

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Locations Legend</div> <div>Great Room (GR) Theatre (TH) Activity Room (AR) Art Room (ART) Games Room (GAMR) Front Desk (FD) Resident Led Activity (*) (\$) denotes payment required activity</div> <div>Pavilion Rooftop Patio (PATI) Tower Courtyard (COUR) Courtyard Café (CAFE) Parking Lot (PL)</div>		<div>HELLO August</div> 			<div>10:00 Chair Yoga with Kathy (AR) 10:45 Who or What Am I? Trivia (GR) 1:30 Horse Racing (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: Parenthood (TH)</div>	<div>10:00 Balls & Bands (AR) 10:45 Fit Minds (AR) 2:00 Balloon Ping Pong (AR) 3:00 Target Practice (GR) 7:00 MOVIE: The Birdcage (TH)</div>
<div>9:30 United Church Service Video (TH) 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: Love, Guaranteed (TH) 3:00 Board Games* (GR) 7:00 NEW SERIES: Star Trek - The Next Generation (TH)</div>	<div>10:00 Gentle Fit & Stretch (AR) 10:45 August Trivia (GR) 1:30 Horse Racing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Tales by Light - S1 "Submerged" & "Himalaya" (TH)</div> <div>BC Day</div>	<div>10:00 Chair Pilates Exercise with Jenn (AR) 10:45 A Picture is Worth a 1000 Words (GR) 2:00 Wine & Cheese Social ft Byron Woods (GR) 3:00 ART: Colouring & Conversation (GR) 6:30 Card Game Night* (GR)</div>	<div>9:00 Rides to Medical Appointments 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 1:00 BUS: Shopping at Tillicum Mall (AR) 2:00 Bingo (GR) 3:00 History Presentation with Eric: Canadian History Series (TH) 7:00 MOVIE: Conclave (TH)</div>	<div>10:00 Exercise (AR) 10:45 Wooden Games: Crokinole & Connect 4 (GR) 2:30 Happy Hour ft Whisky Jack (GR) 3:30 Pool Game* (GAMR) 7:00 SERIES: Sullivan's Crossing (TH)</div>	<div>10:00 Chair Yoga with Kathy (AR) 10:45 Trivia (GR) 1:00 Crib Tournament* (GR) 2:00 ART: Peacock Collage (ART) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: Parenthood (TH)</div>	<div>10:00 Exercise - led by resident Joyce* (AR) 1:00 BUS: Scenic Drive North Saanich & Deep Cove (AR) 2:00 Come to the GR and share your favourite Book with other residents* (GR) 7:00 WRITER BIOGRAPHY MOVIE: Joan Didion The Centre Will Not Hold (TH)</div> <div>National Book Lovers Day</div>
<div>9:30 United Church Service Video (TH) 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: Finding Neverland (TH) 3:00 Board Games* (GR) 7:00 NEW SERIES: Star Trek - The Next Generation (TH)</div>	<div>10:00 Chair Tai Chi with Brenda (AR) 10:45 Matching Cards Memory Game* (GR) 1:00 - 3:00pm Art Exploration with Cynthia (ART) 2:30 Bingo - resident led by Bruce* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Tales by Light - S1 "Adrenaline" & "Wild" (TH)</div>	<div>10:00 Chair Pilates Exercise with Jenn (AR) 10:45 You be the Judge (GR) 1:30 Horse Racing (GR) 3:00 Summer Sing-a-long with Brandy Moore (GR) 6:30 Card Game Night* (GR)</div>	<div>9:00 Rides to Medical Appointments 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 1:00 BUS: Shopping at Hillside Mall/Walmart (AR) 2:00 Bingo (GR) 3:00 Fudgsicles in the Courtyard Patio (COUR) 7:00 MOVIE: 50 to 1 (TH)</div>	<div>8:00 Hearing Aid Cleaning Pick Up (FD) 10:00 Exercise (AR) 10:45 Word Games (AR) 1:30 Food Meeting with Kevin (CAFE) 2:30 Happy Hour ft Sean McCool (GR) 3:30 Shuffleboard* (GAMR) 7:00 SERIES: Sullivan's Crossing (TH)</div>	<div>10:00 Chair Yoga with Kathy (AR) 10:45 ART: Colouring for Fun! (GR) 2:00 CNIB Harmony Choir (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: Parenthood (TH)</div> <div>National Colouring Day</div>	<div>10:00 Balls & Bands (AR) 10:45 Elvis Trivia (GR) 2:00 Making Music with Hand Drums & Percussion to Elvis's Music!! (AR) 3:00 CRAFTS: Macramé Hanger (ART) 7:00 BIOGRAPHY MOVIE: Elvis Presley: From the beginning to the end (TH)</div> <div>Elvis Presley Day</div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 United Church Service Video (TH) 17 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: Love Again (TH) 3:00 Board Games* (GR) 7:00 NEW SERIES: Star Trek - The Next Generation (TH)	10:00 Gentle Fit & Stretch (AR) 18 10:45 Trivia (GR) 1:30 Horse Racing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Tales by Light - S1 "Panorama" & "Tribes" (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 19 10:45 Yahtzee Game! (GR) 1:45 Town Hall Meeting (GR) 2:45 P.A.T.S. Dog Visit (GR) 3:00 Ross Place Residents Fun Photo Booth (GAMR) 6:30 Card Game Night* (GR) World Photo Day	9:00 Rides for Medical Appointments (FD) 20 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 1:00 BUS: Shopping in Oak Bay Village (AR) 1:30 Dr. Govender Talk: Sleep Quality with Aging (TH) 2:00 Bingo (GR) 3:15 Summer Conversation Social with Gin & Tonics (PATI) 7:00 MOVIE: Mama Mia! Here We Go Again (TH)	10:00 Exercise (AR) 21 10:45 Game of Things (GR) 2:30 Hawaiian Happy Hour ft Joyz & the Boy (GR) 3:30 Pool Game* (GAMR) 7:00 SERIES: Sullivan's Crossing - last episode (TH) World Senior Citizens Day	10:00 Chair Yoga with Kathy (AR) 22 10:45 Who or What Am I? Trivia (GR) 1:00 Crib Tournament* (GR) 2:00 ART: Intro to Watercolours with resident, Karen (ART) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: Parenthood (TH)	10:00 Drumfit Exercise (AR) 23 10:45 Fit Minds (AR) 2:00 Wooden Games: Crokinole & Connect 4 (GR) 3:00 ART: Paint & Wine (ART) 7:00 MOVIE: Titanic (TH)
9:30 United Church Service Video (TH) 24 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: You Gotta Believe (TH) 3:00 Board Games* (GR) 7:00 NEW SERIES: Star Trek - The Next Generation (TH)	10:00 Chair Tai Chi with Brenda (AR) 25 10:45 Trivia (GR) 1:00 - 3:00pm Art Exploration with Cynthia (ART) 1:30 Horse Racing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY SERIES: Tales by Light - S2 "Sacred Nature Part 1 & 2" (TH)	10:00 Chair Pilates Exercise with Jenn (AR) 26 10:45 Show & Share (GR) 2:00 August Birthday Social ft the Cabaret Couple (GR) 6:30 Card Game Night* (GR)	9:00 Rides to Medical Appointments 27 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Jeopardy Trivia (GR) 1:00 BUS: Shopping in Sidney (AR) 2:00 Bingo (GR) 7:00 MOVIE: Kate & Leopold (TH)	10:00 Exercise (AR) 28 1:30 - 3:30pm Summer Carnival with Seabreeze (PL) 3:30 Shuffleboard* (GAMR) 7:00 NEW SERIES: Sweet Magnolias (TH)	10:00 Chair Yoga with Kathy (AR) 29 10:45 Trivia (GR) 1:30 Horse Racing (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: Parenthood (TH)	10:00 Balls & Bands (AR) 30 10:45 Fit Minds (AR) 1:00 BUS: Sip & Stroll - Willows Beach & Tea Room (\$) (AR) 2:00 Patio Games & Popsicles (PATI) 3:00 Target Practice (GR) 7:00 MOVIE: The Love Punch (TH) National Beach Day
9:30 United Church Service Video (TH) 31 10:00 Crosswords & Activity Sheets* (GR) 2:00 MATINEE: June Again (TH) 3:00 Board Games* (GR) 7:00 NEW SERIES: Star Trek - The Next Generation (TH)				<div>TUCK SHOP</div> <div>Monday, Wednesday & Friday</div> <div>2:00pm - 3:00pm</div> <div>BINGO 25 cents per card</div> <div>HORSE RACING 10 cents per race</div> <div>HAPPY HOUR \$2 per drink donation</div>		