

		Tuesday 1 9:30 Exercise Video: (AR) Sit and Fit 2:30 Veteran's Gathering (L)   Canada Day Celebration! Music with "Whiskey Jack" at 3:00 pm on the Patio 6:00 Canada Documetary: (L) "Geography, History & Attractions" Canada Day	Wednesday 2 9:30 Exercise Video: (AR) Chair Yoga 10:00 Morning Coffee & Chat (L) 1:00 Scrabble (AR)	Thursday 3 9:30 Exercise Video: (AR) Full Body Stretch  Shopping trip to Hillside Mall 1:00pm -3:30pm Meet at 12:45pm at the Front Desk 6:30 Dessert and Documentary: (L) "Meet the Stans: Uzbekistan & Tajikistan"	Friday 4 9:30 Exercise Video: (AR) Zumba (AR) 2:00 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 5 9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) "Life in a day" 7:00 Popcorn & Movie: (L) "Forrest Gump"
Sunday 6 9:30 Exercise Video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "The Best Exotic Marigold Hotel"	Monday 7 9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 10:30 Resident Council Meeting (AR) 1:00 Scrabble (AR)	Tuesday 8 9:30 Exercise Video with Quinn (AR) Sit & Fit 2:30 Veteran's Gathering (L) 3:30 Trivia (P) 6:00 Canada Documentary: (L) "Waterlife"	Wednesday 9 9:30 Exercise Video with Quinn (AR) Weight Training 10:00 Morning Coffee & Chat (L) 1:00 Cribbage (AR) 3:00 Putt and Play (AR)	Thursday 10 9:30 Exercise Video with Quinn (AR) Improve Mobility  Wallace Driving School Seminar at 2:00pm in the Activities Room  6:30 Dessert & Documentary: (L) "Meet the Stans: Kazastan & Kyrgyzstan"	Friday 11 9:30 Exercise Video: (AR) Disco Music Workout 10:15 Nails & Spa by Bushra (AR) 2:00 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 12 9:30 Exercise Video: (AR) Sit and Fit 1:30 National Geographic: (L) "Inside North Korea" 7:00 Popcorn & Movie: (L) "About Schmidt"
Sunday 13 9:30 Exercise video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "CarPool"	Monday 14 9:30 Exercise video (AR) Full Body stretch 10:00 Morning Coffee & Chat (L)  Meet the "Cycle of Life" Riders at 1:45pm at the Front Entrance  Hearing Aid Seminar & Clinic with Ajit at 2:00 pm in the Activity Room	Tuesday 15 9:30 Exercise with Sarah: (AR) Sit & Fit  Spinathon Fundraiser for Victoria Hospice "Cycle of Life" 10:30am-12noon in the Activities Room 1:30 Resident General Meeting (AR) 2:30 Veteran's Gathering (L) 6:00 Canada Documentary: (L) "The Great Bear Rainforest"	Wednesday 16 9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & Chat (L)  Wills & Estate Planning with Marigold Law at 2:00pm in the Activity Room	Thursday 17 9:30 Exercise with Sarah: (AR) Improve Mobility   "Ice Cream Bar" Fundraiser for Victoria Hospice "Cycle of Life" at 2:00pm on the Patio 6:30 Dessert & Documentary: (L) "Holyland: Start up Nations"	Friday 18 9:30 Exercise video: (AR) Zumba 2:00 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 19 9:30 Exercise Video: (AR) Sit & Fit 1:30 Rick Steve's Europe: (L) "Istanbul" 7:00 Popcorn & Movie: (L) "The Intern"
Sunday 20 9:30 Exercise video: (AR) Chair Yoga 1:00 Afternoon Movie: (L) "Made in America"  Outing to "Cycle of Life" Ride Finish Line at Spectrum School 1:00pm - 4:00pm 	Monday 21 9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 1:00 Cribbage (AR)	Tuesday 22 9:30 Exercise with Sarah: (AR) Sit & Fit 2:30 Veteran's Gathering (L) 3:30 Jeopardy (AR) 6:00 Canada Documentary: (L) "The National Parks Project"	Wednesday 23 9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & chat (L)  Walking Trip Outing to Finnerty Garden 1:00- 3:30pm 	Thursday 24 9:30 Exercise with Sarah: (MR) Improve Mobility  Resident Birthday Tea & Musical Performance at 3:00pm in the Dining Room 6:30 Dessert & Documentary: (L) "Shenzhen: The Silicon Valley of Hardware"	Friday 25 9:30 Exercise Video: (AR) Disco Music Workout 10:15 Nails & Spa by Bushra (AR) 2:00 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Saturday 26 9:30 Exercise Video: (AR) Sit & Fit 1:30 Rick Steve's Europe: (L) "Cruising the Med" 7:00 Popcorn & Movie: (L) "Me Before You"
Sunday 27 9:30 Exercise Video : Chair Yoga (AR) 1:00 Afternoon Movie: (L) "Angels in the Outfield"  Gardeners at Work Meet at 2:00pm on the Patio 	Monday 28 9:30 Exercise Video: (AR) Full Body Stretch 10:00 Morning Coffee & Chat (L) 1:00 Bridge (AR)  Ice Cream Social at 2:00pm on the Patio 	Tuesday 29 9:30 Exercise with Sarah: (AR) Sit & fit  Casual Chic Couture: Pop Up Shop with Emily 11:00am - 2:00 pm in the Activities Room 2:30 Veteran's Gathering (L)	Wednesday 30 9:30 Exercise with Sarah: (AR) Weight Training 10:00 Morning Coffee & chat (L)	Thursday 31 9:30 Exercise with Sarah: (MR) Improve Mobility 6:30 Dessert & Documentary: (L) TBD	Sign Up Sheets You will see a star beside the activity or outing on this calendar if <u>sign-up is required</u> . Activities binder is located by Village elevator. 	Location key AR- Activity Room L- Lounge DR- Dining Room P-Patio FD- Front Desk