

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| <p>“Fairest of the months! Ripe summer's queen The hey-day of the year With robes that gleam with sunny sheen Sweet August doth appear.” — R. Combe Miller</p> | <p>☺ Emotional ☠ Intellectual 🚌 Outing 👣 Physical 🎯 Purposeful 👥 Social ☀ Spiritual 🛒 Vendor</p> | <p>10:00 🎨 The Heritage Art Group [CK] 1 10:00 🛒 The Heritage Market: produce for sale in the front lobby [B] 1:30 ☠ Bridge Club [L] 2:00 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO] 2:15 🚌 Shuttle Bus to Walmart *sign up* [BO] 2:30 ☠ Food & Recreation Meeting [T] 6:30 ☺ Murdoch Mysteries Season 1 [T]</p> | <p>10:00 ☠ Spanish Lessons [PDR] 2 10:30 👣 Advanced Osteofit [T] 11:15 🚌 \$ Pontoon Boat Outing & Lunch *sign up [BO] 1:00 👣 Osteofit [T] 1:30 ☺ Java Music with Kim [PDR] 1:45 🐾 \$"Quarter Bingo" [CK] 3:15 🍰 Baking with Kim [CK] 6:30 🐾 Men's Pool & Pub Night [SL-5]</p> | <p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 3 9:30 👣 Advanced Aquafit [P] 10:00 👣 Go4Life: Chair Class [G] 10:00 🐾 Open Painting Group (10-4) - bring your own piece to work on [CK] 10:30 ☠ Fire Fighting Friday - see poster for details 2:30 🛒 Happy Hour with Elaine B. [B]</p> | <p>9:30 👣 Go4Life Walking Club - Resident Run [B] 4 1:00 ☠ Crib Club - everyone welcome! [B]</p> | |
| <p>11:30 🕯 Catholic Communion [L] 5 2:00 ☠ Let's Play Scrabble [L] 6:30 🎬 Sunday Night at the Movies [T]</p> | <p>Provincial Day 6 9:30 👣 Advanced Aquafit [P] 2:00 👣 Go4Life Walking in the Pool [P] 6:30 🐾 Surprise on the patio with Doug! [OP] 7:00 🐾 Bingo! [CK]</p> | <p>10:00 ☠ Meet Me At The MOMA Art Program [CK] 7 1:00 ☺ Women's Al-Anon Meeting [T] 2:15 👣 Go4Life: Chair Class with Kim [G] 3:45 ☠ Word Games [B] 6:30 🐾 CD Sing Along - everyone welcome [T]</p> | <p>10:00 🎨 The Heritage Art Group [CK] 8 10:00 🛒 The Heritage Market: produce for sale in the front lobby [B] 11:00 🚌 Lunch outing to Guisachan Restaurant in Kelowna *sign up* [BO] 1:30 ☠ Bridge Club [L] 6:30 ☺ Murdoch Mysteries Season 1 [T]</p> | <p>9:45 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO] 9 10:00 🚌 Shuttle Bus: to Walmart *signup* [BO] 10:00 ☠ Spanish Lessons [PDR] 10:30 👣 Advanced Osteofit [T] 1:00 👣 Osteofit [T] 1:45 🐾 \$"Quarter Bingo" [CK] 2:00 🚌 RCMP Musical Ride Show at Prospera Place \$ *signup* [BO] 6:30 👣 Games on the North Patio with Kim [OP]</p> | <p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 10 9:00 ☠ FootCare Clinic: *book app. @ recep* [S] 9:30 👣 Advanced Aquafit [P] 10:00 🐾 Open Painting Group (10-4) - bring your own piece to work on [CK] 10:45 🚌 \$ Pontoon Boat Outing & Lunch *sign up [BO] 2:30 🛒 Happy Hour with Ray Volk [B] 4:30 🐾 LLL Dinner featuring Blueberries [DR]</p> | <p>9:30 👣 Go4Life Walking Club - Resident Run [B] 11 10:15 🎯 Carpet Bowling with Kim [TL] 1:00 ☠ Crib Club - everyone welcome! [B] 1:30 ☠ "Everyone Has A Story" (Collage/Scrapbooking with Kim) [CK]</p> |
