

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>3rd Floor Activity Room 3AR Activity Room AR Bistro/Bar B Country Kitchen CK Dining Room DR Exercise Room ER Fireside Lounge FL Library L Lower Level LL Meet at Entrance E Patio P Salon/Spa S Theatre/Chapel TC</p> <p>Cognitive/Intellectual Emotional Physical Purposeful Sensory Social Spiritual</p>	<p>PINK - Services Offered GREY - Vendors LIGHT BLUE - Outings BLUE - Music GREEN - Living ORANGE - All Resident Meetings</p>	<p>10:30 🚶 Chairobics [AR] 1 11:15 ☀ Bible Study [L] 2:00 🧠 Meet Me at the MoMA: Artist Lecture [TC] 3:00 🎲 Meeting for All Card Players (Club Members & Non-Members) [TC] 3:45 🍷 Happy Hour [B] 4:00 😊 Entertainment with Keyboardist, Joe Thomson! [3AR] 7:00 🧠 Canasta Club [CK]</p>	<p>10:30 🚶 Go4Life Walking Club [E] 2 10:30 ☀ Rosary [TC] 11:00 🎲 Carpet Bowling [FL] 12:15 Lost & Found Table [LL] 1:30 🚶 Gentle Stretch Class [3AR] 1:30 🧠 Technology Help (Sign-Up Required) 2:00 🚶 Tai Chi Class [AR] 3:00 🧠 Bingo for Sweets [B] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 7:00 🧠 Cribbage Club [CK]</p>	<p>International Beer Day! 3 10:30 🚶 Chairobics [AR] 11:15 🧠 TED Talks Lecture & Discussion [TC] 1:30 🍷 Baking with BEER! [CK] 3:00 🍷 Around the World Beer Tasting [FL] 3:45 🍷 Happy Hour [B] 4:00 😊 Cold Beers & Carol Burnett (\$2 Drinks) [B] 7:00 🧠 Documentary Night: Cosmos - A Spacetime Odyssey [TC] 7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🚶 Exercise Room Equipment Tutorial [ER] 4 10:45 🍷 Java Music Club [CK] 1:30 🧠 True or False? [FL] 2:00 🧠 Toonie Bingo [CK] 3:00 🧠 Learn How to Play Rummy-O [CK] 3:45 🍷 Happy Hour [B] 7:00 😊 Movie Night: The Other Boleyn Girl [TC]</p>	
<p>10:00 ☀ Interfaith Prayer Circle [AR] 5 11:00 ☀ Communion [TC] 11:15 🧠 Word Games with Ruby [FL] 2:00 🚶 Wii Bowling [TC] 3:00 🧠 Jeopardy [FL] 3:45 🍷 Happy Hour [B] 7:00 🎬 Movie Night [TC] 7:00 😊 Movie Night: Southside With You [TC]</p>	<p>*No Lifemark Classes Today* 6 Civic Holiday 9:30 Chiropracist [S] 10:30 🚶 Go4Life Walking Club [E] 11:15 🧠 Travel & Trivia: Germany [TC] 2:00 🚶 Ping Pong Toss in Teams [CK] 3:00 🧠 Memory Games with Ruby [FL] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 7:00 🧠 TV Series: Churchill's Secret Agents [TC]</p>	<p>10:30 🚶 Go4Life Walking Club [E] 7 11:00 🧠 Travel the World with Google Earth [TC] 1:30 🧠 Learn How to Play Mexican Train Dominoes [CK] 2:00 🎲 Knit & Natter [CK] 3:00 🧠 Friendly Debates & Conversations [FL] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 6:00 😊 Pet Visit from Harley 7:00 😊 TV Series: Anne [TC] 7:30 🍷 Credit River Campfire! [P]</p>	<p>8:00 🍷 Lisa & Gord Make Breakfast! [CK] 8 10:30 🚶 Chairobics [AR] 11:15 ☀ Bible Study [L] 12:00 🍷 New Resident & Ambassador Lunch [CK] 2:00 😊 Meet Me at the MoMA: Painting Session [CK] 3:00 🧠 LLL: Word Games for PRIZES [FL] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 5:00 🍷 Living Loving Local: Peach Themed Dinner [DR] 7:00 🧠 Canasta Club [CK]</p>	<p>10:30 🚶 Go4Life Walking Club [E] 9 10:30 ☀ Rosary [TC] 11:00 🎲 Carpet Bowling [FL] 1:00 🚶 Complimentary Physio Assessments (Sign-Up at Reception) 1:30 🚶 Gentle Stretch Class [3AR] 1:30 🧠 Technology Help (Sign-Up Required) 2:00 🚶 Tai Chi Class [AR] 3:00 🧠 Bingo for Sweets [B] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 7:00 🧠 Cribbage Club [CK]</p>	<p>10:30 🚶 Chairobics [AR] 10 11:15 🧠 TED Talks Lecture & Discussion [TC] 1:00 Outing to Terre Bleu Lavender Farm (Sign-Up Required) [E] 1:30 🍷 LLL: Baking with Peaches [DR] 3:00 🍷 Sweet Treats & Social on the Patio [P] 3:45 🍷 Happy Hour [B] 4:00 🧠 Chase the Ace (Group Card Game) [CK] 7:00 🍷 "Let's Go to the Hop" 50s Dance with Steve Angel! [CK]</p>	<p>10:00 🚶 Exercise Room Equipment Tutorial [ER] 11 10:45 🍷 Java Music Club [CK] 1:30 🧠 True or False? [FL] 2:00 🧠 Toonie Bingo [CK] 3:00 🧠 Learn How to Play "Heads Up" [CK] 3:45 🍷 Happy Hour [B] 7:00 😊 Movie Night: Testament of Youth [TC]</p>
<p>10:30 🚶 Gentle Chairobics [CK] 12 11:00 ☀ Communion [TC] 11:15 🧠 Word Games with Ruby [FL] 2:00 🚶 Wii Tennis [TC] 3:00 🧠 Jeopardy [FL] 3:45 🍷 Happy Hour [B] 7:00 😊 Movie Night: Love By Chance [TC]</p>	<p>10:30 🍷 Resident Council Meeting [AR] 13 11:00 🍷 Resident Forum [AR] 12:00 Men's Club Lunch Outing to Cuchulainn's Irish Pub [E] 1:30 🚶 Gentle Stretch Class [3AR] 1:30 🚶 Go4Life Walking Club *Time Change Today* [E] 2:00 🚶 Fall Prevention Class [AR] 3:00 🧠 Trivia Challenge in Teams (for PRIZES) [CK] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 7:00 🧠 TV Series: Churchill's Secret Agents [TC]</p>	<p>10:00 🎲 Behind-the-Scenes Kitchen Tour (Sign-Up Required) [DR] 14 10:30 🚶 Go4Life Walking Club [E] 11:00 🧠 Guest Speaker: President of the Streetsville Seniors Club [TC] 2:00 🎲 Knit & Natter [CK] 3:00 🍷 Farewell, Damir! We Will Miss You! [CK] 3:45 🍷 Happy Hour [B] 4:00 🧠 On This Day in History... [TC] 7:00 😊 TV Series: Anne [TC]</p>	<p>Indian Independence Day 15 10:30 ☀ Chair Yoga with Asha [AR] 11:00 ☀ United Church Service [FL] 11:15 ☀ Bible Study [L] 2:00 🧠 Meet Me at the MoMA: Artist Lecture [TC] 3:00 🎲 Learn to Cook an Indian Dish! [CK] 3:45 🍷 Happy Hour [B] 5:00 🍷 Special Indian Themed Dinner [DR] 7:00 🧠 Canasta Club [CK] 7:00 Outing to Riverwood: Outdoor String Quartet Concert [E] 7:00 😊 Theme Movie Night: The Best Exotic Marigold Hotel</p>	<p>Elvis Presley's 41st Death Anniversary 16 10:30 🚶 Go4Life Walking Club [E] 10:30 ☀ Rosary [TC] 11:00 🧠 All About Elvis - Trivia & Popular Songs [TC] 1:30 🚶 Gentle Stretch Class [3AR] 1:30 🧠 Technology Help (Sign-Up Required) 2:00 🚶 Tai Chi Class [AR] 3:00 🧠 Bingo for Sweets [B] 3:45 🍷 Jukebox Hits Happy Hour [B] 4:00 🧠 Video: "The Gates of Graceland" [TC] 7:00 🧠 Cribbage Club [CK]</p>	<p>10:30 🚶 Chairobics [AR] 17 11:15 🧠 TED Talks Lecture & Discussion [TC] 1:00 Outing to Erin Mills Town Centre (Sign-Up Required) [E] 3:00 🧠 Guest Speaker Richard Jordan: The Netherlands [TC] 3:45 🍷 Happy Hour [B] 4:00 🧠 Chase the Ace (Group Card Game) [CK] 7:00 🧠 Documentary Night: Cosmos - A Spacetime Odyssey [TC] 7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🚶 Exercise Room Equipment Tutorial [ER] 18 10:45 🍷 Java Music Club [CK] 1:30 🧠 True or False? [FL] 2:00 🧠 Toonie Bingo [CK] 3:00 🧠 GIANT Checkers [CK] 3:45 🍷 Happy Hour [B] 7:00 😊 Movie Night: Bewitched [TC]</p>

