

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2017</b> Kindness is not an act. It's a lifestyle		<b>1</b> 9:30 Baking in A/L 10:30 Coffee Chat 2:00 Floor Curling	<b>2</b> 10:30 Jeopardy 2:00 Bocce	<b>3</b> 10:30 Sit and Dance 2:00 Sundaes	<b>4</b> 10:00 Beach Ball Toss Chair fit 2:00 Bingo	<b>5</b>
<b>6</b>	<b>7</b> 10:30 Coffee Chat 2:00 B.C. Day Party	<b>8</b> 10:00 Yoga with Jane 2:00 Bowling	<b>9</b> 10:30 Roger Creek Family Picnic in the Park Happy Birthday Janet	<b>10</b> 10:30 Sit and Dance 2:00 Darren Geddes Performance	<b>11</b> 10:00 Frog Toss Chair Fit 2:00 Bingo	<b>12</b>
<b>13</b>	<b>14</b> 10:30 Chair Fit 1:30 Bingo Bonanza at Echo Village	<b>15</b> 9:30 Baking in A/L 10:30 Coffee Chat 2:00 Lemon Party	<b>16</b> 10:30 Puzzle Time 11:00 Lunch Out to Qualicum 2:00 Nerf Gun Target Shoot	<b>17</b> 10:30 News and Views 2:00 Bingo	<b>18</b> 10:00 Reach for the Sun Beach Ball Toss 1:30 Hank Mallon	<b>19</b>
<b>20</b>	<b>21</b> 10:00 Chair Fit 11:15 Picnic with Heritage Place 2:00 Crafts	<b>22</b> 9:30 Baking in A/L 10:30 Coffee Chat 2:00 Baggo	<b>23</b> 10:00 Yoga with Jane 6:00 Harbor Quay Trip with Heritage Place	<b>24</b> 10:30 Notre Dame Church 1:30 Rio Samaya Around the World	<b>25</b> 10:00 Frog Toss Chair Fit 2:30 Variety Games at Heritage Place	<b>26</b>
<b>27</b>	<b>28</b> 10:30 Chair Fit 12:45 Harbor Quay with Heritage Place	<b>29</b> 9:30 Baking in A/L 10:30 Coffee Chat 2:00 Lawn Darts Happy Birthday Helen	<b>30</b> 10:30 Jeopardy 2:00 Darren Geddes	<b>31</b> 10:30 Sit and Dance 2:00 Crafts Happy Birthday Stewart	<ul style="list-style-type: none"> <li>The bus trips on the calendar that are with Heritage Place have very limited seating. So we try to rotate which residents can attend these outings. Please be respectful</li> </ul>	