


AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	2 10:00 Friendship Time 1:30 Rock Painting 3:00 Lawn Darts 7:00 Bingo	3 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	4 9:30 Picnic at Blackie Spit Park 1:30 Noodle Hockey 2:30 Happy Hour	5 Massage 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
6 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	7 BC DAY 	8 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	9 10:00 Mental Aerobics 11:00 Sandbag Toss 1:00 Ring Toss 2:30 Birthday Party with Barry Powel 7:00 Bingo	10 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	11 9:30 Picnic at Derby Reach Park 10:30 Communion 1:30 Noodle Hockey 2:30 Happy Hour	12 Massage 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
13 10:15 Sandbag Toss 1:30 Mental Aerobics 2:30 Church	14 10:00 Sandbag Toss 10:45 Mental Aerobics 1:30 Lawn Darts 3:15 Rumour Has It	15 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	16 9:00 Hearing Aid Clinic 1:30 Resonate with Joy 2:30 Coffee Klatch 7:00 Bingo	17 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	18 9:30 Picnic at Fleetwood Park 1:30 Noodle Hockey 2:30 Happy Hour	19 Massage 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
20 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	21 10:00 Bowling at Scottsdale Lanes 2:00 Video Memories 3:30 Rumour Has It	22 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	23 10:00 Health Corner with Brigita 1:30 NETFLIX Movie 3:30 Sandbag Toss 7:00 Bingo	24 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi	25 10:00 Mental Aerobics 1:30 Noodle Hockey 2:30 Happy Hour with Carl	26 Massage 10:15 Exercise 11:00 Carpet Bowling 2:00 Left Right Center 7:00 Bingo
27 10:15 Sandbag Toss 1:00 Communion 1:30 Mental Aerobics 2:30 Church	28 10:45 Lunch at Country Meadows 1:30 Video Memories 3:15 Rumour Has It	29 10:15 Exercise 11:00 Carpet Bowling 1:30 Walk & Roll 3:00 Readings	30 11:15 C-Lovers in Langley 2:00 Lawn Darts 3:00 Ice Cream Sundaes 7:00 Bingo	31 10:15 Exercise 11:00 Carpet Bowling 1:30 Reno Keno 2:30 Tai Chi		
