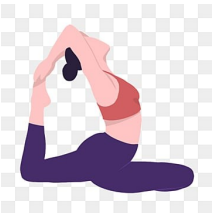
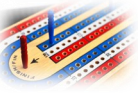


August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED TODAY FOR HERITAGE DAY!	4 8:30 Nature Walks 10:00 New Comers M & G 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:45 Canasta/ H & F 1:00 Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	5 8:15 Bike & Coffee 9:00 MANICURES (Craft Room) 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 How to Use Watercolor Pencils (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH)	6 9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 11:30 Emergency Preparedness Info (Flex Room) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 1:30 Paint Afternoon with Kendra (Flex Room) 	7 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge *No Keep Moving Fall Prevention Class Today!
10 9:00 Hello Monday (Flex R) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR) 	11 8:30 Nature Walks 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:45 Canasta/ H & F 1:00 Scrabble (Craft Room) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	12 8:15 Bike & Coffee 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 How to Use Watercolor Pencils (Craft) 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH) 	13 9:00 Card Crafters 9:00 Intermediate Line Dance 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving (Craft) 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 	14 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge 
17 9:00 Hello Monday 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:00 Gentle Yoga (WCR) 	18 9:00 Whoop-Up Days Parade (Come Cheer Us on!) 10:00 Golf at Evergreen (NB members only) 10:00 New Comers M & G 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:45 Canasta/ H & F 1:00 Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park) 	19 8:00 Whoop- Up Days Toonie Pancake Breakfast (Multi-Purpose Hall) 8:15 Bike & Coffee 9:00 MANICURES (CR) 9:00 Handy Crafters (Flex) 9:00 Gentle Yoga (WCR) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 How to Use Watercolor Pencils (Craft) 1:00 Euchre 1:00 Bid Euchre 7:00 Table Tennis (MPH) *No Cardio Drumming or Darts TODAY due to Pancake Breakfast	20 9:00 Card Crafters 9:00 Intermediate Line Dance (MPH) 9:30 Tech Help (Hallway) 10:00 Golf at Evergreen (NB members only) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge (Annex) 	21 9:00 CRA/Service Canada Visits (Tax Office) 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Gentle Yoga 9:00 Handy Crafters 10:30 Chair Yoga (MPH) 10:30 Chair Yoga (WCR) 1:00 In- House Bingo (MPH) 1:00 Watercolor Club (Flex Room) 1:00 Cribbage (WCR) 1:00 Contract Bridge 
24 & 31 9:00 Hello Monday (Flex Room) 9:00 Gentle Yoga (WCR) 10:00 Improver Line Dance 10:30 Chair Yoga (WCR) 10:30 Monday Morning Check In 1:00 Quilters/ Krafers 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts (MPH) 6:00 Gentle Yoga (WCR) 	25 8:30 Nature Walks 9:30 Cooking at Interfaith 10:00 Golf at Evergreen (NB members only) 10:00 Intro to Spanish (Flex R) 10:00 Digital Photography (Craft Room) 11:00 Keep Fit Combo 12:45 Canasta/ H & F 1:00 Online Registration Training (MPH) 1:00 Scrabble (Craft R) 1:00 Texas Hold 'em 1:30 Beginners Crib 2:00 Bocce Ball (Nor-Bridge Lions Park)	26 8:15 Bike & Coffee 9:00 Handy Crafters 9:00 Gentle Yoga (WCR) 10:00 Cardio Drumming (MPH) 10:30 Chair Yoga (WCR) 10:45 WINNERS BINGO 1:00 Intro to Kayak 1:00 Darts (MPH) 1:00 Euchre 1:00 Bid Euchre 3:15 LSKIP (MPH) 7:00 Table Tennis (MPH) 	27 *Fall Program Published Today! Get your copy at the front desk! 9:00 Card Crafters 9:00 Inter.Line Dance 10:00 Golf at Evergreen (NB members only) 10:00 Historical Bus Tour 1:00 Online Registration Training (MPH) 1:00 Woodcarving 1:00 Whist (Annex) 1:00 Contract Bridge	28 9:00 Keep Moving (MPH) 9:00 Ukulele Circle 9:00 Handy Crafters 1:00 In- House Bingo (MPH) 1:00 Watercolor Club 1:00 Cribbage (WCR) 1:00 Contract Bridge  *Monthly Toonie Draw (Fourth Friday of Every Month)

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, Please note: for fare details please contact front reception desk.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL DONNA AT 403-329-3222 TO ARRANGE.
- WINNERS BINGO WEDNESDAY: AUG. 5, 12, 19 & 26
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM (NOW \$35) LOCATION: CRAFT ROOM UPCOMING DATES: CHECK IN NEWSLETTER



- FALL REGISTRATION BEGINS THURSDAY, SEPT. 3RD AT 8:30AM EITHER ONLINE OR IN PERSON!
- PLEASE KEEP TRACK OF YOUR VOLUNTEER HOURS AND GIVE TO THE NEW VOLUNTEER COORDINATOR, DONNA. THANK YOU FOR ALL THAT YOU DO!
- U OF L NURSING STUDENTS ARE BACK THIS SEPT. ON THURSDAYS AND FRIDAYS WATCH IN NEWSLETTER FOR MORE INFO!
- HAVE AN INFO SESSION YOU SUGGEST FOR THE SUMMER? GIVE ASHLEY AT CALL AT 403-329-3222!