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<p>10:00 ☀️ Interfaith Prayer Circle [AR] 19</p> <p>11:00 ☀️ Communion [TC]</p> <p>11:15 🧠 Word Games with Ruby [FL]</p> <p>2:00 🏹 Wii Bowling [TC]</p> <p>3:00 🧠 Jeopardy [FL]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>7:00 😊 Movie Night: Friend Green Tomatoes [TC]</p>	<p>9:30 🦶 Chiropodist [S] 20</p> <p>10:00 🛒 Vendor: Traditions Alive [LL]</p> <p>10:30 🏃 Go4Life Walking Club [E]</p> <p>11:15 🗺️ Travel & Trivia: Hawaii [TC]</p> <p>1:30 🏃 Gentle Stretch Class [3AR]</p> <p>2:00 🏃 Fall Prevention Class [AR]</p> <p>3:00 📸 Get to Know Your Neighbour - Bring an Old Photo [CK]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ TV Series: Churchill's Secret Agents [TC]</p>	<p>10:30 🏃 Go4Life Walking Club [E] 21</p> <p>11:00 🏃 Hole in One! [FL]</p> <p>2:00 🧶 Knit & Natter [CK]</p> <p>3:00 🗨️ Friendly Debates & Conversations [FL]</p> <p>3:00 🍷 Garden Party for the Ladies (Sign-Up Required) [P]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>6:00 😊 Pet Visit from Harley</p> <p>7:00 😊 TV Series: Anne [TC]</p>	<p>10:30 🏃 Chairobics [AR] 22</p> <p>11:15 ☀️ Bible Study [L]</p> <p>2:00 😊 Meet Me at the MoMA: Painting Session [CK]</p> <p>3:00 🗨️ September Program Meeting (Open to All Residents) [TC]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ Canasta Club [CK]</p> <p>7:00 🗨️ Outing to Riverwood: Outdoor Chamber Opera & Chamber Orchestra [E]</p>	<p>10:30 🏃 Go4Life Walking Club [E] 23</p> <p>10:30 🗨️ Outing & Lunch at St. Jacob's Farmer's Market (Sign-Up Required) [E]</p> <p>10:30 🌞 Rosary [TC]</p> <p>11:00 🏃 Carpet Bowling [FL]</p> <p>1:30 🏃 Gentle Stretch Class [3AR]</p> <p>1:30 🗺️ Technology Help (Sign-Up Required)</p> <p>2:00 🏃 Tai Chi Class [AR]</p> <p>3:00 🗺️ Bingo for Sweets [B]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ Cribbage Club [CK]</p>	<p>8:00 🍷 Men's Club Breakfast (Sign-Up Required) [B] 24</p> <p>10:30 🏃 Chairobics [AR]</p> <p>11:15 🗨️ TED Talks Lecture & Discussion [TC]</p> <p>1:30 🧶 Baking Club [CK]</p> <p>3:00 🍷 Sweet Treats & Social on the Patio [P]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ Chase the Ace (Group Card Game) [CK]</p> <p>7:00 🗺️ Documentary Night: Cosmos - A Spacetime Odyssey [TC]</p> <p>7:00 🗺️ Euchre Club [CK]</p>	<p>10:00 🏃 Exercise Room Equipment Tutorial [ER] 25</p> <p>10:45 🍷 Java Music Club [CK]</p> <p>1:30 🗨️ True or False? [FL]</p> <p>2:00 🗨️ Toonie Bingo [CK]</p> <p>3:00 🗨️ Sequence (Group Card Game) [CK]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>7:00 😊 Movie Night: A Street Cat Named Bob [TC]</p>
