


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>August 2006 Calendar of Events Christopher Columbus set sail Aug 3, 1492</p>		<p>Hydro Tub Day – sign up 1 Mars Bar 1932 9:00 Gentle Fitness DVD</p> <p>2:30 Baking for Christmas Tea</p> <p>7:00 Cards</p>	<p>Happy Birthday Shannon 2 Doctor Day – sign up Tony Bennett turns 80 9:00 Qigong 10:00 Art/Crafts for Christmas Tea 2:30 Chair Yoga 7:00 Treat Bingo</p>	<p>9:00 Foot Care – sign up 3 9:00 Gentle Fitness DVD 10:00 Laughter Fitness Club 2:00 Watermelon Banana Splits & Sing along with Penny</p>	<p>Mall Day – sign up 4 9:00 Qigong 9:30 Exercises 2:00 Market Mall 7:00 Tile Rummy</p>	<p>9:00 Gentle Fitness DVD 5 2:00 Ice Cream Saturday 2:30 Pool/Billiards</p>
<p>6 2:00 Tri-Ominos</p>	<p>Saskatchewan Day Holiday 7 9:30 Chair Yoga 2:30 Cribbage/Pool 7:00 Nickel Bingo</p>	<p>Hydro Tub Day – sign up 8 9:00 Gentle Fitness DVD 2:30 Art/ Crafts for Christmas Tea 7:00 Cards</p>	<p>Reflexology Day –sign up 9 Riverboat Tour \$5 sign up 9:00 Qigong 9:30 Exercises 10:30 Reflexology 1:15 Saskatoon Princess Boat Tour 7:00 Treat Bingo</p>	<p>9:00 Gentle Fitness DVD 10 10:00 Laughter Fitness Club 2:30 August Birthdays Entertainment by a surprise guest</p>	<p>Mall Day – sign up 11 9:00 Qigong 9:30 Exercises 2:00 Midtown Plaza 7:00 Tile Rummy</p>	<p>Pharmacist Day – sign up 12 Vial of Life & Blood Pressure 9:00 Gentle Fitness DVD 2:00 Ice Cream Saturday 2:30 Pharmacist Visit 2:30 Pool/Billiards</p>
<p>13 2:00 Tri-Ominos</p>	<p>9:00 Qigong 9:30 Exercises w/Michele 2:30 Baking for Christmas Tea 7:00 Nickel Bingo</p>	<p>14 2:30 Wilson's 18 Hole Putting Course –sign up 7:00 Cards</p>	<p>Doctor Day – sign up 16 9:00 Qigong 9:30 Exercises w/Michele 2:30 Art/Crafts for Christmas 7:00 Treat Bingo</p>	<p>9:00 Gentle Fitness DVD 17 10:00 Laughter Fitness Club 2:30 Happy Hour on the deck</p>	<p>Mall Day – sign up 18 Denturist Day – sign up 9:00 Qigong 9:30 Exercises w/Michele 10:00 Denture Clinic 2:00 The Mall at Lawson Heights 7:00 Tile Rummy</p>	<p>Happy Birthday Emma 19 9:00 Gentle Fitness DVD 2:00 Ice Cream Saturday Serving black cow or snow white floats 2:30 Pool/Billiards</p>
<p>20 2:00 Tri-Ominos</p>	<p>21 Beltone Hearing – sign up 9:00 Qigong 9:30 Exercises w/Michele 1:00 Beltone Hearing Clinic 2:30 Shuffleboard 7:00 Nickel Bingo</p>	<p>22 Hydro Tub Day – sign up 9:00 Gentle Fitness DVD 2:30 Art/Crafts for Christmas Tea 7:00 Cards</p>	<p>23 Reflexology Day –sign up 9:00 Qigong 9:30 Exercises w/Michele 1:00 Reflexology 2:30 Baking for Christmas Tea 7:00 Treat Bingo</p>	<p>Seager Wheeler \$15.00 24 9:00 Gentle Fitness DVD 10:00 Laughter Fitness Club 11:00 Lunch & Tour at Seager Wheeler Farm 7:00 Music In Motion Entertainment in Ball Rm</p>	<p>Mall Day – sign up 25 9:00 Qigong 9:30 Exercise w/Michele 2:00 Market Mall 7:00 Tile Rummy</p>	<p>Toilet paper invented in 26 580 A.D. 9:00 Gentle Fitness DVD 2:00 Ice Cream Saturday and play the toilet paper game 2:30 Pool/Billiards</p>
<p>27 2:00 Tri-Ominos</p>	<p>9:00 Qigong 9:30 Exercises w/Michele 2:30 Cribbage/Pool 7:00 Nickel Bingo</p>	<p>29 Happy Birthday Kathryn Hydro Tub Day – sign up 9:00 Gentle Fitness DVD 2:00 Residents Meet 2:30 Resident Council 7:00 Cards</p>	<p>Doctor Day – sign up 30 9:30 Exercises w/Michele 2:30 Shuffleboard 7:00 Treat Bingo</p>	<p>Happy Birthday Derek 31 9:00 Gentle Fitness DVD 10:00 Laughter Fitness Club 2:30 Welcoming Tea & entertainment by Leo's Happy Gang</p>	<p>Games area open at all times Remember to sign up for the trips Check the Wellness bulletin board for services Watch the communication bulletin board for the activities and for the What Am I contest!! Remember you can sit anywhere in the dining room. There is no assigned seating. Keep your calendar easily accessible.</p> 