

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend Entertainment Payment Required * Outings Special Programs					10:00 Forever Fit (ITR) 1:30 Painting: Using Bubbles (IL) 2:30 Crokinole (IL) 3:30 Friendly Visits	10:30 Armchair Travel - Scotland (CH) 1:30 Floor Curling (MPR)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)	9:30 Shuttle Service 10:00 Sit and Be Fit (ITR) 1:30 Happy Hour: Arnold Palmer* (IL) 2:30 Jeopardy (IL) 3:30 Nails and Chat (IL)	10:00 Tai Chi (ITR) 1:30 Craft: Diamond Art (IL) 3:00 Bingo (IL)	10:00 Fun and Fitness -Topic (ITR) 10:30 Catholic Service (CH) 10:30 Game Time - Jenga (IL) 1:30 Mega Bingo (MDR) 2:00 Optima Living Principal Visits: Resident Town Hall (MDR) 3:00 Afternoon Walk	10:00 Sit and Be Fit (ITR) 10:30 Garden Club 1:30 Concert - Paul Wood (MDR) 3:15 Knitting and Crochet Club (IL)	10:00 Forever Fit (ITR) 1:30 Afternoon Movie: "9 to 5" (ITR) 2:30 Spaz the Cockatoo (IL) 3:30 Friendly Visits	10:30 Ring Toss (MPR) 1:30 Country Kitchen - Chocolate Cookies (MPR)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:30 Anglican Church Online (CH)	9:30 Shuttle Service 10:00 Sit and Be Fit (ITR) 1:30 Hymn Singing & Bible Study (MDR) 1:30 Happy Hour: Rum & Coke * (IL) 2:30 Yahtzee (IL) 3:30 Nails and Chat (IL)	10:00 Chair Yoga (ITR) 11:00 Health and Wellness Meeting (CH) 1:30 Pool/Shuffleboard/Table Tennis (MPR) 2:00 St. Mary's Catholic Mass (CH) 3:00 Bingo (IL)	10:00 Fun and Fitness - Topic (ITR) 10:30 Game Time - Skip Bo (IL) 1:30 Bus Trip: Disc Golf	10:00 Sit and Be Fit (ITR) 10:30 Walking With Jesus Today - Evangelical Service (CH) 10:30 Garden Club 1:30 Concert - The Plaiders (MDR) 3:15 Knitting and Crochet Club (IL)	10:00 Forever Fit (ITR) 12:30 Chili Cookoff @ Inglewood 1:30 Country Pride Dancers - Dance Along (MDR) 3:30 Friendly Visits	10:30 Armchair Travel - Iran (CH) 1:30 Bean Bag Toss (MPR)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)	9:30 Shuttle Service 10:00 Sit and Be Fit (ITR) 10:00 -2:00 Personal Touch Fashions (DP) 1:30 Happy Hour: Mai Tais* (IL) 2:30 Giant Crossword (IL) 3:30 Nails and Chat (IL)	10:00 Tai Chi (ITR) 10:00 -2:00 Pop Up Shop - Cory's Creations (BIST) 1:00 Food Committee Meeting (CH) 1:30 Craft: Diamond Art (IL) 3:00 Bingo (IL)	10:00 Fun and Fitness -Topic (ITR) 10:30 Catholic Service (CH) 10:30 Game Time - Scrabble (IL) 12:00 BBQ - Island Party (MDR) 1:30 Summer Island Party! (CYRD) 3:00 Afternoon Walk	10:00 Sit and Be Fit (ITR) 10:30 Garden Club 10:30 St. Leonard's Anglican Service (MDR) 1:30 Concert - Visions Country Gospel (MDR) 3:15 Knitting and Crochet Club (IL)	10:00 Forever Fit (ITR) 1:30 Guided Painting (IL) 2:30 Card Game: Sticks (IL) 3:30 Friendly Visits	10:30 Ring Toss (MPR) 12:00 - 2:00 Red Deer Cruise Night (PRK)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:30 Anglican Church Online (CH)	9:30 Shuttle Service 10:00 Sit and Be Fit (ITR) 1:30 Happy Hour: Tequila Sunrise * (IL) 2:00 Educational Coffee and Chat Topic: (DP) 2:30 The Price Is Right (IL) 3:30 Nails and Chat (IL)	10:00 Chair Yoga (ITR) 12:30 Town Hall Meeting (MDR) 1:30 Rock Painting (IL) 3:00 Bingo (IL)	10:00 Fun and Fitness -Topic (ITR) 10:30 Game Time - Skip Bo (IL) 11:30 Bus Trip: McKenzie Trail Picnic 1:30 Mega Bingo (MDR) 3:00 Afternoon Walk	10:00 Sit and Be Fit (ITR) 10:30 Garden Club 1:30 Concert - All Sorts + Birthday Celebration (MDR) 3:15 Knitting and Crochet Club (IL)	10:00 Forever Fit (ITR) 1:30 Crib Tournament (IL) 2:30 New Calendar Delivery 3:30 Friendly Visits	10:30 Armchair Travel - Amalfi Coast (CH) 1:30 Floor Curling (MPR)
9:15 Crossroads Church Online (CH) 11:00 Catholic Mass Online (CH) 1:00 United Church Online (CH)			Independent Lounge (IL) Chapel (CH) Independent Theatre Room (ITR)	Locations Legend Main Dining Room (MDR) Multipurpose Room (MPR) Day Program (DP)	Bistro (BIST) Courtyard (CYRD) Parking Lot (PRK)	Store Hours 12:15-1:00 Mon, Tue, Wed, Fri, Sat