| <p>11:30 🕯 Catholic Communion [L] 12 2:00 ☠ Let's Play Scrabble [L] 6:30 🎬 Sunday Night at the Movies [T]</p> | <p>9:30 👣 Advanced Aquafit [P] 13 10:30 👣 Advanced Osteofit [G] 1:00 👣 Osteofit [T] 1:00 🚌 Scenic Drive to Oyama & Ice Cream stop at Gatzke's [BO] 2:00 👣 Go4Life Walking in the Pool [P] 3:30 ☠ Connect Hearing Clinic [B] 7:00 🐾 Bingo! [CK]</p> | <p>10:00 🎨 Meet Me At The MOMA Art Program [CK] 14 1:00 ☺ Women's Al-Anon Meeting [T] 2:30 🛒 August Birthday Party - entertainment with Michael Martin [B] 3:45 ☠ Word Games [B] 6:30 🐾 Ladies Spa Night with Kim [CK]</p> | <p>10:00 🎨 The Heritage Art Group [CK] 15 10:00 🛒 The Heritage Market: produce for sale in the front lobby [B] 1:30 ☠ Bridge Club [L] 6:30 ☺ Murdoch Mysteries Season 1 [T]</p> | <p>9:45 🚌 Garden Tour & Coffee at Shirley's (Go4Life Walking Club) *sign up* [BO] 16 10:00 ☠ Spanish Lessons [PDR] 10:30 👣 Advanced Osteofit [T] 1:00 👣 Osteofit [T] 1:30 ☺ Java Music with Kim [PDR] 1:45 🐾 \$"Quarter Bingo" [CK] 2:00 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO] 2:15 🚌 Shuttle Bus to Walmart *sign up* [BO] 3:15 👣 Go4Life: Chair Class [G] 6:30 🐾 Ice Cream Social on the 2nd floor patio [OP]</p> | <p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 17 9:30 👣 Advanced Aquafit [P] 10:00 🐾 Open Painting Group (10-4) - bring your own piece to work on [CK] 10:45 🚌 \$ Pontoon Boat Outing & Lunch *sign up [BO] 2:30 🛒 Hawaiian Theme Happy Hour with "Spirit of the Island" dancers - dress up Hawaiian! [B]</p> | <p>9:30 👣 Go4Life Walking Club - Resident Run [B] 18 1:00 ☠ Crib Club - everyone welcome! [B]</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| <p>Wear your favorite HAT today! 19</p> <p>10:30 🐾 You Be The Judge - Discussion & Coffee Group [B]</p> <p>11:30 🐾 BBQ Brunch - families welcome to join *sign up at reception* [DR]</p> <p>11:30 ☀️ Catholic Communion [L]</p> <p>1:30 😊 Special Activity with Kim: TBA [B]</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>6:30 🎬 Sunday Night at the Movies [T]</p> | <p>9:30 🏊 Advanced Aquafit [P] 20</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🚗 "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>7:00 🐾 Bingo! [CK]</p> | <p>10:00 🧠 Meet Me At The MOMA Art Program [CK] 21</p> <p>1:00 😊 Women's Al-Anon Meeting [T]</p> <p>2:15 🏊 Go4Life: Chair Class with Kim [G]</p> <p>3:45 🚗 Music Performance with Deborah Harrison & Elsie Parkinson: Bar is open [B]</p> <p>6:30 🏊 Carpet Bowling [TL]</p> | <p>10:00 🎨 The Heritage Art Group [CK] 22</p> <p>10:00 🛒 The Heritage Market: produce for sale in the front lobby [B]</p> <p>1:30 🧠 Bridge Club [L]</p> <p>6:30 😊 Murdoch Mysteries Season 1 [T]</p> | <p>9:45 🚗 Go4Life Walking Club: Bus to Japanese Gardens in Kelowna *sign up* [BO] 23</p> <p>10:00 🧠 Spanish Lessons [PDR]</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>1:30 