

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
Weekly Activity Challenge Due Date: Exploring the Everglades 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) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	Footcare Today National Banana Split Day No Rosary Today 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio *LAST DAY* (CP) 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 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) 2:45 Banana Split Social (B) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 6:30 Plinko (P) 7:30 Coffee, Music, & Tunes on the Patio with Yeva (CP)	National Dog Day 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) 2:00 Kitchen Tour (Meet Amy in Main Dining Room)* (D) 2:30 Royal & Scotia Banks (V) 2:30 Shuffleboard Practice with Jolene (P) 3:00 Conexus Credit Union (V) 3:15 Nail Painting *Location Change* (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	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) 11:30 Come & Go Hot Dog Roast with Chef Amy (11:30 AM - 1:30 PM) (CP) 1:30 Family Feud Game (P) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 S'mores Social (CP) 	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) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:15 Monthly Birthday Party (P) 4:30 Supper Outing with Yeva: London Belle* (V) 7:00 Wine & Paint Night: Cool Summer Mountains (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Who Am I? Guessing Game (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:30 Shuffleboard Practice with Yeva (P) 2:30 Sunny Day Door Decor Craft (E) 5:00 Rider Game: TOR @ SSK (P) 	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 (P) 1:00 Craft with Debra (HER) 1:00 Sunday Fun-Day Outing with Len: Casino Regina* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Drama): The Monuments Men (P) 

Locations Legend	
Prairie Schooner (P)	Harbour House (HAR)
Van Service (V)	Breakfast Nook (BN)
Entire Building (EB)	Private Dining Room (PD)
Bistro (B)	Waiting Area (WAI)
Courtyard Patio (CP)	In Suite (IS)
Heritage House (HER)	HouseHolds (HH)
Wascana Way - 3rd FL. (W)	Dining Room (D)
Fireplace Lounge (F)	Library (LB)
Education Room - 2nd Fl. (E)	Pool Hall Lounge (PHL)



Banana Split Day

News

Summer Chair Yoga Series: Tuesday is the last day for our summer chair yoga series with Rebecca on the Main Courtyard. We hope you enjoyed your time outside on Tuesdays and we hope to do it again next year. Fit Minds will revert back to 10:00 a.m. next Tuesday, September 1st.

Kitchen Tour: Wednesday is our final kitchen tour with Amy for this month, sign up if you are interested.

Hot-diggity-dog: So nice, we had to do it twice! Join Chef Amy on the Main Courtyard on Thursday, Augsut 27th over the lunch hour to roast your own hot dog over our new fire table. Hope to see you there!

Calendar Legend

Outing

Special Program

Sign up Required *

Theme Day

Signature Program

Highlight