

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
	<p>10:30 Town Hall</p> <p>2:00 Calgary Civic Symphony Woodwind Quintet</p> <p>7:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 7 &amp; 8</p>	<p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>11:00 Advanced Fitness</p> <p>1:30 Scenic Drive</p> <p>2:00 Staff Town Hall in Theater</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Film: <u>Father of the Bride</u>, Comedy, 1991</p>	<p>9:30 Stretch and Breathe Class with Tracy</p> <p>10-11 Blood Pressure Clinic (TV Lounge)</p> <p>10:30 Shopping to Sobeys</p> <p>1:30 Program Feedback Meeting</p> <p>3:00 Artist Talk with Lauren: Till the Cows Come Home</p> <p>7:00 Film: <u>Father of the Bride II</u>, Comedy, 1995</p>	<p>9 – 4 Hair Salon</p> <p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>11:00 Advanced Fitness</p> <p>1:30 Balance Training</p> <p>2:00 Bocce (courtyard)</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Film: <u>Flamin' Hot</u>, Biography, 2023</p>	<p>10:00 Stich &amp; Chat</p> <p>11:00 Line Dancing Practice</p> <p>2:00 Solarfast Art</p> <p>7:00 Film: <u>Judy</u>, Biography, 2019</p>	<p>10:30 Church Service</p> <p>2:00 TV Series: <u>The Golden Girls</u>, Season 2, Episodes 20 &amp; 21</p> <p>7:00 TV Series: <u>The Golden Girls</u>, Season 2, Episodes 20 &amp; 21</p>
7	8	9	10	11	12	13
<p><b>Heritage Day</b></p> <p>No Exercise Classes</p> <p>Appt Footcare with Nancy only</p> <p>3:00 Music Appreciation with Jill: Music for Brass and other kinds of Bands</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Documentary: <u>Bessie Coleman: Queen of the Skies</u>, Documentary, 2021</p>	<p>9:15 Deerfoot Casino</p> <p>11:00 Jeopardy</p> <p>Noon Wheelchair &amp; Walker – 3:00 Clinic</p> <p>1:30 Shopping to Walmart &amp; Winners</p> <p>2:00 Aviation Talk with Richard DeBoer: <u>The Silver Dart</u></p> <p>7:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 9 &amp; 10</p>	<p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>11:00 Advanced Fitness</p> <p>1:30 Scenic Drive</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Film: <u>Into the Woods</u>, Musical, 2014</p>	<p>8 – 2 Mint Dental Hygiene</p> <p>9:30 Yoga with Katie</p> <p>10:30 Shopping to Sobeys</p> <p>1:30 Outing to Village Ice Cream in Marda Loop</p> <p>2:00 Film: <u>All My Life</u>, Drama/romance, 2020</p> <p>Film: <u>All My Life</u>, Drama/romance, 2020</p> <p>7:00</p>	<p>9 – 4 Hair Salon</p> <p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>10:30 Wheel Wednesday (but on Friday)</p> <p>11:00 Advanced Fitness</p> <p>1:30 Balance Training</p> <p>3:00 Resident Led Billiards</p> <p>6:30 Singers at Sunset</p> <p>7:00 Film: <u>Expedition Happiness</u>, Documentary, 2017</p>	<p>10:00 Stich &amp; Chat</p> <p>11:00 Line Dancing Practice</p> <p>11:00 Mount Lorette Pond sketch and picnic</p> <p>2:00 Film: <u>Home Team</u>, Sports/comedy, 2022</p> <p>7:00 Film: <u>Home Team</u>, Sports/comedy, 2022</p>	<p>10:30 Church Service</p> <p>2:00 Journeys Through Art: Art at the Borders</p> <p>7:00 TV Series: <u>The Golden Girls</u>, Season 2, Episodes 22 &amp; 23</p>
14	15	16	17	18	19	20
<p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>11:00 Advanced Fitness</p> <p>1:30 Bocce (courtyard)</p> <p>3:00 Summer Landscape Follow-Along Painting</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Documentary: <u>Pioneers in Aviation</u>, 2019, Episode 1 of 3</p>	<p>11:00 Jeopardy</p> <p>10:30 Shopping to Sobeys</p> <p>Summer BBQ</p> <p>2:00 Peter at the Piano</p> <p>7:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 11 &amp; 12</p>	<p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>10:30 Wheel Wednesday</p> <p>11:00 Advanced Fitness</p> <p>2:00 Fiddler Emilien Durocher</p> <p>3:00 Resident Led Billiards</p> <p>7:00 Film: <u>The Starling</u>, Drama/comedy, 2021</p>	<p>9:30 Yoga with Katie</p> <p>11:30 Midnapore Lake Picnic (KFC) and Games</p> <p>7:00 Film: <u>Maybe I Do</u>, romance, 2023</p>	<p>9 – 4 Hair Salon</p> <p>9:30 Fitness: Sitting &amp; Standing</p> <p>10:15 Fitness: Standing</p> <p>11:00 Advanced Fitness</p> <p>1:30 Balance Training</p> <p>3:00 Mini Golf</p> <p>Resident Led Billiards</p> <p>3:00 Film: <u>The Short Game</u>, Sports/documentary, 2013</p> <p>7:00</p>	<p>10:00 Stich &amp; Chat</p> <p>11:00 Line Dancing Practice</p> <p>2:00 Book workshop with Alexis (zines)</p> <p>7:00 Music on the BIG Screen: <u>BBC Proms - Hooray for Hollywood</u></p>	<p>10:30 Church Service</p> <p>2:00 History Talk with Doug Coats: Calgary's Railway Story</p> <p>7:00 TV Series: <u>The Golden Girls</u>, Season 2, Episodes 24 &amp; 25</p>

