

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Civic Holiday		 Banana Split Day				No Sacha Wolfson Today 1 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 (P)
National Ice Cream Sandwich Day 2 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)	National Watermelon Day 3 No Van Service Today (V) Saskatchewan Day No Can Fit Pro Exercises Today Wear Green & Gold/Yellow Attire Today! 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 4 Weekly Activity Challenge Due Date: August Crossword (P) 9:00 Tuesday Morning Coffee Party feat. Chocolate Chip Cookies (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 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 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) 5 10:30 Can Fit Pro Exercise Class (F) 1:30 Artfull Enrichment Trivia: The Human Body (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Kitchen Tour (Meet Amy in Main Dining Room)* (D) 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) 6 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 7 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 Entertainment: Jim Woytuik (B) 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) 8 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) 9 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)	Weekly Activity Challenge 10 Due Date: August Word Scramble (P) National S'mores Day 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) 1:30 Bingo *Time Change Today* (P) 2:00 Fit Minds in Harbour House (HAR) 2:45 Chef's Demo: S'mores Brownies (B) 6:45 Board Games & More! (P)	Footcare Today 11 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 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 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 Fit Minds in Heritage House (HER) 7:00 Entertainment: Dale & Company (B)	No Nail Painting Today 12 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 Can Fit Pro Low Impact Exercise Class (W) 2:00 Kitchen Tour (Meet Amy in Main Dining Room)* (D) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 3:00 Spring/Summer Shuffleboard League End of Season Celebration (By Invitation Only) (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	National Prosecco Day 13 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) 1:00 Shuffleboard Practice with Yeva (P) 2:00 Entertainment: Boomtown (B) 3:00 Happy Hour feat. Mimosas (P) 6:30 Wine & Paint Night: Lemon Tree (P) 7:00 Crokinole (BN)	Massage Therapy Today 14 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 Cornhole (Bean Bag Toss) (CP) 1:35 Rosary (P) 2:00 Catholic Mass (P) 2:30 Peach Ice Tea Social (CP) 4:30 Living Loving Local Dinner: Peach (4:30-6:15 PM) (D) 6:30 Wine & Charcuterie Social (P)	9:15 Outing with Yeva: Wascana Boat Tour* (V) 15 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 11:00 Harbour House Family BBQ Social (11 AM - 1 PM) (HAR) 11:00 Heritage House BBQ Family Social (11 AM - 1 PM) (HER) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Jerry & Rhoda Wasnik's 70th Wedding Anniversary (2-4 PM; Come & Go) (P) 5:00 Rider Game: SSK @ HAM (P)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 16 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Craft with Debra (HER) 1:30 Sunday Fun-Day Outing with Len: Elle's Café for Ice Cream & Scenic Cathedral Drive* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Classics): Fiddler on the Roof (P)	Weekly Activity Challenge Due Date: Downtime Cryptogram (P) 17 Tamiflu Prep Clinic (9AM - 12PM; 1-3PM) (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 Fit Minds in Harbour House (HAR) 2:00 Sunshine & Citrus Trivia (E) 3:15 Shuffleboard Practice with Yeva (P) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 18 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 Cribbage Game *Location Change Today** (BN) 1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W) 2:00 Rosary (E) 2:00 Entertainment: Alastair & Karen (B) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Country Fever (B)	National Aviation Day 19 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class with Debra (Her Can Fit Pro Exam) (F) 10:30 Balloon Volleyball with Yeva (HAR) 1:30 Movie Matinee with Popcorn (Inspiring): Sully (P) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Aviation Trivia (E) 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) 20 10:30 Chair Yoga with Rebecca Whitrow (P) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 1:30 Bingo *Rescheduled from Monday* (P) 3:00 Happy Hour feat. Fuzzy Navel Cocktails (P) 7:00 Crokinole (BN) 7:00 Entertainment: Oat Soda Boys (B)	National Senior Citizen Day 21 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) 11:00 Shuffleboard Practice with Yeva (P) 1:30 Fall Shuffleboard League Registration (\$5 to sign up) (B) 2:00 Wellness Clinic: Autoinflammatory Awareness & Blood Pressure Checks (P) 3:00 Interdenominational Church Service (B) 6:30 Armchair Travel to The Everglades (P)	No Sacha Wolfson Today 22 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (YouTube Video) (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Sing-Along with Joan & Leone (B) 6:30 Movie Night (Romance): Forever My Girl (P)
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 23 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Craft with Debra (HER) 1:30 Sunday Fun-Day Outing with Len: The Blackbird Commons Bookstore *New to the Warehouse District* & Coffee Stop (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 5:00 Rider Game: SSK @ BC (P)	Weekly Activity Challenge Due Date: Exploring the Everglades Word Match (P) 24 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 Fit Minds in Harbour House (HAR) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	Footcare Today National Banana Split Day 25 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) 12:00 New Resident Luncheon (By Invitation Only) (PD) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 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 Fit Minds in Heritage House (HER) 3:00 Summer Chair Yoga Series with Rebecca Whitrow on the Patio *LAST DAY* (CP) 7:00 Entertainment: Hillbilly Highway (B)	National Dog Day 26 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 Can Fit Pro Low Impact Exercise Class (W) 2:00 Kitchen Tour (Meet Amy in Main Dining Room)* (D) 2:30 Shuffleboard Practice with Jolene (P) 3:15 Nail Painting (E) 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) 27 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (CP) 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) 28 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:35 Rosary (P) 2:00 Catholic Mass (P) 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) 29 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) 30 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)	Weekly Activity Challenge Due Date: Back to School Crossword (P) 31 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 with Tammy (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	Be Supported		Locations Legend Prairie Schooner (P) Entire Building (EB) Bistro (B) Wascana Way - 3rd FL. (W) Heritage House (HER) Education Room - 2nd Fl. (E) Fireplace Lounge (F) Courtyard Patio (CP) Harbour House (HAR)		Calendar Legend Outing Special Program Sign up Required * Signature Program Highlight Van Service (V) Breakfast Nook (BN) Dining Room (D) Pool Hall Lounge (PHL) In Suite (IS) Library (LB) Waiting Area (WAI) HouseHolds (HH) Private Dining Room (PD)