator (SP)</p> <p>3:00 News & Views (4th)</p> <p>4:00 Brainfit (2nd)</p>	<p>14</p> <p>10:15 LIVE: Seated Yoga (CY & PTV)</p> <p>10:45 Chair Dance (2nd)</p> <p>11:00 StengthFit (4th)</p> <p>11:30 Name that Tune (4th)</p> <p>1:00 * Parkland University: The Greatest Churches of Russia (KT)</p> <p>2:00 Parkland Bowling Club (SP)</p> <p>2:30 Ball Toss (4th)</p> <p>3:30 Name That Tune! (2nd)</p> <p>3:00 Documentary: Logistics of the Future (PTV)</p> <p>3:30 Movie (4th)</p>	<p>15</p> <p>9:30 Morning Greetings! (5th)</p> <p>10:30 LIVE: Humber Valley United Church Service (PTV)</p> <p>11:00 News & Views (2nd)</p> <p>11:30 Guided Meditation (PTV)</p> <p>1:00 Artistic Corner (4th)</p> <p>2:30 Baking Corner (5th)</p> <p>3:00 Baking Corner (PTV)</p> <p>3:00 * Afternoon Movie: The Rainmaker (KT)</p> <p>4:00 Nail Spa (5th)</p>

Please note:
 "**" Denotes that reservations are required. Please contact concierge to book this activity.
 The Gym, Simulator and Pool table are available all day with reservations at Concierge!

Legend

PTV – Parkland TV Ch. 988
 BB- Breton Bistro & Lounge
 CY – Courtyard
 GH- Great Hall
 SP- Shannon’s Pub
 FS- Fitness Studio
 KT – Kingsway Theatre
 SC- Sweet Spot Cafe
 2nd – Assisted Living Floor
 4th- Memory Care Floor

Weekly Harmony Schedule: August 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16	17	18 BBQ Dinner	19	20	21	22
9:30 LIVE: Stretch Class (CY & PTV) 10:15 Stretch Class: Seated & Standing (PTV&CY) 10:15 Chair Dance (4 th) 11:00 Travelogue: Three Perfect Days Curacao (PTV) 11:00 Cardiofit (2 nd) 1:30 Welcome Home Committee Interest Meeting (SP) 1:30 Jeopardy (KT) 2:00 Bridge Club (GH) 2:30 Sit 2bFit! (5 th)	9:30 Morning Greetings! (2 nd & 5 th) 9:30 LIVE: BandFit: Seated (CY & PTV) 10:00 Balcony Gardening (2 nd) 10:00 Morning Greetings (4 th) 10:15 BandFit: Seated & Standing (CY) 10:15 BandFit (PTV) 10:30 Stretch Class (2 nd) 11:00 Balcony Chat (2 nd) 11:00 Fitness Class (4 th) 11:00 Active & Social! (5 th) 1:00 TEDTalk: New Thinking on the Climate Change(PTV) 2:00 HVUC: Seated Dance (PTV) 2:00 Euchre Club (GH) 2:30 Sit 2bFit! (5 th) 2:00 Nail Spa (4 th) 3:00 Social (4 th) 3:30 Sweet Treat Social (5 th) 6:30 * Evening Movie: Letters to Juliet (KT)	9:30 Morning Greetings! (2 nd 4 th & 5 th) 9:30 LIVE: CardioFit: Seated (CY & PTV) 10:00 HVUC: Chair Yoga (PTV) 10:15 CardioFit: Seated + Standing (CY) 10:30 Chair Dance (2 nd) 10:30 Balloon Badminton (4 th) 11:00 Coffee & Chat (2 nd) 11:00 CardioFit: Seated + Standing (CY) 11:00 Big Band Performance (PTV) 11:30 Musical Movements (4 th) 1:30 * Pool in the Pub (SP) 1:30 Sweet Treat Social (2 nd) 2:30 Arts & Crafts (4 th) 2:30 Sit 2bFit! (5 th) 3:00 Chair Dance (FS) 3:00 Brainfit (4 th)	9:30 Morning Greetings! (2 nd ,4 th ,5 th) 9:30 Parkland Steppers Neighbourhood Walk (meet BB) 9:30 LIVE: DrumFit (CY & PTV) 10:15 DrumFit (CY) 10:30 Stretching (4 th) 11:00 HVUC: Seated Dance (PTV) 11:00 Baking Corner: Pie in a Cup (2 nd) 11:00 Bowling (4 th) 11:00 Brainfit (5 th) 1:00 Documentary: Will Roots Save the World(PTV) 1:30 Line Dancing (FS) 2:00 Passionate Painters: Holiday Cards (GH) 2:00 Sweet Treat Social (4 th) 2:30 Sit 2bFit! (5 th) 3:00 LIVE: BINGO! (PTV)	9:30 LIVE: StrengthFit: Seated (CY & PTV) 10:15 StrengthFit: Seated & Standing (CY) 10:15 StrengthFit – Water Bottle Edition (PTV) 11:30 Active & Social (2 nd) 11:00 Karaoke (5 th) 11:00 Sit 2bFit (4 th) 11:30 Bean Bag Toss (4 th) 1:30 *Pool in the Pub (2 nd) 2:00 Parkland Bowling w/ Simulator (SP) 3:00 News & Views (4 th) 3:00 National Lemonade Day- Singer Zack W. (CY) 4:00 Brainfit (2 nd)	10:15 LIVE: Seated Yoga (CY & PTV) 10:45 Chair Dance (2 nd) 11:00 StengthFit (4 th) 11:30 Name that Tune (4 th) 1:00 * Parkland University: The Greatest Churches of Russia (KT) 2:00 Parkland Bowling Club (SP) 2:30 Ball Toss (4 th) 3:30 Name That Tune! (2 nd) 3:00 Documentary: The Power of the Art-tizian (PTV) 3:30 Movie (4 th)	9:30 Morning Greetings! (5 th) 10:30 LIVE: Humber Valley United Church Service (PTV) 11:00 News & Views (2 nd) 11:30 Guided Meditation (PTV) 1:00 Artistic Corner (4 th) 2:30 Baking Corner (5 th) 3:00 Baking Corner (PTV) 3:00 * Afternoon Movie: POMS (KT) 4:00 Nail Spa (5 th)