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SATURDAY 26	SUNDAY 27
<p>9:30 Fitness: Sitting &amp; Standing 10:15 Fitness: Standing 11:00 Advanced Fitness <b>11 – 4 Footcare with Nancy</b></p> <p>1:30 Bocce (courtyard) 3:00 Music Appreciation with Jill: Life &amp; Music of Tony Bennett 3:00 Resident Led Billiards</p> <p>Documentary: 7:00 <u>Pioneers in Aviation</u>, 2019, Episode 2 of 3</p>	<p>10:00 United Active Living Annual Games Day</p> <p>2:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 13 &amp; 14 7:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 13 &amp; 14</p>	<p>9:30 Fitness: Sitting &amp; Standing 10:15 Fitness: Standing 10:30 Wheel Wednesday 11:00 Advanced Fitness</p> <p>1:30 <b>Scenic Drive</b> 3:00 Journeys Through Art: Creativity &amp; Commerce 3:00 Resident Led Billiards</p> <p>7:00 Film: <u>Ladies in Black</u>, Comedy/drama, 2018</p>	<p>9:30 Yoga with Katie 10:30 Shopping to Sobeys</p> <p>2:00 Welcome Tea in the Dining Room</p> <p>7:00 Film: <u>Holiday in the Wild</u>, Romance, 2019</p>	<p><b>9 – 4 Hair Salon</b> 9:30 Fitness: Sitting &amp; Standing 10:15 Fitness: Standing 11:00 Advanced Fitness 1:30 Balance Training</p> <p>2:00 Butterfly 3:00 Resident Led Billiards 7:00 Film: <u>2 Hearts</u>, Drama/romance, 2020</p>	<p>10:00 Stich &amp; Chat 11:00 Line Dancing Practice</p> <p>2:00 Watercolour &amp; Mixed Media Butterflies</p> <p>7:00 Film: <u>Wild Mountain Thyme</u>, Drama, 2020</p>	<p>10:30 Church Service</p> <p>2:00 Trivia &amp; Social (2f)</p> <p>2:00 TV Series: <u>The Golden Girls</u>, Season 2, Episode 25 &amp; Season 3, Episode 1</p> <p>7:00 TV Series: <u>The Golden Girls</u>, Season 2, Episode 25 &amp; Season 3, Episode 1</p>
28	29	30	31	<p style="text-align: center;"><b><u>Flying Free</u></b></p> <p>August is a month when the world seems to come alive with endless possibilities, and there is an undeniable sense of freedom that permeates the air. As the summer sun shines brightly, the allure of exploration beckons. It is a time when people can truly embrace the joy of Flying Free, both literally and metaphorically.</p> <p>Flying Free is stepping out of our comfort zones, spreading our wings, and soaring towards new horizons. It's a time to celebrate the beauty of life and the freedom to live it to the fullest.</p>		
<p>9- 3:30 Hearing Clinic Sign up at Reception 9:30 Fitness: Sitting &amp; Standing 10:15 Fitness: Standing 11:00 Advanced Fitness</p> <p>1:30 Bocce (courtyard) 3:00 Entertainer: <b>Shae Scully (Audrey Evans' son-in-law)</b> 3:00 Resident Led Billiards Documentary: 7:00 <u>Pioneers in Aviation</u>, 2019, Episode 3 of 3</p>	<p>10:30 Shopping to South Center Mall 11:00 Jeopardy 1:30 Trip to the Zoo</p> <p>7:00 TV Series: <u>The Wonder Years</u>, Season 1, Ep. 16 &amp; 17</p>	<p>9:30 Fitness: Sitting &amp; Standing 10:15 Fitness: Standing 10:30 Wheel Wednesday 11:00 Advanced Fitness</p> <p>2:00 Talk: Birds – a Prescription for Happiness with Chris Fisher 3:00 Resident Led Billiards</p> <p>7:00 Film: <u>Bird Brain</u>, Documentary, 2017</p>	<p>9:30 Yoga with Katie 10:30 Shopping to Sobeys</p> <p>2:00 Making Pinwheels</p> <p>7:00 Film: <u>Worth</u>, Drama, 2020</p>			

**Hair Salon, Footcare, Outings:** Everyone attending these services & programs must sign up at reception.

**Fitness Classes & Yoga:** All Classes in the Fitness area. Fitness Classes are 30 minutes long. All programs operate on a first come/first served basis.

(T) = Theater (TL) = Theater Lounge (S) = Art Studio (2F) = Second Floor North (L) = TV Lounge Near Reception (R) = Reception (D) = Dining Room

- Everything is in the Theater unless indicated otherwise
- Resident Led Pool is on the 2<sup>nd</sup> Floor
- All Sporting Games on the 2<sup>nd</sup> Floor TV
- All Creative Workshops & Sketching are held in the Art Studio

**\*\*Note:** JTA with Ryan = Journeys Through Art is an art lecture & discussion on a variety of art genres and topics

**\*\*\*For more details about the programs please see the June Community Connections Newsletter\*\***