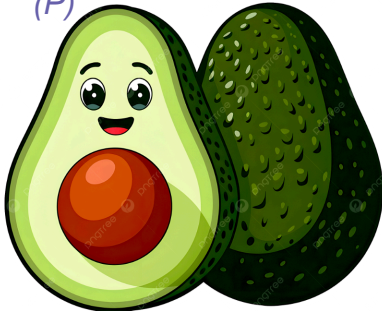


Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1	Sunday 2
Weekly Activity Challenge Due Date: James Bond Word Match (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:30 TD Bank (V) 3:00 Southland Mall (V) 6:45 Board Games & More! (P)	Footcare Today 9:00 Tuesday Morning Coffee Party (B) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Co-op Grocery Store (V) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Poplar Creek Duo (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	National Cheesecake Day Mobile Dental Hygiene Services Today (Call to Book) (E) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Canada or the U.S.? Game (P) 3:00 Farewell Happy Hour for Katie V. from Dining Services (P) 7:00 Crokinole (BN) 7:00 Entertainment: Tim Richards (B)	National Avocado Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:30 World Geography Trivia (E) 2:00 Grasslands Shopping (V) 2:00 Chips & Guacamole Social (B) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:15 Monthly Birthday Party (P) 6:30 Wine & Paint Night: Watercolour Avocado (P) 	No Sacha Wolfson Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 All About August Jeopardy Trivia (E) 10:30 Chair Yoga with Rebecca Whitrow (YouTube Video) (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Craft: Coffee Daffodil Garland (E) 5:00 Rider Game: SSK @ EDM (B) 	National Ice Cream Sandwich Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream *Location Change Today* (E) 11:45 Family & Friend BBQ Buffet (11:45 AM - 1:15 PM) (D) 1:00 Craft with Debra (HER) 1:30 Sunday Fun-Day Outing with Len: Scenic Drive Around the Bypass to the NW & New Costco Site* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Comedy): Death Becomes Her (P)
<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Entire Building (EB) Bistro (B) Education Room - 2nd Fl. (E) Heritage House (HER) Wascana Way - 3rd FL. (W) Fireplace Lounge (F) Harbour House (HAR) Breakfast Nook (BN) Courtyard Patio (CP) Waiting Area (WAI) In Suite (IS) HouseHolds (HH) Library (LB) Dining Room (D) Pool Hall Lounge (PHL)		<u>News</u> Mobile Dental Services: with Amanda Friesen, owner of The Dental Connection will be available on Thursday, July 30th in the Education Room, 2nd floor. To book or inquire, call: 306-596-1549 or email: info@thedentalconnection.ca. Farewell Happy Hour: for Katie Vatamanuk from Dining Services on Thursday, July 30th at 3:00 p.m. Please stop by and wish her well. National Avocado Day: Join us for the following themed events: Chips & Guacamole Social at 2:00 p.m. and Wine & Paint Night: Watercolour Avocado at 6:30 p.m. Family & Friend BBQ Buffet: on Sunday, August 2nd; this is the complimentary meal for the apartment residents. See you there!			 <u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight	