

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
National Watermelon Day No Van Service Today (V) Saskatchewan Day No Can Fit Pro Exercises Today <i>Wear Green & Gold/Yellow Attire Today!</i> 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P) 	National Chocolate Chip Cookie Day Weekly Activity Challenge Due Date: August Crossword (P) 9:00 <i>Tuesday Morning Coffee Party</i> feat. <i>Chocolate Chip Cookies</i> (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) 10:00 Brain Games (Resident-led) (P) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist 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) 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: Marilyn Phillips (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) 1:30 Artfull Enrichment Trivia: The Human Body (E) 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) 3:00 Conexus Credit Union (V) 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 (CP) 1:30 Plinko (P) 2:00 Resident Forum (W) 3:00 Happy Hour feat. Beer & Cheese Dip (P) 7:00 Crokinole (BN) 7:00 S'mores Social (CP)	National Beer 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) 1:00 Cornhole (Bean Bag Toss) (HAR) 2:00 Grasslands Shopping (V) 2:00 Entertainment: Jim Woytuik (B) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:30 Beer Trivia (E) 7:00 Rider Game: OTT @ SSK (bar is open from 7-8 PM) (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 Artfull Enrichment Trivia: Guess the Country (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Craft: Pipe Cleaner Lillies (E) 6:30 Concert Movie Night: André Rieu The Homecoming! (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) 11:00 Sunday Fun-Day Outing with Len: Lumsden Cruise & Lunch at Breaded 'n' Blended* (V) 1:00 Craft with Debra (HER) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Drama): Death on the Nile (P) 

<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Entire Building (EB) Education Room - 2nd Fl. (E) Wascana Way - 3rd FL. (W) Bistro (B) Heritage House (HER) Fireplace Lounge (F) Harbour House (HAR) Courtyard Patio (CP) Breakfast Nook (BN) In Suite (IS) Dining Room (D) Library (LB) Pool Hall Lounge (PHL)	<u>News</u> Monday: due to the STAT holiday today, there is no van service or Can Fit Pro exercises. Happy Saskatchewan Day! August Signup Sheets: all card games, kitchen tours, and outings signup sheets are now in the library. Kitchen Tours: Our highly requested kitchen tours with Amy, Dining Services Manager are back for the month of August. Please sign up for one of the available dates in the library if you are interested. Our first tour is Wednesday, August 5th at 2:00 p.m.		<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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