

# August 2024

## Active Living Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:30 Roza's Fit 4 Life <b>1</b> 11:00 Roza's Brain Games 1:00 Roman Catholic Mass "Father Varghese" 2:00 Afternoon Treats & Movie: "Call Of The Wild"	10:30 Roza's Who, What, Where & Discussion <b>2</b> 2:00 Caribbean Party With Singer: Kay DaSilva 6:00 GH Watch Party "2024 Paris Olympics"	1:30 Interdenominational Church Service <b>3</b> 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
11:00 Brenda Coffee & Current Events <b>4</b> 1:30 Haley's Heritage Day "Trivia & Treats" 6:00 Sunday Night Cards Bridge & Cribbage	 <b>5</b>	10:30 The Royal Garden Seated Yoga Class <b>6</b> 11:00 Brenda's Meditation & Breathing Class 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	10:30 Gentle Fitness Class Instructor Brenda <b>7</b> 11:00 Brenda's Brain Games 11:44 Olympic Luncheon 2:00 Life & Times Of Artist "Alex Janvier"	8:00 Wear Yellow Day! <b>8</b> 10:15 Cambridge Daycare Visit! Olympic Games 1:30 Holy Communion 2:00 Royal Garden "Lemonade & Lemon Pie Social"	8:00 Your Wellness Walk <b>9</b> 8:30 SL Staff Training CPR 2:00 What You Don't Know About Hearing Aids! 6:00 GH Watch Party "2024 Paris Olympics"	10:15 Coffee & Tea Social <b>10</b> 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Bridge & Cribbage
11:00 Brenda Coffee & Current Events <b>11</b> 1:30 Haley's Summer Project "Painting & Crafts" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk <b>12</b> 11:00 GH Welcome's Back! "Lyle Ison" GM 12:00 Vendor "G & G Designs" 1:30 Summer Painting Class Instructor Christina	10:30 The Royal Garden Seated Yoga Class <b>13</b> 11:00 International Left Handers Awareness Day 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	10:30 Gentle Fitness Instructor Brenda <b>14</b> 11:00 Train Your Brain 20 Quizzes & Trivia 2:00 PBS Documentary: "Calgary Remembered"	10:30 Roza's Fit 4 Life <b>15</b> 11:00 Roza's Brain Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 "Shades Of Fun" Watermelon Day Party	8:00 Your Wellness Walk <b>16</b> 8:30 SL Staff Training CPR 2:00 Royal Garden Beat the Heat Popsicle Social 6:00 Friday Night Netflix Movie & Popcorn "Elvis"	1:30 Interdenominational Church Service <b>17</b> 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
11:00 Brenda Coffee & Current Events <b>18</b> 2:00 The Royal Garden "Summer Social" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk Indoor Program <b>19</b> 10:30 Keep Fit Class 11:00 Brenda's Brain Games 1:30 Brenda Edmonds Show & "Ice Cream Social"	10:30 The Royal Garden Seated Yoga Class <b>20</b> 11:00 Brenda's Meditation & Breathing Class 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	10:30 Gentle Fitness Instructor Brenda <b>21</b> 11:00 Train Your Brain 20 Quizzes & Trivia 2:00 Royal Garden "Pink & Purple Patio Social"	10:30 Gentle Fitness Instructor Brenda <b>22</b> 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Monthly Birthday Party "Music By Harold"	10:30 Roza's Who, What, Where & Discussion <b>23</b> 2:00 The Royal Garden Social & Ice Cream Sandwiches 6:00 Movie Comedy: "Kindergarten Cop"	10:15 Coffee & Tea Social <b>24</b> 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Bridge & Cribbage
11:00 Brenda Coffee & Current Events <b>25</b> 1:30 Brenda Edmonds Show Guest: "Haley" 6:00 Sunday Night Cards Bridge & Cribbage	9:00 Your Wellness Walk <b>26</b> 10:30 Keep Fit Class 11:00 Roza's Bake Sale 11:00 Brenda's Brain Games 2:00 End Of Summer Party Royal "Beer" Garden	10:00 Memorial Service "Rev. Danielle Key" <b>27</b> 11:00 Coffee & Cake Social "Rev. Danielle Key" 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	10:30 Gentle Fitness Class <b>28</b> 11:00 Brain Games 11:45 End Of Summer BBQ Hot Dogs & Hamburgers 2:00 Garneau Hall "Wheel Of Fortune" Host Eric	9:00 EPL Book Exchange <b>29</b> 10:30 Roza's Fit 4 Life 11:00 Roza's Brain Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Travelogue "Hawaii"	10:30 Roza's Quizzes & Brain Quest <b>30</b> 2:00 Susie Q Sing Along-Sweet Memories 6:00 Friday Movie Mystery: "Crooked House"	1:30 Interdenominational Church Service <b>31</b> 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage