




INSPIRED SENIOR LIVING

# August 2023

## The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Men's Coffee Group (L) <b>1</b> 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) 2:30 Timeline World History Documentaries (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) <b>2</b> 9:00 Computer Training *Sign Up (RS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 3:00 NEW Language Club (BIS)	9:00 Go4Life Walking (LOB) <b>3</b> 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 4:1-3 (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Armchair Travel with Rick Steves (AR)	National Chocolate Chip Day <b>4</b> 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Bianca (L) 3:00 Happy Hour in the Bistro (BIS) 4:30 LLL Dinner featuring Peaches (DR)	9:00 Go4Life Walking (LOB) <b>5</b> 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:15 Meditation and Colouring (AR) 3:30 Card Games (AR)
9:30 Go4Life Walking (LOB) <b>6</b> 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)	BC Day <b>7</b> 9:00 Go4Life Walking (LOB) 10:00 Coffee Time in the Bistro (BIS) 2:00 Bridge (AR)	9:00 Men's Coffee Group (L) <b>8</b> 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) 2:30 Timeline World History Documentaries (AR) 6:00 Rockin Robbie the DJ (L)	Peach Fest (C) <b>9</b> 9:00 Go4Life Walking (LOB) 9:00 Computer Training *Sign Up (RS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 3:00 NEW Language Club (BIS)	Peach Fest (C) <b>10</b> 9:00 Go4Life Walking (LOB) 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 4:4-6 (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Armchair Travel with Rick Steves (AR)	Peach Fest (C) <b>11</b> 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Destiny (L) 3:00 Happy Hour in the Bistro (BIS)	Peach Fest (C) <b>12</b> 9:00 Go4Life Walking (LOB) 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:30 Card Games (AR)
Peach Fest (C) <b>13</b> 9:30 Go4Life Walking (LOB) 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)	9:00 Go4Life Walking (LOB) <b>14</b> 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) <b>15</b> 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) 2:30 Timeline World History Documentaries (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) <b>16</b> 9:00 Computer Training *Sign Up (RS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 3:00 NEW Language Club (BIS)	9:00 Go4Life Walking (LOB) <b>17</b> 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 4:7-10 (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Armchair Travel with Rick Steves (AR)	9:00 Go4Life Walking (LOB) <b>18</b> 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Cloud 9 (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) <b>19</b> 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:15 Meditation and Colouring (AR) 3:30 Card Games (AR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go4Life Walking (LOB) <b>20</b> 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) <b>21</b> 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) <b>22</b> 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) 2:30 Timeline World Documentaries (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) <b>23</b> 9:00 Computer Training *Sign Up (RS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo (AR) 3:00 NEW Language Club (BIS) 3:00 Music with Barry Beecroft Band (L) 3:30 Newcomers Meet & Greet (L)	9:00 Go4Life Walking (LOB) <b>24</b> 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 4:11-12 (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Armchair Travel with Rick Steves (AR)	National Banana Split Day <b>25</b> 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Birthday party and music with Kyle Anderson (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) <b>26</b> 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:30 Card Games (AR)
9:30 Go4Life Walking (LOB) <b>27</b> 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)	National Red Wine Day <b>28</b> 9:00 Go4Life Walking (LOB) 9:30 Chair Exercises (AR) 10:00 Coffee Time in the Bistro (BIS) 1:30 Scenic Drive *Sign up* to Oliver Wine Centre (LOB) 2:00 Bridge (AR)	9:00 Men's Coffee Group (L) <b>29</b> 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) 2:30 Timeline World Documentaries (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) <b>30</b> 9:00 Computer Training *Sign Up (RS) 9:15 Hearing Life (BIS) 9:15 Specsavers (BIS) 9:30 Seated Cardio (AR) 10:30 Roll O' Trump (AR) 11:30 Drive Thru - Beach Party and Lunch Outing (C) 2:00 Bingo (AR) 3:00 NEW Language Club (BIS)	National Eat Outside Day <b>31</b> 9:00 Go4Life Walking (LOB) 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 4:13-17 (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Armchair Travel with Rick Steves (AR) 6:30 The 80's Ladies in Concert!! (AR)	 <p>WEDNESDAY <b>AUG 26</b> National Dog Day</p>	



WEDNESDAY  
**AUG 28**  
National Red Wine Day

Be *Social*

### Locations Legend

Skaha Activity Room (AR)	Resident Suite (RS)
Lobby (LOB)	Dining Room (DR)
Piano Lounge (L)	Country Kitchen (CK)
Bistro (BIS)	Back Courtyard (BAC)
Community (C)	

### Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program