

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><b>Civic Holiday</b></p> <p>No Programs</p>	<p><b>1</b> 09:00 Daily News 09:30 Grocery Shopping 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Drumfit 02:00 Life Skills 03:15 Games on the Patio</p>	<p><b>2</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Basketball 02:15 Book Club 03:30 Chatting on the Patio <b>06:30 Patio Beverages</b></p>	<p><b>3</b> 09:00 Daily News 09:30 Preparing for Day Trip  11:00 Heritage Park</p>	<p><b>4</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Patio and Poppicles <b>06:30 Sweet Tooth Ice Cream- Calgary</b></p>	<p><b>6</b> 00:00 Century Downs Horse Racing</p>	
<p><b>7</b> 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers <b>05:00 Peter's Drive In</b></p>	<p><b>8</b> 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Body Percussions 02:00 Life Skills 03:15 Games on the Patio</p>	<p><b>9</b> 09:00 Daily News 09:30 Midweek Stretch 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Frisbee Golf 02:15 Book Club 03:30 Chatting on the Patio <b>06:30 Blender Bevies</b></p>	<p><b>10</b> 09:00 Daily News 09:30 Preparing for Day Trip  11:00 Calaway Park</p>	<p><b>11</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Ice Cream Sundeas <b>06:30 Made by Marcus Ice Cream Shop</b></p>	<p><b>12</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Ice Cream Sundeas <b>06:30 Uzu Taiyaki Ice Cream Shop</b></p>	<p><b>13</b> 00:00 Century Downs Horse Racing</p>	
<p><b>14</b> 09:00 Daily News 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers <b>05:00 BBQ Skewers</b></p>	<p><b>15</b> 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Boom Whackers 02:00 Life Skills 03:15 Games on the Patio</p>	<p><b>16</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Basketball 02:15 Book Club 03:30 Chatting on the Patio <b>08:30 Green Bar Karaoke</b></p>	<p><b>17</b> 09:00 Daily News 09:30 Preparing for Day Trip  11:00 Mini Golf</p>	<p><b>18</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Floats on the Patio <b>06:30 Uzu Taiyaki Ice Cream Shop</b></p>	<p><b>19</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Slushies and Games  <b>No Evening Program</b></p>	<p><b>20</b> 01:00 Let's Bowl Peter's Dive In For Milk Shake</p>	
<p><b>21</b> 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers <b>05:00 Food From Around the World</b></p>	<p><b>22</b> 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Drumfit 02:00 Life Skills 03:15 Games on the Patio</p>	<p><b>23</b> 09:00 Daily News 09:30 Midweek Stretch 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Frisbee Golf 02:15 Book Club 03:30 Chatting on the Patio <b>06:30 Ice Cream Fun</b></p>	<p><b>24</b> 09:00 Daily News 09:30 Preparing for Day Trip  11:00 Elbow Falls Picnic Lunch</p>	<p><b>25</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Slushies and Games  <b>No Evening Program</b></p>	<p><b>26</b> 09:00 Daily News 09:30 Let's Dance 10:30 Baking 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:15 Slushies and Games  <b>No Evening Program</b></p>	<p><b>27</b> 01:00 Let's Bowl Peter's Dive In For Milk Shake</p>	
<p><b>28</b> 09:00 Daily News 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Mind Teasers  <b>No Evening Program</b></p>	<p><b>29</b> 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch 01:00 Body Percussions 02:00 Life Skills 03:15 Games on the Patio</p>	<p><b>30</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Volunteer at SPCC 03:30 Snack and Reflect <b>06:30 Clubhouse Minigolf</b></p>	<p><b>31</b> 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch 01:00 Volunteer at SPCC 03:30 Snack and Reflect <b>06:30 Clubhouse Minigolf</b></p>	<p>Connect Leisure Services</p> <h1>August 2022</h1> <p>Connectrec.ca ~ 403-324-6786</p>			

Clubhouse Address: 19 Park Lane Dr. Strathmore, AB