



# St. Andrew's Centre July 2023 Newsletter

## A Brief History of St. Andrew's Centre (Part IV - The End)

The Board of Directors responded to this situation with the Christian spirit, understanding and commitment that had been their legacy since day one. It was decided that St. Andrew's would continue to maintain the subsidized rent for those affected until June 1995. This gave nearly four years of protection for those least able to afford a large increase in rent.

Over six years at the end of the 1990's, St. Andrew's concentrated on consolidating its financial stability while upgrading and completing much needed repairs in order that the Centre would continue to look attractive and remain viable for another twenty-five years. The major projects completed were new roofing; new carpet throughout the building; new windows in the annex area; resealing the parkade roof; and renovating the Atrium area.

St. Andrew's also expanded into new areas of service and adapting to the many changes that were affecting seniors of the day (and today). St. Andrew's is faced with an increasing average age of residents and more demand for services due to frailty and cut backs from traditional areas of support.

One of the first major changes is that St. Andrew's entered into a new partnership arrangement with Capital Health Authority – Home Care, to deliver all of the personal care service to clients living in the Centre. Approximately 25% of residents were receiving some level of support through this program in 1999.

In this and other ways, St. Andrew's has played a substantial role in the long-term care of its residents. It is also fully committed to the "Age in Place" concept of maintaining the resident in their own home with increasing the levels of support that they may need to maintain an independent life.

The future was expected to continue to see an ever-increasing demand for facilities such as the Centre and all that they have to offer. Over the years this has been much in evidence with the waiting list for our suites having increased at times to more than one year.

St. Andrew's was then, and still is now, poised as one of the premier senior's facilities in Edmonton to face the challenges of the 22nd century.

***What new feature would you like to see on the front page next month?  
Bring your ideas to the Main Office!***

# IMPORTANT NOTICES

## ★ MAIN OFFICE

**CLOSED**

Civic Day: Monday, August 7, 2023

Labour Day: Monday, September 4, 2023

Security Staff are on duty to assist with EMERGENCIES. **Contact Security @ 780-452-4444**

## ★ GENERATOR TESTING

**Monday, July 10th starting at 2:00 pm**

The Maintenance Department will be performing routine testing of the building's emergency generators. Elevators may be out of service, ONE AT A TIME for short periods of time during the testing.

## ★ STAFF ANNOUCEMENT



We have made a few Internal Department Changes:

- Heather - Housing Coordinator
- Juvy- Administration Support
- Kiara - Community Relations Coordinator

Please be patient while they transition into their new roles. Thank you!

## ★ EVACUATION

The Centre will be conducting a building evacuation in September. Please look out for more information in your mailbox.

## ★ SECURITY BREACH

We will now be asking everyone trying to gain entrance from the front door who they are here to see, the name and number of their suite. Please be extremely diligent in making sure any door you exit on the parameter of this building that the door is closed behind you. Do not let anyone from the main entrance, side door or from a stairwell into the building. Please do not approach anyone, please call Security or main desk immediately.

## ★ SAFETY

We need your help and cooperation in order for our staff to work effectively in Emergency situations or repairs such as flooding, elevator repairs and broken equipment. We ask that you vacate the area that the staff is working on to avoid any injury or damage. If staff are asking you to leave, please follow their instructions. If you require any further information, please contact Correne.

## ★ CANADA POST

We no longer have constant access to the mailroom due to a security breach by Canada Post. We will have access on assigned days that will be provided by Canada Post. Please ensure you are making the address correction with Canada Post when there is an internal move within St. Andrew's. We have been seeing an influx in wrong mail delivery. Please note: Due to this change, billing notifications will be altered in time. Do not panic, you will receive your Invoices/bills.

Starting in August, newsletters will now have a designated area for pick up. Please be sure to grab your copy located on the far right hand side where the Monthly Calendar and Resident Association Postings are kept by the mailbox area.

## ★ BIRTHDAY GIFT CERTIFICATES

Head over to the Garden Cafe for your Birthday Treat! Starting August 1st, we will no longer be giving out gift certificates. Please note, this is only valid for the month of your Birthday. Chef Lonnie and staff will have a list of all your birthdays within each month.

# AMENITIES

## FARMERS' MARKET

BI-WEEKLY on THURSDAYS  
in the Atrium

July 6th and July 20th



## Family Physician



***Dr. Aditi Dobriyal***, MD, CCFP, is a Family Physician who is available to do home-visits for citizens of St. Andrew's Centre, if desired.

Dr. Aditi Dobriyal is currently not accepting new clients at this time, a waiting list has been created.

