



INSPIRED SENIOR LIVING

July 2023

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		 National Culinary Arts Month					Canada Day 1 9:00 Go4Life Walking (LOB) 10:00 Manicures (AR) 11:30 BBQ Lunch on the Patio (BAC) 1:30 Music with Paul James (L) 2:00 Bingo! (AR) 3:30 Card Games (AR)
9:30 Go4Life Walking (LOB) 2 10:30 Roll O' Trump (AR) 3:00 Worship together!! (AR) 3:00 Coffee Time in the Bistro (BIS) 6:30 Sunday Night Movie (LOB)	Statutory Holiday 3 9:00 Go4Life Walking (LOB) 10:00 Coffee Time in the Bistro (BIS) 2:00 Bridge (AR)	9:00 Men's Coffee Group (L) 4 9:30 Meet me at the Moma (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Bookworms - Stuart McLean & More (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Computer Training *Sign Up (RS) 5 9:00 Go4Life Walking (LOB) 9:00 Hearing Life (BIS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 3:00 Music with the Hardy's - Happy Trails to You (L)	9:00 Go4Life Walking (LOB) 6 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 3:7 - 8 (AR) 2:30 Walking Group (C) 3:30 Armchair Travel with Rick Steves (AR)	World Chocolate Day 7 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 12:00 Chocolate Ice Cream Sundaes (CK) 2:00 Music with Gord McLaren (L) 3:00 Happy Hour in the Bistro (BIS) 4:30 LLL Dinner Cherry (DR)	9:00 Go4Life Walking (LOB) 8 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:15 Meditation and Colouring (AR) 3:30 Card Games (AR)	
9:30 Go4Life Walking (LOB) 9 10:30 Roll O' Trump (AR) 3:00 Coffee Time in the Bistro (BIS) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	9:00 Go4Life Walking (LOB) 10 9:30 Chair Exercises (AR) 10:00 Coffee Time in the Bistro (BIS) 1:30 Scenic Drive *Sign up (LOB) 2:00 Bridge (AR)	9:00 Men's Coffee Group (L) 11 9:30 Meet me at the Moma (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Bookworms - Stuart McLean & More (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Computer Training *Sign Up (RS) 12 9:00 Go4Life Walking (LOB) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 2:00 Music with Barry Beecroft Band (L)	9:00 Go4Life Walking (LOB) 13 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 3:9-12 (AR) 2:30 Walking Group (C) 3:30 Armchair Travel with Rick Steves (AR)	9:00 Go4Life Walking (LOB) 14 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Candi S (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) 15 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:30 Card Games (AR)	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go4Life Walking (LOB) 16</p> <p>10:30 Roll O' Trump (AR)</p> <p>3:00 Worship together!! (AR)</p> <p>3:00 Coffee Time in the Bistro (BIS)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 17</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Afternoon at Okanagan Beach (LOB)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) 18</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p><u>National Hot Dog Day</u> 19</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:30 Newcomers Meet & Greet (L)</p> <p>4:00 Family BBQ (BW)</p>	<p>9:00 Go4Life Walking (LOB) 20</p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 3:13-16 (AR)</p> <p>2:30 Walking Group (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p>	<p>9:00 Go4Life Walking (LOB) 21</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Kyle Anderson (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 22</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Meditation and Colouring (AR)</p> <p>3:30 Card Games (AR)</p>
<p>9:30 Go4Life Walking (LOB) 23</p> <p>10:30 Roll O' Trump (AR)</p> <p>3:00 Coffee Time in the Bistro (BIS)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 24</p> <p>9:00 NexGen Hearing Clinic (BIS)</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (AR)</p>	<p><u>Christmas in July (BW)</u> 25</p> <p>9:00 Men's Coffee Group (L)</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Computer Training *Sign Up (RS) 26</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>11:30 Lunch Outing (C)</p> <p>2:00 Bingo (AR)</p>	<p>9:00 Go4Life Walking (LOB) 27</p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 3:17-18 (AR)</p> <p>2:30 Walking Group (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:30 The 80's Ladies in Concert!! (AR)</p>	<p>9:00 Go4Life Walking (LOB) 28</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Cloud 9 (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 29</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>
<p>9:30 Go4Life Walking (LOB) 30</p> <p>10:30 Roll O' Trump (AR)</p> <p>3:00 Worship together!! (AR)</p> <p>3:00 Coffee Time in the Bistro (BIS)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 31</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (AR)</p>			<h3>Locations Legend</h3> <p>Skaha Activity Room (AR)</p> <p>Lobby (LOB)</p> <p>Piano Lounge (L)</p> <p>Bistro (BIS)</p> <p>Community (C)</p> <p>Resident Suite (RS)</p> <p>Country Kitchen (CK)</p> <p>Building Wide (BW)</p> <p>Back Courtyard (BAC)</p> <p>Dining Room (DR)</p>		<h3>Calendar Legend</h3> <p>All Day</p> <p>Technology</p> <p>Outing</p> <p>Special Program</p> <p>Vendor</p> <p>New Program</p> <p>Sign up Required</p> <p>Fit Minds</p> <p>Meet Me at the MOMA</p> <p>Living, Loving, Local</p> <p>Signature Program</p>