



INSPIRED SENIOR LIVING

# July 2023

## The Lodge At Valley Ridge



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>Canada Day</b></p>		 <p><b>National Culinary Arts Month</b></p>					<p><b>HAPPY CANADA DAY! 1</b></p> <p><b>11:15 Canada Day BBQ Luncheon (D)</b></p>
<p>9:00 In-Suite Seated Fitness (398) <b>2</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p>	<p>8:45 Sit and Be Fit (A) <b>3</b></p> <p>9:30 Sit and Be Fit (A)</p> <p><b>10:00 Banking Outing (MIL)</b></p> <p><b>12:45 Shopping Trip to Walmart &amp; Dollarama (MIL)</b></p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Dominoes (WRR)</p>	<p>8:45 Zumba with Virginia (A) <b>4</b></p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro: Celebrating Canada (B)</p> <p>3:00 Bridge Lessons (WRR)</p>	<p>8:45 Sit and Be Fit (A) <b>5</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee &amp; Chat w/ LE (2)</p> <p><b>2:00 Resident &amp; Staff Appreciation: Ice Cream Stand (LB)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) <b>6</b></p> <p>9:30 Sit and Be Fit (A)</p> <p><b>10:30 Outing: Griffith Park &amp; Bagged Lunch (MIL)</b></p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p><b>6:30 Bingo! (A)</b></p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>7</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p><b>2:00 Happy Hour with Entertainment: Grass Blue (D)</b></p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) <b>8</b></p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 Horseshoes (GAZ)</p> <p><b>2:00 Bingo! (A)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>	
<p>9:00 In-Suite Seated Fitness (398) <b>9</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p>	<p>8:45 Sit and Be Fit (A) <b>10</b></p> <p>9:30 Sit and Be Fit (A)</p> <p><b>10:00 Banking Outing (MIL)</b></p> <p><b>12:45 Shopping Trip to North Hill Mall (MIL)</b></p> <p>1:30 Bridge Lessons (WRR)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p> <p><b>3:00 Hearing Aid Clinic (LIB)</b></p>	<p>8:45 Zumba with Virginia (A) <b>11</b></p> <p>9:00 Mobile Lab (WRR)</p> <p><b>9:00 Outing: Seniors Day at Stampede Park (MIL)</b></p> <p>9:30 Zumba with Virginia (A)</p> <p><b>10:30 Catholic Mass (L)</b></p> <p>1:30 Art Class with Alex (A)</p> <p>2:00 Bistro: Classic Cocktails (B)</p>	<p><b>7:30 Stampede Breakfast! (O)</b> <b>12</b></p> <p><b>10:30 Meet w/ the Chef (L)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) <b>13</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p><b>4:15 Living Loving Local Dinner (D)</b></p> <p><b>6:30 Bingo! (A)</b></p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>14</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) <b>15</b></p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 Lawn Bowling (GAZ)</p> <p><b>2:00 Bingo! (A)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>	



INSPIRED SENIOR LIVING

# July 2023

## The Lodge At Valley Ridge



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 In-Suite Seated Fitness (398) <b>16</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p>	<p>8:45 Sit and Be Fit (A) <b>17</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>10:00 Dental Hygienist {Sign-up Required} (WRR)</p> <p>12:45 Shopping Trip to Walmart &amp; Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>	<p>8:45 Zumba with Virginia (A) <b>18</b></p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro: Mimosa &amp; Bubbles (B)</p> <p>3:00 Bridge Lessons (WRR)</p>	<p>8:45 Sit and Be Fit (A) <b>19</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee &amp; Chat w/ GM Glen (2)</p> <p>11:15 National Hot Dog Day Lunch (D)</p> <p>2:00 Entertainment: Wild Rose (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) <b>20</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Outing: Rosebud Theatre (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>21</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Team Trivia Happy Hour! (B)</p> <p>4:15 French Dinner (D)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) <b>22</b></p> <p>9:30 Morning Yoga (A)</p> <p>10:30 Horseshoes (GAZ)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) <b>23</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p>	<p>8:45 Sit and Be Fit (A) <b>24</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:45 Shopping Trip to Market Mall (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>	<p>8:45 Zumba with Virginia (A) <b>25</b></p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro: Taco Tuesday (B)</p>	<p>8:45 Sit and Be Fit (A) <b>26</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee &amp; Chat w/ Scott (Building Operations) (2)</p> <p>2:00 Monthly Resident Birthday Party with Entertainment: Greg Rumble (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) <b>27</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Resident Forum (L)</p> <p>1:30 Outing: Driving Range at Confederation Park (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>28</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) <b>29</b></p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 Lawn Bowling (GAZ)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) <b>30</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p>	<p>8:45 Sit and Be Fit (A) <b>31</b></p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:45 Shopping Trip to Walmart &amp; Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>			<p><b>Locations Legend</b></p> <p>Activity Room (A)</p> <p>Wild Rose Room (WRR)</p> <p>Meet in Lobby (MIL)</p> <p>In Suite (398)</p> <p>3rd Floor Loft (L)</p> <p>Dining Room (D)</p> <p>Bistro (B)</p> <p>Library (2nd Floor) (LIB)</p> <p>2nd Fl Lounge (2)</p> <p>Gazebo (GAZ)</p> <p>Lobby (LB)</p> <p>Outside (O)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p> <p>Highlight</p>