
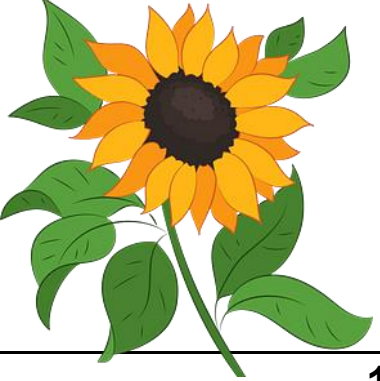














Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week # 1 1  <p>Happy Civic Holiday Enjoy the Long Weekend</p> <p>*Corner Store Closed*</p> <p><i>The Pin-up's band performs today. Please see Community Board for details</i></p>	2 <p>9:30am Exercise Class ALC 2:30pm Bingo! RR\$</p>	3 <p>9:30am Exercise Class ALC 2:30pm Bingo! RR\$</p>	4 <p>8:45am Morning Coffee SR\$ 9:30am Exercise Class ALC</p>	5 <p>9:30am Exercise Class ALC 10:00am Billiards BilliardsRM 1:30pm Bells and Whistles SR 2:30pm Bingo! RR\$ 6:30pm Giddy-up Line Dancers outside</p>	6 <p>9:30am Exercise Class ALC 2:00pm Sing Along With Karen outside 2:00pm Outdoor Games outside</p> 	7
Week # 2 8  <p><i>The Pin-up's band performs today. Please see Community Board for details</i></p>	9 <p>9:30am Exercise Class ALC 12:00pm Picnic in the Park ML\$ 1:15pm Cribbage BilliardsRM 3:00pm Monday Manicures SR</p>	10 <p>9:30am Exercise Class ALC 2:00pm River Cruise at the Stratford Boathouse ML\$ 2:30pm Bingo! RR\$</p> 	11 <p>8:45am Morning Coffee SR\$ 9:30am Exercise Class ALC 1:00pm Men's Club SR\$ 2:30pm Watermelon Social Courtyard Beach Dress-up Day!</p>  	12 <p>*No Exercise Class 2:30pm Bingo! RR\$ 4:30pm – 6pm Pulled Pork Drive Thru/Walk Thru Fundraiser Dinner!</p> 	13 <p>9:00am – 12:00pm Mary and Dianna's Outdoor Mini Market \$ (Baked Goods, Preserves, Pies, Garage Sale items and more!) Located out Front</p> <p>9:30am Exercise Class ALC 3:00pm Happy Hour\$ Courtyard</p>	14 <p>"Beauty is everywhere. You only have to look to see it." - Bob Ross</p>
Week # 3 15 <p><i>The Pin-up's band performs today. Please see Community Board for details</i></p>	16 <p>9:30am Exercise Class ALC 1:15pm Cribbage BilliardsRM 3:00pm Classic Country Music Café RR\$</p>	17 <p>9:30am Exercise Class ALC 2:00pm Community Campfire The Labyrinth 2:30pm Bingo! RR\$</p>  	18 <p>8:45am Morning Coffee SR\$ 9:30am Exercise Class ALC 2:00pm Music and Ice Cream Social with The Friends With Music Band outside</p>	19 <p>9:30am Exercise Class ALC 10:00am Billiards BilliardsRM 12:30pm Ladies Lunch ALC\$ 2PM Nature Walk ML 2:30pm Bingo! RR\$</p>	20 <p>9:30am Exercise Class ALC 2:00pm Sing Along With Karen outside 2:00pm Outdoor Games outside</p> 	21
Week #4 22  <p><i>The Pin-up's band performs today. Please see Community Board for details</i></p>	23 <p>*No exercise class 1:15pm Cribbage BilliardsRM 2:00pm Outing to the Stratford Mall! ML\$</p> 	24 <p>9:30am Exercise Class ALC 2:00pm Bring and Brag Courtyard 2:30pm Bingo! RR\$</p>	25 <p>8:45am Morning Coffee SR\$ 9:30am Exercise Class ALC 2:00pm August Birthday Party! DR</p> 	26 <p>9:30am Exercise Class ALC 2:30pm Bingo! RR\$</p>	27 <p>8:45am Breakfast with Rob DR\$ 9:30am Strength Class ALC 2:00pm Happy Hour at Ken's Fries Bru Garden! ML\$</p> 	28 <p>"You can't stop the waves, but you can learn to swim." - Jon Kabat Zinn</p>

Room Legend:
SR = Spruce Room, **ALC** = Active Living Centre, **FH** = Front Hall, **RR** = Rose Room, **DR** = Dining Room, **ML** = Main Lobby, **TBD** = To Be Determined, **\$** = payment required

Week #1 29
The Pin-up's band performs today. Please see Community Board for details

30


9:30am Exercise Class **ALC**
1:15pm **Cribbage BilliardsRM**

31

9:30am Exercise Class **ALC**
2:30pm **Bingo! RR\$**

Corner Store Hours	
Monday	9:30AM – 11AM
Wednesday	1:30PM – 3PM *For store orders only*
Thursday	1:30PM- 3PM
Friday	9:30AM – 11AM

Home # 519-271-4090 ~ Kim x 2230 Karen x 2257 Jamie x 2282



August 2021
Woodland Towers Programs!