

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Remember to Sign up for Shopping Bus 1 9:30 Shopping Bus - Blundell Centre (FreshCo) 10:00 Go4 Life Walking Club 2:00 Resident Forum & Tea Social [DR] 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 2 11:00 Modified OsteoFit Exercises [DR] 2:00 Trivia [DR] 3:00 Celebrate B.C Day Weekend Wine & Cheese Party [Ctyd]	10:30 Modified OsteoFit Exercises [DR] 3 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:30 Let's Play Pentanque [DR] 3:30 Banagrams [DR] 6:45 Movie Night-The Loving [DR]
2:00 Presbyterian Church Service [DR] 4 3:00 Bridge [CRM]	Provincial Day 5 10:00 Go4Life Walking Club with Linda 11:00 Modified OsteoFit Exercises 2:00 Wii Game [DR] 2:30 Vonda Sinclair - Pianist performing [FL] 3:30 Giant Crosswords w/ Linda & Lucy [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors-Video [DR] 6 2:00 Knit, Stitch and Visit [DR] 2:00 Scenic Drive & Secret Garden Visit (Delta) 3:00 Manicures with Sarah 3:00 Piano Music w/Mabon [FL] 6:45 Rummy [CRM]	Foot Care Nurse Services Today 7 10:00 Modified OsteoFit Exercises [DR] 11:00 Music Works w/ Lorri [DR] 2:00 Wellness Presentation-Physiotherapist specializing Arthritis [DR] 3:30 Java Music Club with Linda [CRM] 6:45 Pokeno (\$3.40 in nickels) [DR]	Remember to Sign up for Shopping Bus 8 10:00 Health Talks [DR] 11:00 Go4 Life Walking Club 2:00 Shopping Bus - Ironwood Shopping Centre 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Mass [CRM] 9 11:00 Modified OsteoFit Exercises [DR] 2:00 Artemisia Duo - Ensemble comprised of Flutist and Pianist 3:15 Happy Hour [DR]	10:30 Modified OsteoFit Exercises [DR] 10 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 3:00 Brian Gimbel - performing in the Lounge [FL] 6:45 Movie Night- The Boy Who Harnessed the Wind-Based on Real Life [DR]
10:00 Go4 Life Walking Club with Linda 11 2:00 Hymn Sing with Linda [DR] 3:00 Bridge [CRM]	11:00 Avon Sales-Janice Adams [FL] 12 11:00 Modified OsteoFit Exercises 2:00 Java Music Club with Linda [CRM] 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	11:00 Building Renovations Meeting- Update on Cladding Project [DR] 13 2:00 Knit, Stitch & Visit [DR] 2:00 Scenic Drive 3:00 Piano Music w/Mabon [FL] 3:30 Connect Hearing Consultants [CRM] 4:00 Pick up Library Books - Outreach Program from Public Library 6:45 Rummy [CRM]	10:00 Modified OsteoFit Exercises [DR] 14 11:00 Music Works w/ Lorri [DR] 2:00 Word Games with Wendy [DR] 3:30 Lemonade Social - [Ctyd] 4:00 Deliver Library Books-Outreach program from Public Library 6:45 Pokeno (\$3.40 in nickels) [DR]	No Shopping Bus Today 15 10:00 Go4 Life Walking Club 2:00 'What or Who Am I?' with Wendy [DR] 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 16 11:00 Modified OsteoFit Exercises [DR] 2:00 Trivia [DR] 3:30 Happy Hour w/ Brian Zalo performing [DR]	10:30 Modified OsteoFit Exercises [DR] 17 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 3:00 Matthew Ma Performing on Piano [FL] 6:45 Movie Night- PAVAROTTI-THE DUETS [DR]
10:00 Go4Life Walking Club with Linda 18 2:00 Lutheran Church Service [DR] 3:00 Bridge [CRM]	11:00 Modified OsteoFit Exercises 19 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors-Video [DR] 20 11:30 Lunch Outing to Whitespot 2:00 Knit, Stitch and Visit [DR] 3:00 Manicures with Sarah [CRM] 3:00 Piano Music w/Mabon [FL] 6:45 Rummy [CRM]	10:00 Modified OsteoFit Exercises [DR] 21 11:00 Life Enrichment Programs Ideas w/ Charlene [DR] 2:00 Meet Me at the MoMa [DR] 6:45 Pokeno (\$3.40 in nickels) [DR]	Remember to Sign up for Shopping Bus 22 10:00 Go4 Life Walking Club 10:30 Anglican Church Service [DR] 2:00 Shopping Bus - Blundell Centre- Freshco 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 23 11:00 Modified OsteoFit Exercises [DR] 2:00 Trivia [DR] 3:30 Happy Hour w/ Music Variations performing [DR]	10:30 Modified OsteoFit Exercises [DR] 24 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Name That Tune [DR] 3:30 Ice Cream Social in Courtyard [Ctyd] 6:45 Movie Night-Norman [DR]
2:00 Music Video-Irish Tenors [DR] 25 3:00 Bridge [CRM]	11:00 Modified OsteoFit Exercises 26 1:30 Book Club Meeting [CRM] 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors- Video [DR] 27 2:30 August Birthday & Welcome Tea [DR] 2:30 Piano Music w/Mabon [DR] 3:00 Manicures with Sarah [CRM] 6:45 Rummy [CRM]	Foot Care Nurse Services- Today 28 10:00 Modified OsteoFit Exercises [DR] 10:30 Coffee with Amanda [CK] 2:00 Meet Me at the MoMa [DR] 6:45 Pokeno (\$3.40 in nickels) [DR]	Remember to Sign up for Shopping Bus 29 10:00 Go4 Life Walking Club 11:00 Brain Fitness [DR] 2:00 Shopping Bus- Richmond Centre 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 30 11:00 Modified OsteoFit Exercises [DR] 2:00 Trivia [DR] 2:30 Kurt von Hahn-Pianist [FL] 3:30 Happy Hour [DR]	10:30 Modified OsteoFit Exercises [DR] 31 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Mandala Adult Coloring Books, Scrabble, Board Games [DR] 6:45 Movie Night- No Movie tonight [DR]