😊 Java Music with Kim [PDR]</p> <p>1:45 🐾 "\$Quarter Bingo" [CK]</p> <p>2:00 🚗 Shuttle Bus to Save-On-Foods *sign up* [BO]</p> <p>2:15 🚗 Shuttle Bus to Walmart *sign up* [BO]</p> <p>6:30 🐾 Music Concert DVD Social [T]</p> | <p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 24</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:00 🐾 Open Painting Group (10-4) - bring your own piece to work on [CK]</p> <p>10:45 🚗 \$ Pontoon Boat Outing & Lunch *sign up [BO]</p> <p>2:30 🛒 Happy Hour with Steve Juhasz [B]</p> | <p>9:30 🏊 Go4Life Walking Club - Resident Run [B] 25</p> <p>10:30 🏊 Cooking with Pearl - something with Blueberries! [CK]</p> <p>1:00 🧠 Crib Club - everyone welcome! [B]</p> <p>1:30 😊 Special Activity with Kim: TBA [B]</p> |
| <p>11:30 ☀️ Catholic Communion [L] 26</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>6:30 🎬 Sunday Night at the Movies [T]</p> | <p>9:30 🏊 Advanced Aquafit [P] 27</p> <p>10:30 🏊 Advanced Osteofit [G]</p> <p>1:00 🏊 Osteofit [T]</p> <p>2:00 🚗 "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 🏊 Go4Life Walking in the Pool [P]</p> <p>7:00 🐾 Bingo! Bar cart with Kim: items for purchase [CK]</p> | <p>9:45 🛒 NexGen Hearing Clinic [B] 28</p> <p>10:00 ☀️ Meet Me At The MOMA Art Program [CK]</p> <p>1:00 😊 Women's Al-Anon Meeting [T]</p> <p>2:15 🏊 Sign Up for Next Month's Activities [B]</p> <p>3:45 🧠 Word Games [B]</p> <p>5:30 🚗 "Parks Alive" - Jazz in Stuart Park *sign up* [BO]</p> | <p>10:00 🎨 The Heritage Art Group [CK] 29</p> <p>10:00 🛒 The Heritage Market: produce for sale in the front lobby [B]</p> <p>1:30 🧠 Bridge Club [L]</p> <p>1:30 🏊 New Resident Welcome [T]</p> <p>2:30 🏊 Resident Meeting [T]</p> <p>3:15 🛒 Remedy X Pharmacy Info Session [B]</p> <p>6:30 😊 Murdoch Mysteries Season 1 [T]</p> | <p>9:45 🚗 Go4Life Walking Club: Bus to Bird Sanctuary *sign up* [BO] 30</p> <p>10:00 🧠 Spanish Lessons [PDR]</p> <p>10:30 🏊 Advanced Osteofit [T]</p> <p>1:00 🏊 Osteofit [T]</p> <p>1:45 🐾 "\$Quarter Bingo" [CK]</p> <p>2:00 🚗 Shuttle Bus to Save-On-Foods *sign up* [BO]</p> <p>2:15 🚗 Shuttle Bus to Walmart *sign up* [BO]</p> | <p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 31</p> <p>9:00 🏊 FootCare Clinic: *book app. @ recep* [S]</p> <p>9:30 🏊 Advanced Aquafit [P]</p> <p>10:00 🐾 Open Painting Group (10-4) - bring your own piece to work on [CK]</p> <p>10:45 🚗 \$ Pontoon Boat Outing & Lunch *sign up [BO]</p> <p>2:30 🛒 Happy Hour with Rolland Q. [B]</p> <p>7:00 🏊 Resident Council Meeting [CK]</p> | |



Our Living Loving Local Feature Dinner will be on **August 10th** showcasing **Blueberries** - families are welcome to join (please sign up at reception).



Location Keys

- Bistro B
- Bus Outing BO
- Country Kitchen CK
- Dining Room DR
- Gym G
- Library L
- Outside Patio OP
- Pool P
- Private Dining Room PDR
- Spa S
- Sports Lounge on 5th floor SL-5
- The Lounge TL
- Theatre T