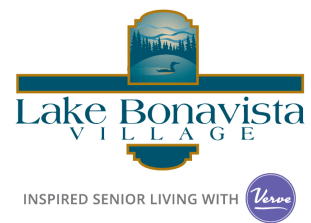





INSPIRED SENIOR LIVING

# August 2023

## Lake Bonavista Village



| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|---|--|---|--|---|
|  <p><b>SUNDAY</b><br/><b>AUG 6</b></p> <p><b>National Friendship Day</b></p>  | <p>9:00 Daily Fit (WEL) <b>1</b></p> <p>9:00 <b>Outing: Ghost Lake Boat Tour &amp; Shore BBQ Lunch (LOB)</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>1:00 <b>Knitting Club (ACT)</b></p> <p>1:15 Education Session: Superfoods - Peach (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Sparkling Peach (BIS)</p> <p>7:00 Entertainment: Palladio Duet (DIN)</p> | <p>9:00 Daily Fit (WEL) <b>2</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: The Perfect Find (WIL)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>2:30 Art Lecture - Calgary Public Art Displays - Self Made Woman in NW Calgary (ACT)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>   | <p>9:00 Daily Fit (WEL) <b>3</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 Ice Cream on the Patio (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: "Scotland's Islands" (WIL)</p> <p>6:00 Whist (GAM)</p> | <p>9:00 Daily Fit (WEL) <b>4</b></p> <p>9:30 <b>Shopping/Banking: Promenade or South Centre (LOB)</b></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 <b>Shopping/Banking: Shawnessy Walmart, Michaels, BMO etc. (LOB)</b></p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) <b>5</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: The Perfect Find (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>6</b></p> <p>1:00 Classic Movie Matinee - "Mudbound" (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Growing up Animal - A Baby Elephant's Story (50 min)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Garden Gnome Crafts (ACT)</p> | <p>9:00 Daily Fit (WEL) <b>7</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 <b>Line Dancing with Gayle (WEL)</b></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>8</b></p> <p>9:30 <b>Shopping/Banking: London Drugs, Winners, Home Sense or Dollar Tree (LOB)</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>12:00 <b>Outing: Cash Casino (LOB)</b></p> <p>1:00 <b>Knitting Club (ACT)</b></p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Roli Mack (DIN)</p>   | <p>9:00 Daily Fit (WEL) <b>9</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: Faraway (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>9:00 Daily Fit (WEL) <b>10</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 National Banana Split Day - Banana Split Bar and Outdoor Games (DIN)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Edinburgh" (WIL)</p> <p>6:00 Whist (GAM)</p>  | <p>9:00 Daily Fit (WEL) <b>11</b></p> <p>9:30 <b>Shopping/Banking: Promenade or South Centre (LOB)</b></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>11:30 <b>Lunch Outing: Black Diamond Hotel In Diamond Valley and Walking Tour of the Shops (LOB)</b></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>12</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: Faraway (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>13</b></p> <p>1:00 Classic Movie Matinee - "GoodFellas" (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 Drum Fit - Music and Movement (ACT)</p>       | <p>9:00 Daily Fit (WEL) <b>14</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>1:00 <b>MOMA Art Lecture (LIB)</b></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>9:00 Daily Fit (WEL) <b>15</b></p> <p>9:30 <b>Shopping/Banking: Promenade (LOB)</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>11:00 <b>Outing: Saskatoon Berry Farm (BIS)</b></p> <p>1:00 <b>Knitting Club (ACT)</b></p> <p>1:15 Education Session: Superfoods - Blueberry (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 (BIS)</p> <p>7:00 Entertainment: Dwayne Fettig (DIN)</p> | <p>9:00 Daily Fit (WEL) <b>16</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 <b>Men's Luncheon (BIS)</b></p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Military Wives (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>9:00 Daily Fit (WEL) <b>17</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>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: "South Ireland: Waterford to the Ring of Kerry" (WIL)</p> <p>6:00 Whist (GAM)</p>                                   | <p>9:00 Daily Fit (WEL) <b>18</b></p> <p>9:30 <b>Shopping/Banking: Deerfoot Meadows (LOB)</b></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 <b>Outing: Scenic Drive with Jeff (LOB)</b></p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>   | <p>9:00 Daily Fit (WEL) <b>19</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: Military Wives (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p> |