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Weekly Harmony Schedule: August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23	24	25	26	27	28	29
	The Challenge begins! (All Care floors)			The Challenge Ends! (All Care Floors)		
9:30 LIVE: Stretch Class (CY & PTV)	9:30 Morning Greetings! (2 nd & 5 th)	9:30 Morning Greetings! (2 nd 4 th & 5 th)	9:30 Morning Greetings! (2 nd , 4 th , 5 th)	9:30 LIVE: StrengthFit: Seated (CY & PTV)	10:15 LIVE: Seated Yoga (CY & PTV)	9:30 Morning Greetings! (5 th)
10:15 Stretch Class: Seated & Standing (PTV&CY)	9:30 LIVE: BandFit: Seated (CY & PTV)	9:30 LIVE: CardioFit: Seated (CY & PTV)	9:30 Parkland Steppers Neighbourhood Walk (meet BB)	10:15 StrengthFit: Seated & Standing (CY)	10:45 Chair Dance (2 nd)	10:30 LIVE: Humber Valley United Church Service (PTV)
10:15 Chair Dance (4 th)	10:00 Balcony Gardening (2 nd)	10:00 HVUC: Chair Yoga (PTV)	9:30 LIVE: DrumFit (CY & PTV)	10:15 StrengthFit – Water Bottle Edition (PTV)	11:00 StengthFit (4 th)	11:00 News & Views (2 nd)
11:00 Travelogue: Iceland (PTV)	10:00 Morning Greetings (4 th)	10:15 CardioFit: Seated + Standing (CY)	10:15 DrumFit (CY)	11:00 Classical Box Opera (FE)	11:30 Name that Tune (4 th)	11:00 Guided Meditation (PTV)
11:00 Cardiofit (2 nd)	10:15 BandFit: Seated & Standing (CY)	10:30 The Challenge: Balloon Targets (2 nd)	10:30 The Challenge: Pool Hockey (4 th)	11:30 Active & Social (2 nd)	1:00 * Parkland University: The Greatest Churches (KT)	11:30 Artistic Corner (4 th)
1:30 Library Committee (SP)	10:15 BandFit (PTV)	10:30 Balloon Badminton (4 th)	11:00 HVUC: Seated Dance (PTV)	11:00 Karaoke (5 th)	2:00 Parkland Bowling Club (SP)	1:00 Baking Corner (5 th)
1:30 Jeopardy (KT)	10:30 Stretch Class (2 nd)	11:00 The Challenge: Balloon Targets (5 th)	11:00 The Challenge: Pool Hockey (2 nd)	11:00 Sit 2bFit (4 th)	2:30 Ball Toss (4 th)	3:00 Baking Corner: Bread Cake (PTV)
2:00 Bridge Club (GH)	11:00 The Challenge: Corn Hole (2 nd)	11:00 Coffee & Chat (2 nd)	11:00 Bowling (4 th)	11:45 The Challenge: Bowling (4 th)	3:00 Name That Tune! (2 nd)	3:00 * Afternoon Movie: (KT)
2:30 Sit 2bFit! (5 th)	11:00 Fitness Class (4 th)	11:00 CardioFit: Seated + Standing (CY)	11:00 Brainfit (5 th)	1:30 *Pool in the Pub (2 nd)	3:00 Documentary: Worlds Most Valuable Paintings (PTV)	4:00 Nail Spa (5 th)
3:00 Sweet Spot Ice Cream Social (SC)	11:00 Active & Social! (5 th)	11:00 Cello Quartet (PTV)	1:00 Documentary: Will Roots Save The World (PTV)	2:00 Parkland Bowling w/ Simulator (SP)	3:30 Movie (4 th)	
	1:00 TEDTalk: Inside the Mind of a Master Procrastinator (PTV)	11:30 Musical Movements (4 th)	1:30 Line Dancing (FS)	2:30 The Challenge: Bowling (5 th)		
	2:00 HVUC: Seated Dance (PTV)	1:30 * Pool in the Pub (SP)	2:00 Passionate Painters: Holiday Card Edition(GH)	3:00 News & Views (4 th)		
	2:00 Euchre Club (GH)	1:30 Sweet Treat Social (2 nd)	2:00 Sweet Treat Social (4 th)	3:30 The Challenge: Bowling (2 nd)		
	2:30 The Challenge: Corn Hole (5 th)	2:00 Chef Demo with Executive Chef Ken: Meat Loaf (KT)	2:30 The Challenge: Pool Hockey (5 th)	4:00 Brainfit (2 nd)		
	2:00 The Challenge: Corn Hole (4 th)	2:30 The Challenge: Balloon Targets (4 th)	3:00 LIVE: BINGO! (PTV)			
	3:00 Social (4 th)	3:00 Sit 2bFit! (5 th)	*Roof Top Terrace Grand Opening (8 th fl.)			
	3:30 Sweet Treat Social (5 th)	3:00 Chair Dance (FS)				
	6:30 * Evening Movie (KT)	3:00 Brainfit (4 th)				
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p>Please note: "**" Denotes that reservations are required. Please contact concierge to book this activity. The Gym, Simulator and Pool table are available all day with reservations at Concierge!</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p>Legend</p> <p>PTV – Parkland TV Ch. 988 BB- Breton Bistro & Lounge CY – Courtyard GH- Great Hall SP- Shannon’s Pub FS- Fitness Studio FE- Front Entrance KT – Kingsway Theatre SC- Sweet Spot Cafe 2nd – Assisted Living Floor</p> </div> </div>						

