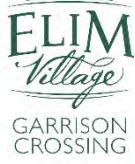


AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise.					1 1:30 Hymns & Praise with Darlene	2 9:00 Hybrid Fitness \$	3
4	5 British Columbia Day Note: There are no fitness classes today	6 2:00 1.5 KM Group Walk (meet at concierge desk)^	7 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	8 1:30 Hymns & Praise with Darlene	9 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session: Exercise & Hydration	10	
11	12 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	13 2:30 Happy Hour Social (Summit Dining Room) * \$	14 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Musical Entertainment by Elsie Giesbrecht *	15 10:00 3 KM Group Walk (meet at concierge desk)^ 1:30 Hymns & Praise with Darlene	16 9:00 Hybrid Fitness \$	17 2:00 Streaming of Service of Remembrance	
18	19 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	20 5:00 Greek Community Dinner (Summit Dining Room) * \$	21 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Amplifon Hearing Clinic * By Appointment Only*	22 10:00 2 KM Group Walk (meet at concierge desk)^ 1:30 Hymns & Praise with Darlene	23 9:00 Hybrid Fitness \$	24	
25 2:30 Sunday Service Provided by River of Life Church	26 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Classical Music with Alynne Shinness *\$	27 10:00 2.5 KM Group Walk (meet at concierge desk)^	28 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:30 Peach Social (Summit Dining Room) * \$	29 1:30 Hymns & Praise with Darlene	30 9:00 Hybrid Fitness \$	31	