

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Legend:</b> AR – Activity Room BR – Bistro CH – Chapel CK – Country Kitchen CY - Courtyard DR – Dining Room HC – Holy Cross Manor LB – Lobby SMM – St. Marguerite Manor	<b>1</b> 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:30pm Bible Study with Bea (CH)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>2</b> 10:00am Exercise class #1 (AR) 10:30am Bus sign up (Victoria's desk) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)	<b>3</b> 8:00am Hot Breakfast (DR) 10:00am Walking club with Devon (LB) 3:00pm Bus outing to Country Hills Movie Theatre for Elvis & dinner at Applebee's (LB)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>4</b> 10:00am Exercise class #1 (AR) 11:00am Catholic Mass (SMM) 1:20pm Exercise class #2 (AR) 2:30pm Coffee & Good News (CH) 6:15pm Interdenominational Service with De-Anne (CH)	<b>5</b> 10:30am Rosary Group (CH) 1:30pm Bus outing to North Hill Mall (LB) 3:00pm Happy Hour & Karaoke with Devon (DR)	<b>6</b> 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)	
<b>7</b> 1:30pm Symons Valley Church Service (SMM) 2:15pm Symons Valley Church Service (HC)	<b>8</b> 10:00am Walking club with Elisa (AR) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>9</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)	<b>10</b> 8:00am Hot Breakfast (DR) 10:00am Walking club with Victoria (LB) 2:00pm Summit Games & Courtyard Open House (CY)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>11</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:00pm Going away for Elisa (DR) 6:15pm Interdenominational Service with De-Anne (CH)	<b>12</b> 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Bus outing to Sage Hill Walmart & Dollarama (LB) 3:00pm Happy Hour with Roli Mack (DR)	<b>13</b> 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)	
<b>14</b> 1:30pm Symons Valley Church Service (SMM) 2:15pm Symons Valley Church Service (HC)	<b>15</b> 10:00am Walking club with Devon (AR) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:30pm Bible Study with Bea (CH)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>16</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)	<b>17</b> 8:00am Hot Breakfast (DR) 8:00am-4:00pm Wellness Wednesday with Devon (sign up at concierge) 9:00am Bus outing to William Watson lodge for lunch (LB)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>18</b> 11:00am Catholic Mass (SMM) 1:45pm Monthly Resident General Meeting (DR)  <u>Cancelled</u> 10:00am Exercise classes (AR) 6:15pm Interdenominational Service with De-Anne (CH)	<b>19</b> 10:30am Rosary Group (CH) 3:00pm Happy Hour & Karaoke with Devon (DR)	<b>20</b> 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)	
<b>21</b> 1:30pm Symons Valley Church Service (SMM) 2:15pm Symons Valley Church Service (HC)	<b>22</b> 10:00am Walking club with Devon (LB) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>23</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)	<b>24</b> 8:00am Hot Breakfast (DR) 10:00am Walking club with Victoria (LB) 2:00pm Financial fraud prevention and privacy protection with RBC Financial (DR)  <u>Cancelled</u> 10:00am Chair Yoga with Melissa class #1 (AR)	<b>25</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Presentation with Devon (DR)  <u>Cancelled</u> 10:00am Exercise classes (AR) 6:15pm Interdenominational Service with De-Anne (CH)	<b>26</b> 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Bus outing to Country Hills Michael's & Superstore (LB) 3:00pm Happy Hour with Paul Wood (DR)	<b>27</b> 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)	
<b>28</b> 1:30pm Symons Valley Church Service (SMM) 2:15pm Symons Valley Church Service (HC)	<b>29</b> 10:00am Chair Yoga with Melissa class #1 (AR) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)	<b>30</b> 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)	<b>31</b> 8:00am Hot Breakfast (DR) 10:00am – 1:00pm Bus outing to Cross Iron Mills & Casino (LB) 10:00am Chair Yoga with Melissa class #1 (AR)	<h1>August 2022</h1>			

Please watch for posters for updates to calendar as Covid-19 risk is assessed.