Weekly Harmony Schedule: August 2021

MONDAY	TUESDAY					
<p>30</p> <p>9:30 LIVE: Stretch Class (CY & PTV) 10:15 Stretch Class: Seated & Standing (PTV&CY) 10:15 Chair Dance (4th) 11:00 Travelogue: Columbia (PTV) 11:00 Cardiofit (2nd) 1:30 Jeopardy (KT) 2:00 Bridge Club (GH) 2:30 Sit 2bFit! (5th) 3:00 Parkland in Pictures (PTV)</p>	<p>31</p> <p>9:30 Morning Greetings! (2nd & 5th) 9:30 LIVE: BandFit: Seated (CY & PTV) 10:00 Balcony Gardening (2nd) 10:00 Morning Greetings (4th) 10:15 BandFit: Seated & Standing (CY) 10:15 BandFit (PTV) 10:30 Stretch Class (2nd) 11:00 Balcony Chat (2nd) 11:00 Fitness Class (4th) 11:00 Active & Social! (5th) 1:00 TEDTalk: What Makes You Special (PTV) 2:00 HVUC: Seated Dance (PTV) 2:00 Euchre Club (GH) 2:30 Sit 2bFit! (5th) 2:00 Nail Spa (4th) 3:00 Social (4th) 3:30 Sweet Treat Social (5th) 6:30 * Evening Movie (KT)</p>		<p>Internal Contact List</p> <p>Concierge/ Front Desk 8000/8800</p> <p>Maintenance 8532</p> <p>Harmony Recreation Team 8531/8355</p> <p>Dining Room 6602</p> <p>Vitality Spa 3300</p>			<p>Legend</p> <p>PTV – Parkland TV Ch. 988 BB- Breton Bistro & Lounge CY – Courtyard GH- Great Hall SP- Shannon’s Pub FS- Fitness Studio FE- Front Entrance KT – Kingsway Theatre SC- Sweet Spot Cafe 2nd – Assisted Living Floor</p>
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