

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign Up Events Aug 8 - Trip to Cochrane/MacKay's Ice Cream Aug 22 - Trip to Banff/Whyte & Historical Museums August 28 - International Tasting/Chile			Locations Legend Lobby Lounge (LL) Studio (S) Nest Bistro (NB) Marda Theater (M) 5th Floor (5F) cSPACE (CS) Fitness Center (FC) Outing (O)		International Beer Day 11:00 Balance & Strength (S) 11:30 Stretch & Relaxation (S) 1:30 Bridge Club (NB) 4:00 Mixology (LL) 7:00 Movie - The Face of Love (M)	10:00 Farmer's Market at cSPACE (CS) 1:30 Majong (LL) 2:00 Cribbage (NB) 3:00 Billiards (5F)
9:30 Virtual Church (M) 2:00 Card Games (NB) 4:00 Happy Hour (LL)	Civic Holiday 2:00 Cribbage (NB) 3:00 Billiards (5F) 4:00 Happy Hour (LL) 7:00 Movie - The Trip to Greece (M)	11:00 Gentle Fitness & Mobility (S) 11:30 Stretch & Relaxation (S) 1:30 Mahjong (LL) 3:00 Food & Beverage Meeting (M) 4:00 Happy Hour (LL) 7:00 Documentary - Luci & Desi (M)	11:00 Seated Ballet Class w/Paul Chambers (S) 2:00 Cribbage (NB) 4:00 Happy Hour (LL) 6:30 Whist (LL)	Hair Salon 11:00 Chair Yoga (S) 1:30 Meditation Class (S) 2:00 Virtual Travel - Cyprus (M) 4:00 Happy Hour (LL) 7:00 Brent McAthey Performance (LL)	10:00 Personal Training w/Deanna (FC) 11:00 Balance & Strength (S) 11:30 Stretch & Relaxation (S) 1:30 Bridge Club (NB) 1:30 MacKay's Ice Cream - Cochrane (O) 4:00 Mixology (LL) 7:00 Movie - On Golden Pond (M)	10:00 Farmer's Market at cSPACE (CS) 1:30 Majong (LL) 2:00 Cribbage (NB) 3:00 Billiards (5F)
9:30 Virtual Church (M) 2:00 Card Games (NB) 4:00 Happy Hour (LL)	2:00 Cribbage (NB) 3:00 Billiards (5F) 4:00 Happy Hour (LL) 7:00 Movie - Can You Keep a Secret (M)	11:00 Gentle Fitness & Mobility (S) 11:30 Stretch & Relaxation (S) 1:30 Mahjong (LL) 4:00 Happy Hour (LL) 7:00 Documentary - Leonardo - The Man Who Saved Science (M)	10:00 Coffee & Chat w/Catherine (NB) 2:00 Cribbage (NB) 4:00 Happy Hour (LL) 6:30 Whist (LL)	Hair Salon 11:00 Chair Yoga (S) 2:00 Fire Information Session for Residents (M) 4:00 Happy Hour (LL)	1:30 Bridge Club (NB) 4:00 Mixology (LL) 7:00 Movie - Untamed Heart (M)	10:00 Farmer's Market at cSPACE (CS) 1:30 Majong (LL) 2:00 Cribbage (NB) 3:00 Billiards (5F)
9:30 Virtual Church (M) 2:00 Card Games (NB) 4:00 Happy Hour (LL)	11:00 Weight Training (S) 11:30 Stretch and Relaxation (S) 2:00 Cribbage (NB) 3:00 Billiards (5F) 4:00 Happy Hour (LL) 7:00 Movie - Fiddler on the Roof (M)	10:00 Resident Council Meeting (M) 11:00 Gentle Fitness & Mobility (S) 11:30 Stretch & Relaxation (S) 1:30 Mahjong (LL) 4:00 Happy Hour (LL) 7:00 Documentary - Sunday Best (M)	11:00 Theraband Training (S) 11:30 Stretch & Relaxation (S) 2:00 Cribbage (NB) 4:00 Happy Hour (LL) 6:30 Whist (LL)	Hair Salon 11:00 Chair Yoga (S) 1:30 Meditation Class (S) 2:00 Virtual Travel - Germany (M) 4:00 Happy Hour (LL) 7:00 Quora Strings (LL)	10:00 Trip to Banff Whyte Museum (\$12.50) and National/Banff Park Museum National Historic Site (Free) (O) 1:30 Bridge Club (NB) 4:00 Mixology (LL) 7:00 Movie - Bella (M)	10:00 Farmer's Market at cSPACE (CS) 1:30 Majong (LL) 2:00 Cribbage (NB) 3:00 Billiards (5F)
9:30 Virtual Church (M) 2:00 Card Games (NB) 4:00 Happy Hour (LL)	11:00 Weight Training (S) 11:30 Stretch and Relaxation (S) 2:00 Cribbage (NB) 3:00 Billiards (5F) 4:00 Happy Hour (LL) 4:00 Book Club & Wine (NB) 7:00 Movie - Yentl (M)	11:00 Gentle Fitness & Mobility (S) 11:30 Stretch & Relaxation (S) 1:30 Mahjong (LL) 3:00 Birthday Celebration (NB) 4:00 Happy Hour (LL) 7:00 Documentary - Shark Whisperer (M)	11:00 Theraband Training (S) 11:30 Stretch & Relaxation (S) 2:00 Cribbage (NB) 2:00 Resident Meeting (M) 4:00 Happy Hour (LL) 6:30 Whist (LL)	Hair Salon 11:00 Gentle Fitness & Mobility (S) 12:30 Travel Presentation - Chile (M) 1:00 International Tasting (LL) 4:00 Happy Hour (LL) 7:00 Keltewe - Music from the Andes (LL)	10:00 Personal Training w/Deanna (FC) 11:00 Balance & Strength (S) 11:30 Stretch & Relaxation (S) 1:30 Bridge Club (NB) 4:00 Mixology (LL) 7:00 Movie - Hairspray (M)	10:00 Farmer's Market at cSPACE (CS) 1:30 Majong (LL) 2:00 Cribbage (NB) 3:00 Billiards (5F)
9:30 Virtual Church (M) 2:00 Card Games (NB) 4:00 Happy Hour (LL)						