Please note that St. Andrew's Centre is not affiliated with the doctor, or medical staff.

## Special Touch Hair Salon

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, hand, and foot care needs for both women and men. We are open Tuesday-Friday at 8:00 am. **To book an appointment call 780-452-1105.**



*DO YOU HAVE INGROWN TOENAIL PROBLEMS?* We may have the solution to avoid surgery. Come in for a consultation with our esthetician Leah to discuss the best course of treatment.



Happy Canada Day! I hope everyone is enjoying summer so far. For the Canada Day holiday the Tuck Shoppe will be closed for Monday July 3rd. For your prescription needs please stop by the Tuck Shoppe, call the pharmacy at 780-444-3257 - Extension 2507, or call Audrey on her work cell number 780-217-6940.

You can also leave your prescriptions in the grey drop box on the wall to the right of the Tuck Shoppe door. The driver picks these up on a regular basis. Have a wonderful day and I hope to see you soon. Please drop by the Tuck Shoppe and say Hi!

## Sandra's Mobile Footcare

Sandra Dickerson operates a **Mobile Foot Care Service** for citizens of the Centre.

For more information or to book an appointment **contact her directly**

**@ 587-926-0422, or e-mail sandradickerson82@gmail.com.**



## CENTRE EVENTS & ACTIVITIES

### CHAIR YOGA

**When:** Every Saturday till July 22nd

**Time:** 12:30 PM

**Where:** Auditorium

Pre-registration required

Cost: \$2 per class

### FIT FRIDAYS

**When:** Friday, July 7th & 21st

**Time:** 1:00 pm

**Where:** Auditorium

Wherever we are in our lives, there is always the ability to improve. To stand taller, feel stronger.

Join us to increase your strength, balance, posture, circulation See you Fridays!

### ENTERTAINMENT



**When:** July 24, 2023

**Time:** 1:30 pm

**Where:** Auditorium

Please Join Us for an afternoon filled with Good Music  
by  
**Jackson Mackenzie**

### CITIZEN COMMUNITY COUNCIL

The Citizen Community Committee meeting minutes from Wednesday, June 21st are included in this publication.

The next meeting is scheduled for: **Wednesday, September 20th @ 1:30pm** in the Reception Room (Fr. Irwin), after taking a break for the summer months.

The Centre has a bulletin board for RCC information and notices. It can be found in the atrium next to the piano.

### WELLNESS WITH CORRENE

Correne (COO) will be hosting Wellness sessions on different health concerns/diagnosis, every other month. Please join her on July 18th at 11:00am for the first session on Fall Prevention.

See you there!

# ACTIVITIES

## CARPET BOWLING

**When:**

**Time:** Returning in the Fall

**Where:**

*Carpet Bowling will be pausing for the Summer*



## FRIDAY MOVIE NIGHTS

TV Room at 7:00 pm every Friday

Check notice board for

weekly title



## WALKING GROUP

**When:** Tuesdays and Fridays at 10:00 am

**Where:** Meet in the Atrium for a 20-30 minute INDOOR or OUTDOOR walk, and then coffee-time at the *Garden Café*.

Short distance, or long - you pick. All levels of walkers are welcome!

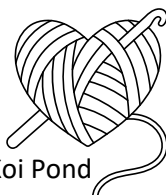


## HAPPY HOOKERS CLUB

**When:** Returning in the Fall

**Where:** North Atrium near the Koi Pond

**The Happy Hookers will be pausing for the Spring/Summer season and will be returning in the Fall**



## NEWSLETTER READING + BOOK CLUB

**When:** Tuesdays from 11:15 am - 12:00 pm

**Where:** Pink Room (TV Room)

Come listen as volunteers read either the newsletter or a novel out loud. This group is for everyone. Join in and discuss what is being read.

## \$3.00 BINGO

**When:** Saturdays at 6:00 pm

**Where:** Games Room



## CARD BINGO

**When:** Monday/Wednesday/Friday at 2:00 pm

**Where:** Games Room



**WHIST** When: Wednesdays at 6:00 pm

**BRIDGE** When: Thursdays at 6:00 pm

**CANASTA** When: Tues, Fri, Sun at 5:30 pm

} Where: Games Room

## SHUFFLEBOARD

**When:** Mondays & Thursdays at 2:00 pm

**Where:** Games Room

## CRIBBAGE

**When:** Monday at 6:30 pm & Tuesday at 6:00 pm

**Where:** Games Room

## OFF TO THE RACES... HORSE RACES

**When:** Every second Tuesday

**Where:** Games Room

*Come cheer on your horse. Watch, cheer, or bring quarters to play!*



## SUSAN'S NEWS



Contact Susan at 587-525-8713 or [susan@standrewscentre.com](mailto:susan@standrewscentre.com)

Reminder: My notices are located both in the planting room (between games & tv rooms) and between the piano and west elevators on the main floor.

