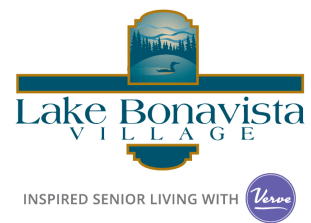




INSPIRED SENIOR LIVING

# July 2023 Lake Bonavista Village



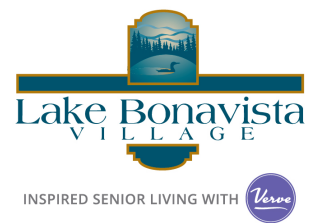
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SATURDAY</b> <b>JUL 1</b> <b>Canada Day</b></p>		 <p><b>National Culinary Arts Month</b></p>				<p>Happy Canada Day - No Group Programs Today</p> <p>1:15 Bridge Club (GAM)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) <b>2</b></p> <p>1:00 Classic Movie Matinee - "Mamma Mia" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Grizzly's Story (48 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Flower Paintings (ACT)</p>	<p>9:00 Daily Fit (WEL) <b>3</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) <b>4</b></p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>2:30 Painting with Alex - MOMA Art Class (ACT)</p> <p>7:00 Entertainment: Recording Artist - Brent McAthey (DIN)</p>	<p>9:00 Daily Fit (WEL) <b>5</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: King Richard (WIL)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>6</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>1:30 Outdoor Games and Lemonade: Cornhole Game (DIN)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: "Western Turkey" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>7:00 Stampede Breakfast with Entertainment: Wes and Wendy (DIN) <b>7</b></p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:00 Shopping/Banking: Promenade (LOB)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>12:00 Outing: Grey Eagle Casino (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>2:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>8</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: King Richard (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) <b>9</b></p> <p>1:00 Classic Movie Matinee - "The Guns of Navarone" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Sea Lion's Story (54 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Garden Gnomes (ACT)</p>	<p>9:00 Daily Fit (WEL) <b>10</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Line Dancing with Gayle (WEL)</p> <p>2:00 Book Club with Shelagh (LIB)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) <b>11</b></p> <p>9:30 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>11:30 Lunch Outing: Dockside Grill in Chestermere (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Saskatoon Berry (LIB)</p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>4:00 Stampede BBQ with Entertainment by Jane Tetley (DIN)</p>	<p>9:00 Daily Fit (WEL) <b>12</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: 50 to 1 (WIL)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>13</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:00 Stampede Midway Games, Music and Dancing (DIN)</p> <p>3:30 Travelogue: "Surprising Bulgaria" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>14</b></p> <p>9:30 Shopping/Banking: London Drugs, Winners, Home Sense or Dollar Tree (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:15 Catholic Mass (CHA)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>2:00 Painting with Alex - Museum of Modern Art (ACT)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>15</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: 50 to 1 (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>




INSPIRED SENIOR LIVING

# July 2023

## Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "A River Runs Through It" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Lion's Story (48 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Wood Decoration Painting (ACT)</p>	<p><b>17</b></p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 MOMA Art Lecture (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p><b>18</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:00 Outing to Fireweed Glass Studios and Lunch in Canmore (LOB)</p> <p>9:30 Shopping/Banking: Promenade (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Cherry (LIB)</p> <p>1:30 McDougall United Communion Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Strawberry Passion Punch (BIS)</p> <p>7:00 Entertainment: Kylie Styles - Music through the Ages (DIN)</p>	<p><b>19</b></p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Men's Luncheon (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Maybe I Do (WIL)</p> <p>1:30 Garden Club (GB)</p> <p>1:30 Resident Council Meeting - Members Only (PRI)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>20</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>1:15 Financial Talk with Jordan and Monib (WIL)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Name That Tune with Resident Dave Bruneau (ACT)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: "France's Alsace" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p><b>21</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Costco, Walmart, Superstore, Michaels etc.... (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Outing: Scenic Drive (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>22</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Maybe I Do (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p><b>23</b></p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "Jurassic Park" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Wild Dog's Story (49 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Suncatcher (ACT)</p>	<p><b>24</b></p> <p>8:30 Smilez 2 Go -8:30 -4:30 By Appointment (GAR)</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Line Dancing with Gayle (WEL)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p><b>25</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Outing: Picnic at Mt. Lorette Ponds Day Use in the Kananaskis (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Cranberry Spritzer (BIS)</p> <p>7:00 Entertainment: Barry Driedger - Golden Oldies on the Guitar (DIN)</p>	<p><b>26</b></p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Resident Birthday Lunch: By Invite Only (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Instant Family (WIL)</p> <p>1:30 Garden Club (GB)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>27</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Scrabble (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Copenhagen" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p><b>28</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Lunch Outing: Stockman's Restaurant (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>29</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Instant Family (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p><b>30</b></p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "The Deep End Of The Ocean" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Chimp's Story (49 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Beaded Wind Chimes (ACT)</p>	<p><b>31</b></p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 MOMA Art Lecture (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Movie Matinee with Shelagh (WIL)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>			<p><b>Locations Legend</b></p> <p>1st Floor Wellness Centre (WEL)</p> <p>2nd Floor Activity Room (ACT)</p> <p>3rd Floor Games Room (GAM)</p> <p>4th Floor Fireplace Lounge (FIR)</p> <p>1st Floor Lobby (LOB)</p> <p>1st Floor Wild Rose Room (WIL)</p> <p>1st Floor Swimming Pool (SWI)</p> <p>1st Floor Chapel (CHA)</p>	<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	