

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>~ <b>Java Music Club</b> runs Wednesday at 10 am in the Private Dining Room: music &amp; conversation with volunteer June and others ... come see what it is all about (everyone welcome)!</p>	<p><b>July cont'd</b> <b>30</b></p> <p>11:30 ☀ Catholic</p> <p>7:00 🐾 Communion [L] Sunday night at the Movies: That Old Feeling [T]</p>	<p><b>31</b></p> <p>9:30 🐾 Sign up for August Programs with Christie [B]</p> <p>9:30 🐾 Aquafit Advanced with Joyce [P]</p> <p>10:00 🐾 Gardening on the 2nd floor patio [OP]</p> <p>10:30 🐾 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 🐾 Osteofit with Darla Rae [T]</p> <p>1:30 🐾 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:30 🐾 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🐾 Let's Play Bingo! [CK]</p>	<p>☺ Emotional</p> <p>🧠 Intellectual</p> <p>🚌 Outing</p> <p>👟 Physical</p> <p>🎨 Purposeful</p> <p>👥 Social</p> <p>☀ Spiritual</p> <p>🛒 Vendor</p>	<p><b>FROM FARM TO TABLE</b></p> <p><b>LIVING LOVING LOCAL</b></p>	<p>For our Living Loving Local showcase during the month of July we will be featuring <b>Raspberries</b>. Our monthly feature dinner will be Friday July 7th ... families are welcome to join (*sign up at reception).</p>	<p><b>Canada Day</b> <b>1</b></p> <p>10:30 🐾 West Side Daze Parade - come sit out front and watch the parade go by!</p> <p>11:30 🐾 Canada Day BBQ at lunchtime [DR]</p> <p>2:00 🐾 Let's Play Scrabble [L]</p> <p>7:00 🐾 Saturday Night at the Movies: The Dean Martin Variety Show #1 [T]</p>	
<p>~ <b>"Heritage Market"</b> will be running Wednesday from 10am-12pm in our lobby (produce from Paynter's Market) ... bring your loonies &amp; toonies to make purchases of the fresh local produce available in house.</p>	<p><b>2</b></p> <p>11:30 ☀ Catholic</p> <p>7:00 🐾 Communion [L] Sunday night at the Movies: Safe Haven [T]</p>	<p><b>Christie's Planning Day</b> <b>No Osteofit or Tai Chi classes today due to the holiday</b> <b>3</b></p> <p>9:30 🐾 Aquafit Advanced with Joyce [P]</p> <p>10:00 🐾 Resident Run Gardening on the 2nd floor patio - come and fertilize the Food Bank plants together</p> <p>7:00 🐾 Let's Play Bingo! [CK]</p>	<p>9:15 🐾 Stretch &amp; Balance [G] <b>4</b></p> <p>10:00 🐾 Walking Club - to Kelowna Bird Sanctuary</p> <p>1:00 ☺ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🐾 Crafter's Corner: Everyone Welcome [CK]</p> <p>7:00 🐾 Tuesday night series: Little House on the Prairie [T]</p>	<p><b>Christie's Office Day</b> <b>5</b></p> <p>10:00 🐾 The Heritage Art Group [CK]</p> <p>10:00 ☺ Java Music with June - everyone welcome [PDR]</p> <p>10:00 🐾 "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>10:30 🐾 Food &amp; Recreation Meeting [T]</p> <p>1:30 🐾 New Bridge Players Lesson &amp; Game [L]</p> <p>7:00 🐾 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🐾 Strength &amp; Tone [G] <b>6</b></p> <p>10:30 🐾 Advanced Osteofit with Darla [T]</p> <p>1:00 🐾 Osteofit with Darla Rae</p> <p>2:00 🐾 Shopping Loop *sign up at reception* [TL]</p> <p>2:00 🐾 Spanish Lessons with Wilma [PDR]</p> <p>2:30 🐾 Afternoon Games - everyone welcome [L]</p> <p>4:00 ☺ Live piano music with Bea [TL]</p>	<p>9:30 🐾 Aquafit Advanced with Joyce [P] <b>7</b></p> <p>10:00 🐾 Outing to Summerland Ornamental Gardens with picnic lunch *sign up*</p> <p>2:30 🐾 Happy Hour with Carol Tripp</p> <p>7:00 ☺ Sing Along - everyone welcome [T]</p> <p>7:00 🐾 Cribbage - everyone welcome [L]</p>	<p>2:00 🐾 Let's Play Scrabble [L] <b>8</b></p> <p>7:00 🐾 Saturday Night at the Movies: The Dean Martin Variety Show #2 [T]</p>
<p>~ <b>Live piano music</b> with Bea DeLong Thurs 6th, Tues 11th &amp; 25th from 4-6 pm in the lounge.</p> <p>~ <b>Walking Club - Tuesday mornings</b> to various locations in our community.</p>	<p><b>9</b></p> <p>11:30 ☀ Catholic</p> <p>7:00 🐾 Communion [L] Sunday night at the Movies: The Adventures of Milo &amp; Otis [T]</p>	<p>9:30 🐾 Aquafit Advanced with Joyce [P] <b>10</b></p> <p>10:00 🐾 Crib tournament *sign up* [T]</p> <p>10:00 🐾 Gardening on the 2nd floor patio</p> <p>10:30 🐾 Advanced Osteofit with Darla Rae [T]</p> <p>12:00 ☺ Volunteer &amp; Ambassador Appreciation BBQ [OP]</p> <p>1:00 🐾 Osteofit with Darla Rae [T]</p> <p>1:30 🐾 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:30 🐾 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🐾 Let's Play Bingo! [CK]</p>	<p>9:15 🐾 Stretch &amp; Balance [G] <b>11</b></p> <p>10:00 🐾 Walking Club - to Gellatly Bay</p> <p>10:00 🐾 Drop off at West Kelowna Value Village - *sign up*</p> <p>10:30 🐾 Catholic Mass [T]</p> <p>1:00 ☺ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🐾 Crafter's Corner: Everyone Welcome [CK]</p> <p>4:00 ☺ Live Dinner Music with Bea [TL]</p> <p>7:00 🐾 Tuesday night series: Little House on the Prairie [T]</p>	<p>10:00 🐾 The Heritage Art Group [CK] <b>12</b></p> <p>10:00 ☺ Java Music with June - everyone welcome [PDR]</p> <p>10:00 🐾 "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>2:30 🐾 Birthday Party with Peter Montgomery [B]</p> <p>7:00 🐾 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🐾 Strength &amp; Tone [G] <b>13</b></p> <p>10:30 🐾 Advanced Osteofit with Darla [T]</p> <p>1:00 🐾 Osteofit with Darla Rae</p> <p>2:00 🐾 Spanish Lessons with Wilma [PDR]</p> <p>2:00 🐾 Shopping Loop *sign up at reception* [TL]</p> <p>2:30 🐾 Afternoon Games - everyone welcome [L]</p>	<p>9:30 🐾 Gym Dandies - please note time change today [G] <b>14</b></p> <p>9:30 🐾 Aquafit Advanced with Joyce [P]</p> <p>10:45 🐾 Pontoon Boat Ride *sign up at reception*</p> <p>2:30 🐾 Happy Hour with Melody Boys</p> <p>7:00 ☺ Sing Along - everyone welcome [T]</p> <p>7:00 🐾 Cribbage - everyone welcome [L]</p>	<p>2:00 🐾 Let's Play Scrabble [L] <b>15</b></p> <p>7:00 🐾 Saturday Night at the Movies: The Dean Martin Variety Show #3 [T]</p>
<p>~ <b>"Crafter's Corner"</b> in the Country Kitchen Tuesdays at 1:30 pm ... bring a project to work on or join in on one that we are working on together. Come, chat &amp; be creative!</p>	<p><b>16</b></p> <p>11:30 ☀ Catholic</p> <p>7:00 🐾 Communion [L] Sunday night at the Movies: Because of Winn-Dixie [T]</p>	<p>9:30 🐾 Aquafit Advanced with Joyce [P] <b>17</b></p> <p>10:00 🐾 Gardening on the 2nd floor patio</p> <p>10:30 🐾 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 🐾 Osteofit with Darla Rae [T]</p> <p>1:30 🐾 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:30 🐾 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🐾 Let's Play Bingo! [CK]</p>	<p>9:15 🐾 Stretch &amp; Balance [G] <b>18</b></p> <p>10:00 🐾 Walking Club - to Peachland</p> <p>1:00 ☺ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🐾 Crafter's Corner: Everyone Welcome [CK]</p> <p>7:00 🐾 Tuesday night series: Little House on the Prairie [T]</p>	<p>10:00 🐾 The Heritage Art Group [CK] <b>19</b></p> <p>10:00 ☺ Java Music with June - everyone welcome [PDR]</p> <p>10:00 🐾 "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>1:30 🐾 Outing to Lake City Casino at The Delta Grand Hotel *sign up*</p> <p>1:30 🐾 Dessert &amp; Coffee at Delta Grand Hotel *sign up &amp; bring own payment* [B]</p> <p>7:00 🐾 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🐾 Strength &amp; Tone [G] <b>20</b></p> <p>10:30 🐾 Advanced Osteofit with Darla [T]</p> <p>1:00 🐾 Osteofit with Darla Rae</p> <p>2:00 🐾 Spanish Lessons with Wilma [PDR]</p> <p>2:00 🐾 Shopping Loop *sign up at reception* [TL]</p> <p>2:30 🐾 Afternoon Games - everyone welcome [L]</p>	<p>9:30 🐾 Aquafit Advanced with Joyce [P] <b>21</b></p> <p>10:30 🐾 Gym Dandies [G]</p> <p>11:30 🐾 Lunch Outing to Gasthaus Pub in Peachland *sign up*</p> <p>2:30 🐾 Happy Hour with the Hummers &amp; Strummers</p> <p>4:30 ☺ Celebration - French Dinner Event</p> <p>7:00 ☺ Sing Along - everyone welcome [T]</p> <p>7:00 🐾 Cribbage - everyone welcome [L]</p>	<p>2:00 🐾 Let's Play Scrabble [L] <b>22</b></p> <p>7:00 🐾 Saturday Night at the Movies: The Dean Martin Variety Show #4 [T]</p>
<p><b>Location Keys</b></p> <p>Bistro B</p> <p>Bus Outing BO</p> <p>Country Kitchen CK</p> <p>Dining Room DR</p> <p>Gym G</p> <p>Library L</p> <p>Outside Patio OP</p> <p>Pool P</p> <p>Private Dining Room PDR</p> <p>The Lounge TL</p> <p>Theatre T</p>	<p><b>23</b></p> <p>11:30 ☀ Catholic</p> <p>7:00 🐾 Communion [L] Sunday night at the Movies: Regarding Henry [T]</p>	<p>9:30 🐾 Aquafit Advanced with Joyce [P] <b>24</b></p> <p>10:00 🐾 Gardening on the 2nd floor patio</p> <p>10:30 🐾 Advanced Osteofit with Darla Rae [T]</p> <p>1:00 🐾 Osteofit with Darla Rae [T]</p> <p>1:30 🐾 Tai Chi with Yvonne - a gentle form of chair exercise that has many health benefits - everyone welcome! [G]</p> <p>2:30 🐾 "Back Road Wanderers" Scenic Drive *sign up early at reception &amp; be in lobby to load bus by 2:20* [BO]</p> <p>7:00 🐾 Let's Play Bingo! [CK]</p>	<p>9:15 🐾 Stretch &amp; Balance [G] <b>25</b></p> <p>9:45 🐾 NexGen Complimentary Hearing Clinic [B]</p> <p>10:00 🐾 Walking Club - to Kelowna's City Park</p> <p>1:00 ☺ Al-Anon Meeting (Ladies only please) [T]</p> <p>1:30 🐾 Crafter's Corner: Everyone Welcome [CK]</p> <p>4:00 ☺ Live Dinner Music with Bea [TL]</p> <p>7:00 🐾 Tuesday night series: Little House on the Prairie [T]</p>	<p>9:30 🐾 New Resident Welcome [L] <b>26</b></p> <p>10:00 🐾 The Heritage Art Group [CK]</p> <p>10:00 ☺ Java Music with June - everyone welcome [PDR]</p> <p>10:00 🐾 "Heritage Market" Produce Stand in our Bistro - bring your loonies &amp; toonies [B]</p> <p>10:30 🐾 Resident Meeting [T]</p> <p>1:30 🐾 Outing to Okanagan Lake Plaza (by bridge): Tim Hortons for coffee/dollar store</p> <p>7:00 🐾 Wednesday Night at the Movies: Resident Choice [T]</p>	<p>9:30 🐾 Strength &amp; Tone [G] <b>27</b></p> <p>10:00 🐾 Aqua Soles Booth - liquid insoles available today from 10-2 [B]</p> <p>10:30 🐾 Advanced Osteofit with Darla [T]</p> <p>1:00 🐾 Osteofit with Darla Rae</p> <p>2:00 🐾 Spanish Lessons with Wilma [PDR]</p> <p>2:00 🐾 Shopping Loop *sign up at reception* [TL]</p> <p>2:00 🐾 West Kelowna Respiratory Club - anyone welcome [CK]</p> <p>2:30 🐾 Afternoon Games - everyone welcome [L]</p>	<p>9:30 🐾 Gym Dandies - please note time change today [G] <b>28</b></p> <p>9:30 🐾 Aquafit Advanced with Joyce [P]</p> <p>10:45 🐾 Pontoon Boat Ride *sign up at reception*</p> <p>2:30 🐾 Happy Hour with Ray Volk</p> <p>7:00 ☺ Sing Along - everyone welcome [T]</p> <p>7:00 🐾 Cribbage - everyone welcome [L]</p>	<p>2:00 🐾 Let's Play Scrabble [L] <b>29</b></p> <p>7:00 🐾 Saturday Night at the Movies: The Dean Martin Variety Show #5 [T]</p>