

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h2 style="margin: 0;">Living Loving Local</h2> <h1 style="margin: 0;">SASKATOONS</h1>	<h2 style="margin: 0;">Special Days</h2> <p style="margin: 0;"><i>Watermelon Day August 3</i> <i>Friendship Day August 4</i> <i>Civic Holiday August 5</i> <i>Lefthanders Day August 13</i> <i>Aviation Day August 19</i> <i>Lemonade Day August 20</i> <i>Women's Equality Day August 26</i></p>	Emotional Intellectual Physical Purposeful Social Spiritual	9:00 🌿 Daily Fit [Wellness Centre] 1 9:30 🚤 Outing: Ghost Lake Boat Tour & Shore BBQ Lunch 10:00 🧠 Health Education [Wild Rose Room] 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🧵 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🎲 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] 2 9:30 🚤 Shopping/Banking: South Centre or Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Gardening Club [Garden Lounge] 1:00 🚤 Shopping/Banking: Deer Run, Shopper's Drug Mart, Walmart, Co-op, RBC, CIBC etc..... 2:00 😊 Piano/Voice Entertainment: The Anderson Family [Dining Room] 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] 3 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 7:00 😊 Movie Night [Wild Rose Room]
9:30 ☀️ Catholic Service [Chapel] 4 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	Provincial Day 5 1:15 🧠 Bridge Club [Games Room] 6:30 🧠 Scrabble [Fireplace Lounge]	9:00 🌿 Daily Fit [Wellness Centre] 6 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🚤 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Roli Mac & His Chapman Stick [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] 7 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Indigenous Art With Harmeet: Pointillism Painting [Activity Room] 2:00 🎮 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🎲 Cribbage [Games Room] 7:00 🎉 SUMMER GALA EVENING	9:00 🌿 Daily Fit [Wellness Centre] 8 10:00 🧠 Health Education [Wild Rose Room] 10:00 🚤 Outing: Heritage Park Day Trip - **Sign Up and Pay By Tuesday Aug. 6th 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] 9 9:30 🚤 Shopping/Banking: South Centre or Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 11:30 🚤 Outing: Elbow River Casino 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Gardening Club [Garden Lounge] 2:00 😊 Piano/Voice Entertainment: The Anderson Family [Dining Room] 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] 10 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]
9:30 ☀️ Catholic Service [Chapel] 11 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] 12 9:30 🚤 Shopping/Banking: Shawnessy Wal-mart, Micheal's, Winners, Nygard, Co-op, BMO, CIBC etc.. 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🚤 Shopping/Banking: South Centre or Promenade 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 6:30 🎮 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	9:00 🌿 Daily Fit [Wellness Centre] 13 9:30 🧠 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🚤 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Bobby Gosse, Guitar & Vocals [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] 14 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:00 🧠 Fifth Ave Jewelry [Lobby] 11:30 🍷 Men's Luncheon [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🧠 Indigenous Art With Harmeet: Ted Harrison Inukshuk Painting [Activity Room] 2:00 🎮 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:00 🍷 Wine Tasting with Barry - Taste of Italy [Bistro] 6:30 🎲 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] 15 10:00 🧠 Health Education [Wild Rose Room] 10:00 🚤 Outing: Picnic at Wyndham-Carseland Provincial Park Weir [Chapel] 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🧵 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🎲 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] 16 9:30 🚤 Shopping/Banking: Deer Run, Shopper's Drug Mart, Walmart, Co-op, RBC, CIBC etc..... 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🚤 Outing: Ice Cream at Mackay's in Cochrane Followed by Scenic Drive Home 1:30 🚤 Gardening Club [Garden Lounge] 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] 17 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:00 🎮 Entertainment: Paws n' Effect [Dining Room] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 18</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 19</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🎭 The Nutman [Lobby]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:15 🍷 Summer Sipping [Dining Room Patio]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 20</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🎸 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Dewayne Fetting, Accordion [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 21</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Indigenous Art With Harmeet [Activity Room]</p> <p>2:00 🍷 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎲 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 22</p> <p>9:00 🏞️ Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:15 🍷 Outing: Turner Valley's Award Winning Chuckwagon Cafe & Tour/Tasting at the Eau Claire Distillery with Lunch</p> <p>1:00 🎲 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 23</p> <p>9:30 🏞️ Shopping: London Drugs, Winners, Home Sense or Dollar Tree</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏞️ Shopping/Banking: South Centre or Promenade</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>3:00 🍷 Happy Hour [Bistro]</p> <p>6:30 🎲 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 24</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 25</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 26</p> <p>9:30 🏞️ Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🍷 Outing: Country Drive</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>1:30 😊 Movie Matinee with Shelagh [Wild Rose Room]</p> <p>2:15 🍷 Summer Sipping [Dining Room Patio]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 27</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🎸 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Cornelia Sutherland, East Coast Musical Variety Show [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 28</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🍷 Outing: RCMP Dog Training Center with Lunch at The Fireside in Innisfail</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>12:00 🍷 Resident Birthday Lunch by Invite Only [Bistro]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🧠 Indigenous Art With Harmeet [Activity Room]</p> <p>2:00 🍷 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎲 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 29</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:00 🎲 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 🧠 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 30</p> <p>9:30 🏞️ Shopping/Banking: South Centre or Promenade</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏞️ Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc...</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>3:00 🍷 Happy Hour [Bistro]</p> <p>6:30 🎲 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 31</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Tidbits

Birthstone: Paridot
Flower: Gladiolus

What's Lucky This Month!

Lucky Colour: Yellow
Lucky Numbers: 5 and 7
Lucky Letters: A and T
Lucky Plant: Sunflower
Lucky Days: Sunday and Friday



INSPIRED
SENIOR LIVING

Outings

August 1st - Ghost Lake Boat Tour
August 8th - Heritage Park
August 9th - Elbow River Casino
August 15th - Picnic at Wyndham Carland
August 16th - Cochrane for Ice Cream & Drive
August 22nd - Turner Valley Chuckwagon Cafe for lunch followed by Eau Claire Distillery Tour
August 26th - Country Drive
August 28th - RCMP Dog Training Centre & Lunch in Innisfail