

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**NO YOGA TODAY** 9:45 am Morning walk (Meet MLR) 6pm Whist/ Bridge (CK) BC DAY	9:45 am Morning walk (Meet MLR) 10:30 Sit and get Fit (CK) 2pm Movie and popcorn - "True Lies" (TVR) 2:15 p.m. Garden Club (Meet ECY) 6pm Whist/Bridge (CK)	***FIRE BELL TEST*** ****NO Hair Salon today***** 9:45 am Morning walk (Meet MLR) 10 - 11am <i>Tai chi w/Jack</i> (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)	8:30am-12pm Foot care with Krystal (book) (2S) 9:45 am Morning walk (Meet MLR) 2 pm Colour and Sip – Come to paint or colour while you sip on wine (CK) 6pm Whist /Bridge(CK)	9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 2 pm tasting party – Try different lemonades (CK) 6pm Whist/Bridge (CK)	9:45 am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Music: Rick and Brenda – Platinum Country (ECY/ML) Check whiteboard in MLR for location 6 pm Card games: Find a partner
9am Knit and crochet (CK) 1:30pm Church Service (CK) 6pm Bingo (prize) (CK)	7 10am Morning walk (Meet MLR) 10:00 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Meet and Greet New Residents (CK) 6pm Whist/Bridge (CK)	8 9:45 am Morning walk (Meet MLR) 10:30 am Sit and get fit (CK) 2 pm Music: Darryl Sirr (ECY/MLR) Check whiteboard in MLR for location 6pm Whist/Bridge (CK)	9 8:30am – 4pm Hair Salon (book) 9:45 am Morning walk (Meet MLR) 10 - 11am <i>Tai chi w/Jack</i> (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK) **\$25.00 BINGO BONUS**	10 9:45am Morning walk (Meet MLR) 10:30 Skip Bo and Card games, find a group of friends) 2 pm MOVIE: "The Comancheros" 6pm Whist/Bridge (CK) (Sherry off)	11 9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 10:30 Morning Crib (GR) 2pm Music – Sally Evans (ECY/MLR) Check whiteboard in MLR for location 6pm Whist /Bridge (CK) (Sherry off)	12 9:45 am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Card games: Find a partner or a group of friends! (CK)
14 9am Knit and crochet (CK) 1:30pm Church Service (CK) 6pm Bingo (prize) (CK)	15 9:45 am Morning walk (Meet MLR) 10 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Music: August Birthday Celebrations with Vic and Carol (MLR/ECY) Check whiteboard in MLR for location 6pm Whist/Bridge (CK)	16 9 am BUS TRIP Village Cheese in Armstrong – sign up with Sherry 9:45 am Morning walk (Meet MLR) 10:30 am Sit and get fit (CK) 2pm Movie and popcorn - "The Great Escape" (TVR) 2:15 pm Pretty Nails (CK) 6pm Whist/Bridge (CK)	17 8:30am – 4pm Hair Salon (book) 9:45 am Morning walk (Meet MLR) 10 - 11am <i>Tai chi w/Jack</i> (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)	18 8:30am-12pm Foot care with Krystal (book) (2S) 9:45am Morning walk (Meet MLR) 10:30am Sit and get fit (CK) 2pm Happy Hour & lawn games (CK/ECY) check whiteboard in MLR for location 6pm Whist/Bridge (CK)	19 9am Knit and crochet (CK) 9:45am Morning walk (Meet MLR) 10:30 am Tasting Party – Try different iced coffees (CK) 2pm Music: Vince Wallace and Hailey Porter (MLR/ECY) Check whiteboard in MLR for location 6pm Whist/Bridge (CK)	20 9:45am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Music: Rick and Brenda – Platinum Country (ECY/MLR) Check whiteboard in MLR for location 6 pm Card games: Find a partner or a group of friends! (CK)
21 9am Knit and crochet (CK) 1:30pm Church Service (CK) 6pm Bingo (prize) (CK)	22 9:45am Morning walk (Meet MLR) 10 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Mary Kay Party with Pat (CK) 6pm Whist/Bridge (CK)	23 9:45 am Morning walk (Meet MLR) 10:30am Sit and get fit (CK) 2 pm Movie and popcorn - "Moonstruck" (TVR) 2:15 pm Garden Club (meet ECY) 6pm Whist/Bridge (CK)	24 8:30am – 4pm Hair Salon (book) 9:45 am Morning walk (Meet MLR) 10 - 11am <i>Tai chi w/Jack</i> (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)	25 9:45 am Morning walk (Meet MLR) 10:30am Sit and get fit (CK) 2pm Resident Meeting (DR) 6pm Whist/Bridge (CK)	26 9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 10: 30 am Tasting Party –Try different sodas 2pm Music: Darryl Sirr (ECY/ML) Check whiteboard in MLR for location 6pm Whist/Bridge (CK)	27 9:45am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Card games: Find a partner or a group of friends! (CK)
28 9am Knit and crochet (CK) 1:30pm Church Service (CK) 6pm Bingo (prize) (CK)	29 9:45am Morning walk (Meet MLR) 10 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Music: Abe and Marie Derksen – C&W, Gospel and Golden Oldies 6pm Whist/Bridge (CK)	30 9:45 am Morning walk (Meet MLR) 10:30am Sit and get fit (CK) 2pm Movie and popcorn - "The Day After Tomorrow" (TVR) 2 pm Scrabble tournament CK) 6pm Whist/Bridge (CK)	31 8:30am – 4pm Hair Salon (book) 9:45 am Morning walk (Meet MLR) 10 - 11am <i>Tai chi w/Jack</i> (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)			