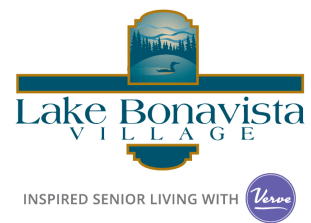





INSPIRED SENIOR LIVING

# August 2023

## Lake Bonavista Village



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| <p>10:15 Catholic Service (CHA) <b>20</b></p> <p>1:00 Classic Movie Matinee - "The Notebook" (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 Drum Fit - Music and Movement (ACT)</p>    | <p>8:30 Smilez 2 Go -8:30 -4:30 By Appointment (GAR) <b>21</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 Hearing Aid Clinic - Drop In Service Welcome (GAR)</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>9:00 Daily Fit (WEL) <b>22</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>1:00 Knitting Club (ACT)</p> <p>1:00 Shopping/Banking: Shawnessy Walmart, Michaels, BMO etc. (LOB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Edna - Piano and Music! (DIN)</p>   | <p>Anniversary Garden Gala <b>23</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>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Brooklyn (WIL)</p> <p>2:00 Entertainment: Tomlin Trick Dogs! (DIN)</p> <p>6:00 Cribbage (GAM)</p>   | <p>9:00 Daily Fit (WEL) <b>24</b></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>9:00 Daily Fit (WEL) <b>25</b></p> <p>9:30 Shopping/Banking: Promenade (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>11:00 Outing: PaSu Farms Lunch and Shopping (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>26</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: Brooklyn (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>27</b></p> <p>1:00 Classic Movie Matinee - "Titanic (3h 14m) (WIL)</p> <p>1:15 Sit and Be Fit (WEL)</p> <p>2:00 Documentary Series: - "Secrets Of The Elephants - Savanna (40m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Craft with Sierra: Beaded Wind Chimes (ACT)</p> | <p>9:00 Daily Fit (WEL) <b>28</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>1:00 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>9:00 Daily Fit (WEL) <b>29</b></p> <p>9:30 Shopping/Browsing at Iron Crow Antiques and Objects of Intrigue (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>11:45 Lunch Outing: Hudsons Canada's Pub (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Pumpkin (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Johnson Phillip - Folk, Jazz, Gospel and Elvis! (DIN)</p> | <p>9:00 Daily Fit (WEL) <b>30</b></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: Wham! (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>31</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>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: "Iran: Historic Capitals" (WIL)</p> <p>6:00 Whist (GAM)</p> |  <p><b>WEDNESDAY</b><br/><b>AUG 26</b></p> <p><b>National Dog Day</b></p>   |   |



**WEDNESDAY**  
**AUG 28**

**National Red Wine Day**

**Be Social**

**Locations Legend**

|                                  |                                   |
|----------------------------------|-----------------------------------|
| 1st Floor Wellness Centre (WEL)  | 1st Floor Swimming Pool (SWI)     |
| 2nd Floor Activity Room (ACT)    | 1st Floor Chapel (CHA)            |
| 3rd Floor Games Room (GAM)       | 1st Floor Bistro (BIS)            |
| 1st Floor Lobby (LOB)            | 2nd Floor Library (LIB)           |
| 1st Floor Wild Rose Room (WIL)   | Garden Beds (GB)                  |
| 4th Floor Fireplace Lounge (FIR) | 1st Floor Dining Room (DIN)       |
|                                  | 1st Floor Garden Lounge (GAR)     |
|                                  | 1st Floor Dining Room Patio (DIN) |

**Calendar Legend**

**Outing**

**Special Program**

**Living, Loving, Local**

**Signature Program**