### **Dear Diary, this is Susan.**

I just heard that mosquito eaters don't eat mosquitoes. Is this true? I feel this name is misleading.

Great question Susan. They are actually 'crane flies' and will sometimes (not often) eat mosquito larvae. Their main source of food is flower nectar.

Hope that helps Susan. Keep the questions or comments coming.

Oh Susan, a few things if you can let others know. If people can please keep the gate to the gardens closed as it deters unwanted visitors from this area. Also, if using a hose to please put them back as leaving them lying around is a tripping hazard. Lastly, the wind can blow a mess into the common areas but there are brooms and dustpans available in each area for anyone to use. Of course, the volunteers and gardeners clean up any mess they make but the wind does create more work. Great thank you. Tell everyone to keep up the good work. From, Your Diary.

### **Atrium**

Shamrocks are not just for St. Patrick's Day. There are some growing in a planter by the rubber tree. They bloom small white flowers and multiply quickly. The white spot on some leaves is damage from white fly as they also love shamrocks.

The Hibiscus trees and shrubs are trying to recover from white fly damage. Fingers crossed we will see a full recovery. Then they can be pruned.

### **Koi Pond**

The umbrella that is set up protects the koi from too much summer sun. It also will keep the algae from building up so fast. On rainy days the umbrella can be down, however, on sunny days it needs to be up for the health of the Koi and the pond water. We all know what it feels like to not be able to get out of the sun. Just a friendly reminder we have designated citizens and staff that help make sure the Fish are fed. Please do not feed or throw coins in the pond.

### **Did you know?**

As of 2021, the western provinces have the most avid gardeners. Leading the way is Alberta and BC. Then Saskatchewan, Manitoba, Ontario, Quebec then Atlantic Canada.



## GARDEN CAFÉ

The Garden Café Restaurant is open from 9:00 am to 6:30 pm EVERY DAY serving:

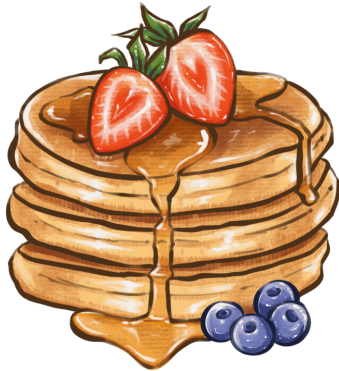
<b>Breakfast</b>	9:00 am - 11:00 am
<b>Lunch</b>	11:00 am - 1:30 pm
<b>Dinner</b>	4:30 pm - 6:30 pm

DELIVERY IS AVAILABLE for a \$2.50 charge per trip

To order dinner for delivery, please call the Café directly at 587-525-8718 before 3:30 pm\*

*\*please note the new delivery cut-off time*

The Spring/Summer 4-week rotating menu is in effect. Menu copies are available at the Café and online. The Garden Café accepts payments by Cash, Debit Card, Punch Card, St. Andrew's Swipe Card or Gift Cards. Any changes made to the menu will be posted on the board in the Cafe.



### KLONDIKE PANCAKE BREAKFAST

Date: Wednesday July 19, 2023

Price: \$5.00

**Pay at Cash Register - No Punch Cards**

### **BBQ LUNCH!**

Enjoy delicious BBQ lunches every 2nd  
Wednesday for only **\$7.50!**

## MAINTENANCE DEPARTMENT

<b>MAINTENANCE HOURS:</b>	<b>Monday - Friday</b>	8:00 am - 4:30 pm (except holidays)
	<b>Saturday</b>	9:00 am - 3:00 pm

Please call the main office @ 780-452-4444 to request Work Orders for Maintenance tasks in your suite.

Most requests are completed the same day, and at no charge to the resident. You will be advised if fees are applicable to your request before the work order is dispatched to staff.

