

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Tower 3

August 2026						Tower 3		10:30 Crosswords (Tower 3 Activity Kitchen)		2:00 Name that Tune (Tower 1 Lounge)			
210:30 Trivia (Dixon-Hemlock Lounge)		310:30 New Brunswick Trivia (Dixon Hemlock Lounge)		4Allyson is on T3 10:30 Jigsaw Puzzles (T3 LIB) 2:00 Baking (T3 AK)		5Janvi is on T3 10:00 Short Story Corner (T3 LIB) 11:00 Morning Weight Program with Rehab (T3 Lounge) 2:00 Worship Service (FC)		6Jasmine on T3 10:30 Crafter’s Corner (T3 LIB) 2:00 Kevin’s Lil Ole Country Show (FC) 6:30 YCF Bingo (FC)		7Allyson is on T3 PM Janvi is on T3 PM 11:00 Morning Exercises with Rehab (T3 Lounge) 2:00 Bingo (T3 DR)		810:30 Patio Visits (T3) 2:00 Iced Tea & Lemonade Social (T1 DR)	
910:30 Outdoor Walks (Dixon 1:1)		10Janvi is on T3 AM 10:30 Beauty Time (T3 LIB) 2:00 Music with The Homeboys (FC)		11		1211:00 Morning Weight Program with Rehab (T3 Lounge) 2:00 Worship Service (FC)		13Jasmine on T3 11:00 Sunshine Stretches (T3 Lounge) 2:00 Bowling (T3 DR)		1411:00 Morning Exercises with Rehab (T3 Lounge) 1:30 Water Wars (T1 CY)		1510:30 Trivia (T1 DR) 2:00 Outdoor Walks (T3 1:1)	
1610:30 Piano Music with Jasmine (Dixon Hemlock Lounge)		17Allyson is on T3 AM Janvi is on T3 PM 10:30 Beauty Time (T3 LIB) 2:00 Lemonde Social (T3 DR) 6:30 Concert Series (Acoustic Rewind) *Front Parking Lot*		18Allyson is on T3 PM 2:00 Music with Bob & Friends (FC) 6:30 Classic TV Series (T3 DR)		1911:00 Morning Weight Program with Rehab (T3 Lounge) 2:00 Worship Service (FC) 6:30 Campfire Evening (T1 CY)		20Jasmine on T3 11:00 Sunshine Stretches (T3 Lounge) 2:00 Farewell Social for Olu (T3 DR)		2111:00 Morning Exercises with Rehab (T3 Lounge) 2:00 Family Feud (FC)		2210:30 Baking (Tower 3 Activity Kitchen) 2:00 Word Games (Tower 1 Lounge)	
2310:30 Morning Social (Dixon- Activity Kitchen)		24Allyson is on T3 AM Janvi is on T3 10:30 Beauty Time (T3 LIB) 2:00 Summer Craft (T3 LIB)		25Allyson is on T3 AM 10:30 Tea & Trivia (T3 AK) 2:00 Friendly Visits (1:1) 6:30 Music with Paul Blackmore (T3 DR)		26Janvi is on T3 10:00 Outdoor Walks (1:1) 11:00 Morning Weight Program with Rehab (T3 Lounge) 2:00 Worship Service (FC)		27Jasmine on T3 2:00 Knock the Cups (T3 LIB) 6:30 Piano Music with Jasmine (T3 DR)		2811:00 Morning Exercises with Rehab (T3 Lounge) 2:00 Farewell Party for Janvi (T1 DR)		2910:30 Word Games (T1 Lounge) 2:00 Ice Cream Float Social (T3 DR)	
3010:30 Courtyard Visits (Dixon 1:1)		31		Activity Coordinators Allyson Hickey (506) 444-3880 ext. 2112 ahickey@yorkcarecentre.ca Jasmine Hebert (506) 444-3880 ext. 3312 jhebert@yorkcarecentre.ca Summer Intern: Janvi Summer Student: Olu									

Programs are subject to change. Please check the daily sign board for the most up-to-date programming. Thank you!