



AUGUST

Pollock

Legend	Do - Downey	Wr - Wright	L - Library
	Ha - Hagey	C - Chapel	MS - Main Street
	Jo - Johnston	CC - Community Centre	RH - Retirement
	Ma - Matthews	CY - Courtyard	
	Po - Pollock	FC - Fitness Centre	

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>9:00 Daily Perk 10:00 Brains and Banter 11:00 Stepping Out 2:00 Bingo! (Po) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)</div>	<div>2</div> <div>9:15 Keep it up! 10:30 Sunshine club & Watermelon 2:00 Entertainment with Andy (Ma)</div>
<div>3</div> <div>10:00 For the Soul 11:00 Active Games 2:00 Movie Time!</div>	<div>4</div> <div>WILFRED SCHLEGEL DAY 10:00 Word Games 11:00 Outdoor Strolls 2:00 Baking 3:00 Manicures & Nail Care 4:00 Patio Time 6:30 Game Show Trivia (CC)</div>	<div>5</div> <div>9:30 Rosary (C) 9:30 Daily Perk 10:00 Neighbourhood Time 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)</div>	<div>6</div> <div>10:30 YMCA Camp (MS) 1:15 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 9:30 Chapel Service (C) 10:30 Deer Hunt (Jo) 11:00 Musical Melodies (C) 1:30 Slip 'N Slide (RH) 6:30 Active Games (MS)</div>	<div>8</div> <div>2:00 BINGO! (Do) 3:30 Active Games (FC) 4:00 Outdoor Strolls 6:30 Crafting Club (CC)</div>	<div>9</div> <div>9:00 Podcast on the Patio 10:30 Sunshine Club 2:00 Entertainment with Jontue (Po)</div>
<div>10</div> <div>10:00 For the Soul 11:00 You and Me 2:00 Stepping Out</div>	<div>11</div> <div>2:00 Hello Pollock 3:30 HIIT (FC) 4:00 Soothing Sensations 6:30 Game Show Trivia (CC)</div>	<div>12</div> <div>9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Calendar Planning & Bill of Rights 6:30 Devotions (CC)</div>	<div>13</div> <div>10:30 YMCA Camp (MS) 1:15 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) 11:00 Musical Melodies (C) 2:00 Green Thumbs 2:00 Residents Council (C) 2:30 Stepping Out 6:30 Active Games (MS)</div>	<div>15</div> <div>9:00 Daily Perk 10:00 Hello Pollock! 1:00 Van Outing 6:30 Crafting Club (CC)</div>	<div>16</div> <div>9:30 Keep it Up! 10:30 Sunshine club 2:00 Karaoke Afternoon (Jo)</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:00 For the Soul 11:00 Corn cob husking 2:00 Corn Cob Social	18 9:15 Outdoor Strolls 12:00 Dinners Club: Harvey's 2:00 Card Games 3:30 Total Body Fitness (FC) 4:00 Soothing Sensations 6:30 Game Show Trivia (CC)	19 9:30 Rosary (C) 10:00 Neighbourhood Time 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	20 10:30 YMCA Camp (MS) 1:15 Art with Sonal 2:00 Brains and Banter 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	21 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Green Thumbs 2:00 Pub Afternoon with Hubert (MS) 6:30 Active Games (MS)	22 2:00 BINGO! (Do) 3:30 Banded Strength (FC) 4:00 Outdoor Strolls 6:30 Crafting Club (CC)	23 9:00 Podcast on the Patio 10:30 Sunshine Club 2:00 Entertainment with Jim (Do)
24 10:00 For the Soul 11:00 Stepping Out 2:00 Brains and Banter	25 2:00 Hello Pollock! 3:30 HIIT (FC) 4:00 Soothing Sensations 6:30 Game Show Trivia (CC)	26 9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	27 9:00 Neighbourhood Time 10:00 Stepping Out 10:30 Corn Husking (MS) 1:15 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) 2:00 Green Thumbs	29 9:00 Van Outing 2:00 Bingo! (Po) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	30 9:15 Keep it Up! 10:30 Sunshine Club 2:00 Games Afternoon (MS)
31 10:00 For the Soul 11:00 Neighbourhood Time 2:30 Movie Time!	<div><div>Outings: August 15: Lyndon Fishing Pond (with Wright Neighbourhood) - with Summit & Deepinder August 29: Thrift on Kent - with Summit Your Recreation Team: Full-Time - Summit Part-Time - Sydney</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> 