

AUGUST



Matthews

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><div><div>WILFRED SCHLEGEL</div><div>Day</div><div>Monday, August 4</div></div><div><div></div><div>This day kicks off a month of giving back to the community.</div><div>#WilfredSchlegelDay</div></div></div>					<div>1</div> <div>9:15 Soothing Sensations 10:00 Bingo (Wr) 2:00 Patio Time 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>2</div> <div>9:30 Coffee and Discussion 10:30 Sunshine Club 2:00 Entertainment with Andy (Ma) 3:30 Musical Moments</div>
<div>3</div> <div>9:30 Daily Perks 10:00 For The Soul 11:00 Stepping Out 2:00 For the Fun of Fit 3:30 You and Me</div>	<div>4</div> <div>WILFRED SCHLEGEL DAY</div> <div>10:00 Brain and Banter 11:30 You and Me 2:00 In the Kitchen 6:30 Game Show Trivia (CC)</div>	<div>5</div> <div>9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)</div>	<div>6</div> <div>9:30 You and Me 10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 PEG Talk: 7 Wonders of the World (C) 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (C)</div>	<div>7</div> <div>Water Day</div> <div>9:30 Chapel Service (C) 10:30 Deer Hunt (Jo) 11:00 Merry Melodies (C) 1:30 Slip 'N Slide (RH) 3:00 Stepping Out 6:30 Active Games (MS)</div>	<div>8</div> <div>9:15 Soothing Sensations 10:00 Bingo (Ma) 2:00 Circle of Friends 3:30 Active Games (FC) 6:30 Crafting Club (CC)</div>	<div>9</div> <div>9:30 Neighbourhood Time 10:30 Sunshine Club 2:00 Entertainment with Jontue (Po) 3:30 You and Me</div>
<div>10</div> <div>9:30 Daily Perks 10:00 For The Soul 2:00 Residents Bill of rights and Calendar Planning 3:30 Stepping Out</div>	<div>11</div> <div>2:00 For the Fun of Fit 3:30 Daily Perk 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)</div>	<div>12</div> <div>9:30 Rosary (C) 10:00 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)</div>	<div>13</div> <div>10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Game Show: Outburst (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>14</div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 10:45 You and Me 11:00 Merry Melodies (C) 2:00 Residents Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)</div>	<div>15</div> <div>9:15 Soothing Sensations 10:00 Bingo (Wr) 2:00 Stepping Out 6:30 Crafting Club (CC)</div>	<div>16</div> <div>9:30 You and Me 10:30 Sunshine Club 2:00 Karaoke Afternoon (Jo) 3:30 Brains and Banter</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:30 Daily Perks 10:00 For The Soul 11:00 Stepping Out 2:00 For the Fun of Fit 3:30 You and Me	18 10:00 In the Kitchen 2:00 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	19 9:00 Outing 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	20 9:30 You and Me 10:30 YMCA Camp (MS) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 11:30 Daily Perk 2:00 Brains and Banters 3:30 Balance Class (FC) 6:30 Games Night (CC)	21 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Pub Afternoon with Hubert (MS) 3:00 Travelling Cart 3:30 Green Thumbs 6:30 Active Games (MS)	22 9:15 Soothing Sensations 10:00 Bingo (Ma) 2:00 Patio Time 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	23 9:30 Neighbourhood Time 10:30 Sunshine Club 2:00 Entertainment with Jim (Do) 3:30 You and Me
24 9:30 Daily Perks 10:00 For The Soul 2:00 Express Yourself 3:30 Stepping Out	25 2:00 Circle of Friends 3:30 For the Fun of Fit 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	26 9:30 Rosary (C) 10:30 Express Yourself 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	27 10:30 Sit 'N Get Fit (Wr) 10:30 Corn Husking (Main Street) 10:45 Art with Sonal 2:00 Food Committee (Ma) 3:30 Balance Class (FC) 6:30 Games Night (CC)	28 10am-3pm 10th Anniversary Carnival! 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Merry Melodies (C) 3:30 Green Thumbs	29 9:15 Soothing Sensations 10:00 Bingo (Wr) 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)	30 9:30 Neighbourhood Time 10:30 Sunshine Club 2:00 Games Afternoon (MS) 3:15 Musical Moments
31 9:30 Daily Perks 10:00 For The Soul 11:00 Coffee and Discussion 2:00 For the Fun of Fit 3:30 You and Me	<div><div>Outings: August 19: Van Outing to Giant Tiger Your Recreation Team: Full-Time - Harman Part-Time - Jacobi</div><div>Calendar Planning and Resident Bill of Rights We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings! Hosted by your Recreation Team Member.</div></div> 