<p>10:30 🏃 Gentle Chairobics [CK] 26</p> <p>11:00 ☀️ Communion [TC]</p> <p>11:15 🧠 Word Games with Ruby [FL]</p> <p>2:00 🗨️ News & Views Discussion [FL]</p> <p>2:30 ☀️ Anglican Church Service [TC]</p> <p>3:00 🧠 Jeopardy [FL]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>7:00 😊 Movie Night: The Light Between Oceans [TC]</p>	<p>10:30 🏃 Go4Life Walking Club [E] 27</p> <p>11:15 🗺️ Travel & Trivia: Jamaica [TC]</p> <p>1:30 🏃 Gentle Stretch Class [3AR]</p> <p>2:00 🏃 Fall Prevention Class [AR]</p> <p>3:00 🍷 August Birthday Bash with Leslie Anne Taylor! [FL]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ TV Series: Churchill's Secret Agents [TC]</p>	<p>10:30 🏃 Go4Life Walking Club [E] 28</p> <p>11:00 🗨️ GIANT Kerplunk [FL]</p> <p>2:00 🧶 Knit & Natter [CK]</p> <p>3:00 🗨️ Friendly Debates & Conversations [FL]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>6:00 😊 Pet Visit from Harley</p> <p>7:00 😊 TV Series: Anne [TC]</p>	<p>10:30 ☀️ Chair Yoga with Asha [AR] 29</p> <p>11:15 ☀️ Bible Study [L]</p> <p>11:30 ☀️ Bible Study *Time Change Today* [L]</p> <p>2:00 🗨️ Meet Me at the MoMA: Artist Lecture [TC]</p> <p>3:00 🍷 Guess the Staff Baby Photos [LL]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ Canasta Club [CK]</p>	<p>10:30 🏃 Go4Life Walking Club [E] 30</p> <p>10:30 🌞 Rosary [TC]</p> <p>11:00 🗨️ Guest Speaker from Lifemark: All About Diabetes [AR]</p> <p>1:30 🏃 Gentle Stretch Class [3AR]</p> <p>1:30 🗺️ Technology Help (Sign-Up Required)</p> <p>2:00 🏃 Tai Chi Class [AR]</p> <p>3:00 🗺️ Bingo for Sweets [B]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ On This Day in History... [TC]</p> <p>7:00 🗺️ Cribbage Club [CK]</p>	<p>10:30 🏃 Chairobics [AR] 31</p> <p>11:15 🗨️ TED Talks Lecture & Discussion [TC]</p> <p>1:30 🧶 LLL: Baking with Peaches [CK]</p> <p>3:00 🍷 Sweet Treats & Social on the Patio [P]</p> <p>3:45 🍷 Happy Hour [B]</p> <p>4:00 🗺️ Chase the Ace (Group Card Game) [CK]</p> <p>7:00 🗺️ Documentary Night: Cosmos - A Spacetime Odyssey [TC]</p> <p>7:00 🗺️ Euchre Club [CK]</p>	<p>Activity times and locations are subject to change. For the most up-to-date information, please check one of our daily activity posters that are posted around the building. They can be found in the elevators, or outside of the Main Dining Room. Thank you!</p>



Living Loving Local

Each month we feature a local food that is in season. We cook, we bake, we learn, and most importantly we EAT that local ingredient! Join us at one of our LLL activities this month listed on the calendar in **GREEN**.
August is all about Ontario peaches!



Beautiful You Salon & Spa

Hours of Operation:
Wednesdays 9:30am-3:30pm
Thursdays 9:30am-3:30pm

All appointments and payments are made with the Salon directly. For the Salon's contact information, please stop by Reception.

"Thank you to everyone who came for the open house. The winner of our gift basket was Audrey B.!"