

FRED DOUGLAS LODGE				FACILITY				SUBJECT TO CHANGES							
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
						1		2		3		4			
							STAT NO RECREATION  Canada day	9:20 Muscle Madness (AR) 10:00 Outside walks 1:15 Hanging Target Practice (AR) 3:30 Ladder ball (AR) 5:30 Bingo (AR)	9:20 Tropical Tempo (AR) 10:00 Would you Rather (AR) 1:15 Canadian games, Canada Trivia, Canada Fun Facts(AR) 3:30 Cornhole (AR) 5:30 Karaoke (AR)	8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Ring Toss, Trivia					
5		6		7		8		9		10		11			
		9:20 Break A Sweat (AR) 1:15 Bingo (AR) 3:30 Disk Toss (AR) 5:30 Bocce Ball (AR)	9:20 Picnic Power (AR) 10:45 \$ Bingo (AR) 2:00 Entertainment in A.R with Vic.N 5:30 Balloon Volleyball (AR)	9:20 Summer Stretch (AR) 10:00 Outside walks 1:15 Whack a Mole (AR) 3:30 Hangman(AR 5:30 Shuffle bowl (AR)	9:20 R.O.M (AR) 1:15 Parachute Game (AR) 3:30 Beanbag Toss (AR) 5:30 Bingo (AR)	9:20 Paradise in Motion(AR) 10:00 Name 5(AR) 1:15 Sing A Long / Dance Party Special Treat (AR) 3:30 Chicken Chuck (AR) 5:30 Jumbo Janga (AR)	8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Ladder ball , Who am I Trivia								
12		13		14		15		16		17		18			
		9:20 Cardio Exercise (AR) 1:15 Bingo (AR) 3:30 Wheel of Fortune (AR) 5:30 Pass the Bucket (AR)	9:20 Fib Fab Fun (AR) 1:15 \$ Bingo (AR) 3:30 Blow up Bowling (AR) 5:30 Sing a long (AR)	9:20 One More Rep (AR) 2:00 Petting Zoo Outside 5:30 Beanbag TicTacToe (AR)	9:20 Chair Exercise (AR) 10:00 Outside Walks (AR) 1:15 Curling (AR) 3:30 Jumbo Tetris (AR) 5:30 Bingo (AR)	9:20 Summer Strength(AR) 10:00 What's in my Bag?(AR) 1:15 Horse Racing (AR) 3:30 Price is Right (AR) 5:30 Golf Pong (AR)	8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Noodle ball, Name that Sound								
19		20		21		22		23		24		25			
		9:20 Noodle Exercise (AR) 1:15 Bingo (AR) 3:30 Washer Toss (AR) 5:30 Kerplunk (AR)	9:20 Weight Training (AR) 10:00 Outside walks 1:15 \$ Bingo (AR) 3:30 Balloon Toss Trivia (AR) 5:30 Golf (AR)	9:20 Fit For Life (AR) 2:00 Entertainment in A.R with Bill.S 5:30 Bucket Pong(AR)	9:20 Sunshine Shake up(AR) 1:15 Music Club (CH) 3:30 Left and Right game (AR) 5:30 Bingo (AR)	9:20 Sweating to the Oldies (AR) 10:00 Alphabet Game (AR) 1:15 Bowling (AR) 3:30 Yahtzee (AR) 5:30 Target Practice (AR)	8:15 Spruce Activities 9:25 Evergreen Activities 10:35 Willow Activities 1:00 Maple/Elm Activities 2:10 Oak Activities, Exercise, Chicken Chuck, Sing a Long								
26		27		28		29		30		31	AR: ACTIVITY ROOM FL: FIRESIDE LOUNGE CH: CHAPEL GR: GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARD ROOM				
		9:20 Total Body Reset (AR) 10:00 Outside Walks 1:15 Bingo (AR) 3:30 Who am I trivia (AR) 5:30 Volleyball (AR)	9:20 R.O.M (AR) 1:15 \$ Bingo (AR) 3:30 Alphabet Game (AR) 5:30 Hockey (AR)	9:20 Summer Sweat (AR) 1:15 Shuffle Bowl (AR) 3:30 Bean bag Trivia (AR) 5:30 Horse Racing (AR)	9:20 Better Bodies (AR) 10:00 Outside Walks 1:15 Hit the Target (AR) 3:30 Hoop Toss (AR) 5:30 Bingo (AR)	9:20 Dance Exercise (AR) 10:00 Friday Funnies 1:15 Games day & Ice Cream Sundaes On & Off units (AR) 3:30 Word Unscramble (AR) 5:30 Basketball (AR)									