


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 1:00 🧠 Bingo - Resident Run, Caller Eleanor M [Activity Room] 1:15 🧠 Bridge Club [Games Room] 6:30 🧠 Scrabble [Fireplace Lounge] 7:00 Special Canada Day Movie Night - "Cool Runnings" [Wild Rose Room]	2 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Lori Kole, Guitar & Vocals, Recording Artist [Dining Room]	3 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🌿 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 6:30 🌿 Cribbage [Games Room]	4 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🧠 Health Education [Wild Rose Room] 10:00 🌿 Picnic Lunch at Junction Falls near Turner Valley 1:00 🌿 Canasta & Choice Games [Fireplace Lounge] 1:00 🌿 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	STAMPEDE STARTS *YAHOO* 5 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🌿 Stampede Parade with Tim Hortons Coffee and Tim Bits [Bistro] 9:30 🌿 Shopping/Banking: Promenade or South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping: Shawnessy - Co-op, Wal-Mart, RBC, CIBC, BMO, Shoppers Drug Mart 1:30 🌿 Gardening Club [Garden Lounge] 3:00 🌿 Happy Hour [Bistro] 6:30 🌿 Cribbage [Games Room] 7:00 😊 Movie Night - "Rock My Heart" [Wild Rose Room]	6 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 😊 Shelley Goldbeck - Cowgirl Poet & Sing-a-Long [Dining Room] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night - "Rock My Heart" [Wild Rose Room]
7 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	8 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Book Club [Library] 2:00 🧠 Superfoods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🌿 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	9 7:00 🌿 Stampede Breakfast; with Entertainment by Wes & Wendy starting at 8:30am [Dining Room] 9:30 🌿 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Daily Fit *note time change for today only* [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 *NO EVENING ENTERTAINMENT*	10 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Art with Canadian Ties [Activity Room] 2:00 🌿 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 3:15 😊 Piano/Voice Entertainment: Katy Anderson [Dining Room] 6:30 🌿 Cribbage [Games Room]	11 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🧠 Health Education [Wild Rose Room] 10:30 🌿 Outing: Lunch at Bragg Creek Korner Kitchen followed by shopping/ice cream 1:00 🌿 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 4:00 🌿 Stampede BBQ; with Entertainment by Randy & Rai Smith starting at 5:00pm [Dining Room] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	12 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping/Banking: Promenade or South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 10:15 ☀️ Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Outing: Country Drive 1:30 🌿 Gardening Club [Garden Lounge] 3:00 🌿 Happy Hour [Bistro] 6:30 🌿 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	13 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]
14 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	15 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Outing: Calgary Casino 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Superfoods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🌿 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	16 9:00 🌿 Daily Fit [Wellness Centre] 10:00 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night- Craig & Angie West Fiddle & Piano [Dining Room]	17 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🌿 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 6:30 🌿 Cribbage [Games Room]	18 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping/Banking: Promenade or South Centre 10:00 🧠 Health Education [Wild Rose Room] 1:00 🌿 Canasta & Choice Games [Fireplace Lounge] 1:00 Cochrane for Ice Cream at Mackay's 1:00 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	19 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping: Deerfoot Meadows, Costco, Superstore, Wal-mart, etc 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping: Deer Run-Shoppers, Wal-Mart, Co-op, RBC, CIBC, etc 1:30 🌿 Gardening Club [Garden Lounge] 2:00 😊 Piano/Voice Entertainment: Katy Anderson [Dining Room] 3:00 🌿 Happy Hour [Bistro] 6:30 🌿 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	20 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	22 Nations Visions Appointments (9 - 4:30pm) 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Superfoods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	23 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Lorraine & Lorna, Classical vocals & accompaniment [Dining Room]	24 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:30 🐾 Men's Luncheon [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Art with Canadian Ties [Activity Room] 2:00 🐾 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 6:30 🐾 Cribbage [Games Room]	25 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 11:00 🐾 Picnic Lunch at Pearce Estate Park followed by a self guided tour at the Bow Habitat Station (Alberta fish and wildlife) 1:00 🐾 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	26 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping: London Drugs, Winners, Home Sense, Dollar Tree 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping/Banking: Promenade or South Centre 1:30 🌿 Gardening Club [Garden Lounge] 2:00 😊 Piano/Voice Entertainment: Katy Anderson [Dining Room] 3:00 🐾 Happy Hour [Bistro] 6:30 🐾 Cribbage [Games Room] 6:30 🌿 Sandwich Making for the Needy [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]	27 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]
28 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	29 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🌿 Shopping/Banking: Promenade or South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Outing: Country Drive 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Superfoods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	30 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🌿 Resident Council Meeting [Private Dining Room] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Gardening Club [Garden Lounge] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Rick Kelly, Rock & Country [Dining Room]	31 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 10:00 🌿 Resident Discussion [Dining Room] 12:00 🌿 Resident Birthday Lunch by Invite Only [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🐾 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 6:30 🐾 Cribbage [Games Room]	Special Days 1st - Canada Day 5th - Start of Stampede	LIVING LOVING LOCAL Beef	😊 Emotional 🧠 Intellectual 🌿 Physical 🌿 Purposeful 🐾 Social ☀️ Spiritual

Tidbits

Birthstone: Ruby
Flower - Larkspur

What's Lucky This Month!

Lucky Food - Blueberries
Lucy Numbers - 4 & 7
Lucky Letter - J
Lucky Days - Monday & Wednesday
Lucky Colors - Blue and Red

OUTINGS

4th: Picnic at Junction Falls
11th: Lunch at Korner Kitchen in Bragg Creek, followed by shopping/ice cream
12th: Country Drive
15th: Calgary Casino
18th: Cochrane for Ice Cream at Mackay's
25th: Picnic at Estate Park, followed by a visit to Bow Habitat Station
29th: Country Drive

"A life without love is like a year without summer."

Swedish Proverb

