

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Estate Lounge (EL) Estate (Est) Community (Com) Main Courtyard (MC) Estate Courtyard (EC) Out Of Town (OUT) Estate Dining Room (EDR)	<u>Calendar Legend</u> All Day <i>Sign-up</i> Entertainment Payment Required * <u>Outings</u> Special Programs Family Events Meetings		Happy Canada Day (Est) 1 2:00 Crib Club (EL) 4:00 Mix & Mingle (Est)	9:30 What's Up in Recreation (EL) 2 11:00 Tuck Shop (Est) 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	Calgary Stampede Begins 3 9:00 Calgary Stampede Parade Watch Party (EL) 2:00 "Howdy" Happy Hour* (Est) 4:00 Friendship Hour (Est)	10:30 Walking Club (Est) 4 2:00 Residents Choice Games (Est) 5:00 On Point - A Dart Challenge (EL)
"Make Sunday Meaningful- Take a moment to call or visit your family today" (Est) 5 9:30 All-Saints Lutheran Church Service-Live Stream (EL) 5:30 Crib Club (EL) 6:30 Movie Night (EL)	9:30 Western Sit & Be Fit (EL) 6 <u>9:45 Walmart Shopping Trip (Com)</u> 10:30 Name that Country Tune (EL) 1:30 Saddle up for Kitty Snuggles (EL) 4:00 Friendship Hour (Est)	9:30 Saddle up for Scrabble (EL) 7 2:00 Country Music Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Boot Scootin' Band Workout (EL) 8 2:00 Wild West Cribbage (EL) 4:00 Mix & Mingle (Est)	8:00 Stampede Breakfast for Residents, Families & Friends! (MC) 9 2:00 Wild West Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Silver Spurs Chair Yoga with our Cowgirl Tracy (EL) 10 <u>9:45 Southcentre Shopping Trip (Com)</u> 2:00 Western Wine & Dine* (EL) 4:00 Friendship Hour (Est)	10:30 Walking Club (Est) 11 2:00 Residents Choice Games (Est) 5:00 On Point - A Dart Challenge (EL)
"Make Sunday Meaningful- Take a moment to call or visit your family today" (Est) 12 Final Day of the Calgary Stampede 9:30 All-Saints Lutheran Church Service-Live Stream (EL) 5:30 Crib Club (EL) 6:30 Movie Night (EL)	9:30 Sit & Be Fit (EL) 13 10:30 Alzheimer's Society Presentation (EL) 2:00 Corn Hole Tournament (EC) 4:00 Friendship Hour (Est)	9:30 Yahtzee (EL) 14 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Band Exercise (EL) 15 10:30 Hands on Healing with "Debbie" (EL) 2:00 Cribbage (EL) 4:00 Mix & Mingle (Est)	9:30 Flower Pot Painting with Oaks & Acorns (EL) 16 10:30 Food Services Meeting (EL) 11:00 Tuck Shop (Est) 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Chair Yoga (EL) 17 <u>9:45 SouthCentre Shopping Trip (Com)</u> 1:30 Ice Cream Delights-Ice Cream Truck (EC) 4:00 Friendship Hour (Est)	10:30 Walking Club (Est) 18 2:00 Residents Choice Games (Est) 5:00 On Point - A Dart Challenge (EL)
"Make Sunday Meaningful- Take a moment to call or visit your family today" (Est) 19 9:30 All-Saints Lutheran Church Service-Live Stream (EL) 5:30 Crib Club (EL) 6:30 Movie Night (EL)	9:30 Sit & Be Fit (EL) 20 10:30 Philosophical Pondering Circle (MC) 2:00 Liquor, Luau, and Laughter* (EC) 4:00 Friendship Hour (Est)	9:30 Summer Jeopardy (EL) 21 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Exercise (EL) 22 <u>9:45 Walmart Shopping Trip (Com)</u> <u>11:30 Men's Lunch Outing- Residents Choice! (Com)</u> 2:00 Cribbage (EL) 4:00 Mix & Mingle (Est)	9:30 Tile Rummy (EL) 23 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	<u>9:00 William Watson Lodge Kananaskis (OUT)</u> 24 4:00 Friendship Hour (Est)	10:30 Walking Club (Est) 25 2:00 Residents Choice Games (Est) 5:00 On Point - A Dart Challenge (EL)
"Make Sunday Meaningful- Take a moment to call or visit your family today" (Est) 26 9:30 All-Saints Lutheran Church Service-Live Stream (EL) 5:30 Crib Club (EL) 6:30 Movie Night (EL)	9:30 Sit & Be Fit (EL) 27 <u>9:45 Walmart Shopping Trip (Com)</u> 2:00 Birthday Social (EDR) 4:00 Friendship Hour (Est)	9:30 Animal Word Games (EL) 28 2:00 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Band Exercise (EL) 29 <u>11:30 Ladies Lunch Outing-Residents Choice! (Com)</u> 2:00 Hand Massage & Nail Care (EL) 4:00 Mix & Mingle (Est)	10:00 Story Time (MC) 30 11:00 Tuck Shop (Est) 2:00 Resident Council (EDR) 2:30 Bingo (EL) 4:00 Pre-Dinner Stroll (Est) 5:00 Golden Conversations (Est)	9:30 Chair Yoga (EL) 31 <u>11:00 Bragg Creek Weiner Roast (OUT)</u> 4:00 Friendship Hour (Est)	