












July 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|--|
| 1  ****Private Party/Oak Room**** | 2 Canada Day Stat Holiday  | 3 9:45 Chair Yoga 10:30 Scenic Drive to MyChosen for Brunch 10:45 Exploring the Bible 1:30 *Cruising the Caribbean With Keith 2:30 News & Views 6:30 Cards/Canasta | 4 10:00 Video Fitness 1:30 Oak Bay Village & Library 2:30 Crafting for Carnival "Flower Pens" 6:30 Cribbage Games 7:00 Music on Screen/Bryan | 5 10:00 Gentle Fitness 10:30 Gym Assistance 2:00 Computer Assistance 6:15 Mahjong Training 6:30 Cards/Canasta 7:00 'Waiting for God' DVD New Comedy Series | 6 Blue Jean Frida 10:00 Fitness with Alexis 10:45 Crafting 4 Missions & Carnival 12:00 *U-BBQ/Courtyard 1:00 Bus Trip to Costco 2:30 Quiddler Games 6:45 Progressive Bridge | 7 10:00 Video Fitness 10:00 Knit Wits MPR 3:30 Communion Service 6:45 Card Games 7:00 Movie Night "Big Eyes" |
| 8 1:30 Wizard Card Games 2:30 Cribbage Games 7:00 Scrabble | 9 10:00 Stretch & Strength 10:45 Prayer Gathering 11:00 *Mental Aerobics 2:00 Carnival Preparations 'Island Hair Adornment' 6:30 Bingo Night @SOO | 10 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Shopping @Hillside Mall 2:00 Reel Group Meeting 6:30 Cards/Canasta 7:00 Rehearsal/Bob LeBlanc | 11  10:00 Sit and Get Fit 10:00 Monthly Scooter Clinic 11:00 Computer Assistance 2:30 Birthday Tea with Mark Davies on Guitar 6:30 Cribbage Games 7:00 Music on Screen/Bryan | 12 10:00 Gentle Fitness 10:30 Gym Assistance 4:30 Seasonal Trip to the Sidney Night Market 6:15 Mahjong Training 6:30 Cards/Canasta 7:00 'Waiting for God' DVD | 13 Blue Jean Friday 10:00 Fitness with Alexis 10:45 Crafting 4Missions 12:00 *U-BBQ/Courtyard 2:30 Quiddler Games 2:30 News & Views 6:45 Progressive Bridge | 14 10:00 Video Fitness 10:00 Knit Wits MPR 6:45 Card Games 7:00 Movie Night "Field of Dreams" |
| 15 1:30 Wizard Card Games 2:30 Cribbage Games 7:00 Scrabble | 16  10:00 Stretch & Strength 10:45 Prayer Gathering 11:00 *Mental Aerobics 2:00 CareRX Presentation "High Cholesterol" 6:30 Bingo Night @SOO | 17 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Summer Savings at Mayfair Mall 2:00 Guest Speaker on Pedi Health /Tammy Jeske 6:30 Cards/Canasta 7:00 Rehearsal/Bob LeBlanc | 18 10:00 Hatley Park & Lunch @ Royal Roads Cafe 10:00 Sit and Get Fit 2:30 Meet Esther Paterson, Election Candidate, at Tea 3:00 News & Views 6:30 Cribbage Games 7:00 Music on Screen/Bryan | 19 10:00 Gentle Fitness 10:30 Gym Assistance 2:00 Computer Assistance 6:15 Mahjong Training 6:30 Cards/Canasta 7:00 Concerts in Care "Aaron Watson and Kelly Ward Fawcett" | 20 Blue Jean Friday 10:00 Fitness with Alexis 10:45 Crafting 4Missions 12:00 *U-BBQ/Courtyard 1:30 Scenic Ocean View Bus Drive 2:30 Quiddler Games 6:45 Progressive Bridge | 21 10:00 Video Fitness 10:00 Knit Wits MPR 6:45 Card Games 7:00 Movie Night "Woman In Gold"  |
| 22 1:30 Wizard Card Games 2:30 Cribbage Games 7:00 Scrabble 7:00 Evening Chapel Service  | 23 10:00 Stretch & Strength 10:45 Prayer Gathering 11:00 *Mental Aerobics 2:00 Carnival Preparations 4:45 Ladies Dining Out "Jasmine Restaurant" 6:30 Bingo Night @SOO | 24 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Oak Bay Village & Library 6:30 Cards/Canasta 6:45 Dr. Chris Gainor Presentation "Avro Arrow"  | 25  10:00 Sit and Get Fit 11:00 Picnic @Trudie's Summer Cabin @The Lake 2:00 Blood Pressure Clinic 3:00 News & Views 6:30 Cribbage Games 7:00 Music on Screen/Bryan | 26 10:00 Gentle Fitness 10:30 Gym Assistance 11:00 Calendar Preview 2:30 Oak Bay Police Presentation/Scams 6:15 Mahjong Training 6:30 Cards/Canasta 7:00 'Waiting for God' DVD | 27 Blue Jean Friday 10:00 Fitness with Alexis 10:45 Crafting 4Missions 12:00 *U-BBQ / Courtyard 1:30 Computer Assistance 2:35 Adventure Lecturer "Northern Italy to Venice" 6:45 Progressive Bridge | 28 10:00 Video Fitness 10:00 Knit Wits MPR 6:45 Card Games 7:00 Movie Night "Safe Haven" |
| 29 1:30 Wizard Card Games 2:30 Cribbage Games 7:00 Scrabble | 30 10:00 Stretch & Strength 10:45 Prayer Gathering 11:00 *Mental Aerobics 2:00 Carnival Preparations "Invitations" 3:15 Darlaine's Sing A Long 6:30 Bingo Night @SOO | 31 7:40 All Day Trip to Salt Spring Island 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Free Hearing Clinic 6:30 Cards/Canasta 7:00 Rehearsal/Bob LeBlanc | Please Note: 1)*Denotes a Marrion Village event that we have been invited to attend. 2)Events in Italics are BUS outings |  | Shannon Oaks Office: 595-6257 Activities: 519-4437 Hairdresser: 519-4438 In Suite Foot Care: 250-858-7729 |  |