# HOSPITALITY DEPARTMENT

## **Spring Cleaning Special will be until the end of August**



- One Hour of Housekeeping
- Fridge Cleaning
- Stove Cleaning
- Window Washing

Bachelor      \$130.00

One Bedroom    \$150.00

Two Bedroom    \$165.00

*\* all services must be completed on the same day. No substitutions of services will be allowed. Must be booked within 60 days of purchase.*



### **Laundry Detergent Options**

Please **ONLY** use products designed for use in washing machines in our laundry room. Examples include:

- Liquid Laundry Detergent
- Laundry Scent Boosters
- Liquid Laundry Detergent Pods
- Powder Laundry Detergent
- Liquid Fabric Softener

***\* all products must be labeled with your room number or first and last name. Do not leave any of your belongings behind in the laundry or Pink Room Shower area.***

***Please Note: If you drop any of your personal belongings behind the washer/dryer, come to the main office and place a work order. Maintenance will retrieve the items for you.***

### **Guest Suite Accommodations**

St. Andrew's Centre has 5 fully-furnished suites, each with all necessary items for a comfortable and convenient stay. Our well-appointed Guest Suites each include;

linens, dishes, pots, pans and small appliances.

Fridge, Stove, Microwave, Cable TV, Free WIFI provided.

**Rate is \$85.00 per night.**

*Discounts are available for longer stays.*

***For more information and bookings, please contact***

***Juvy at the Main Office at 587-525-8707***





# FINANCE DEPARTMENT



...to all our Citizens, and their Families, who routinely ensure their monthly invoices are paid upon receipt!

We endeavor to produce and distribute billings in a timely manner for monthly Garden Café charges, Hospitality Department charges and incidental fees.

We always appreciate your prompt payments.

## ACCOUNT CHANGES

- Parking Rental
- Storage Rental
- Meal Plans
- Banking Information

Please inform the Main Office of changes **before the 20th of the month.** This is important to ensure charges for the following month are correct.

## LAUNDRY COINS

Laundry machines use \$1 coins only. Each load is \$2.00, washer or dryer. Coins may be purchased at the Main Office, weekdays between 8am and 4pm. Purchase coins at the Main Office using CASH or DEBIT CARD ONLY.

If you purchase rolled Loonies (\$25 each), please consider returning the paper wrapper to the Main Office for re-use if possible. Thank You.

## LIGHT BULBS & BATTERIES



If you need assistance changing light bulbs in your suite, please call the Main Office to request a Maintenance Work Order (780-452-444). If you have your own replacement bulbs there is no charge. To purchase bulbs, ask for them when calling in for the work order.

The cost for each light bulb is \$4.00.

Likewise, AA or AAA batteries for TV remote controls are available for \$2.00 each.



**Citizen Community Committee**  
**Minutes - June 21, 2023 - 1:30 pm**  
Chair : Karin V.      Co-Chair: Melodie

1.Call the meeting to order: 1:35pm

**2.Welcome and introductions.**

**3.Attendance:** Melodie (Finance Manager), Kiara (Housing and Quality Coordinator - minute taker), Shirley D., Diana D., Louise F., Rilla L., Sharon L., Joy M., Ellie M., Alice N., Ginger S., Karin V., Gerry C.

Absent: Joan B., Helen D., Lauri G., Linda G.H., Victoria H., Patti P., Gail R., Dolores S., Linda C.H., Correne (COO)

**4.Reading/Acceptance of minutes from last meeting**

1st Shirley D.

2nd Alice N.

**\*\*Please note that meeting minutes are issued in the monthly newsletter\*\***

Changes to minutes: there were no changes made to the minutes.

**5.Additions to the Agenda to add under new business, accept Agenda**

1st Louise F.

2nd Shirley D.

**6.Business arising from the last meeting/old business:**

**6.1.Security Guards:** There are no plans to add a second security guard to the Centre.

**6.2.Auditorium Automatic Doors:** The Automatic doors in the Auditorium has been approved and is set to be installed between July 1st – July 15th. Thank you for your patience.

**6.3.Community Council Member List – to be reviewed and accepted.**

1st Gerry C.

2nd Louise F.

**7.Standing Agenda Items:**

**7.1.Food Service:** no concerns

**7.2.Maintenance/Housekeeping:**

·The Citizens would like to extend their gratitude for all the hard work of each department.

### **7.3.Social/Leisure Activities:**

Upcoming Events:

- July 1st - Canada Day Celebration with Classic Country Music by Dwayne Oko
- July 24th at 1:30pm with Jackson Mackenzie

**7.4.Security:** no concerns

### **8.New Business (suggestion box/Committee concerns):**

#### **Suggestion Box:**

- A concern from the suggestion box was brought up to the meeting concerning a strong odor of urine in the hallways. Citizens are asked to inform the office as soon as they notice cleaning is required so the hospitality department can deal with it in a timely manner.
- Menu Changes: with recent changes to the menu, a suggestion was made to have the menu posted on each door. This is not something we will be able to do when there is a change. Please come down to the Garden Café to view any changes to the menu or call the Direct Line of the Garden Cafe. Correne connected with Lonnie to ensure we are consistent with our meal options.

#### **New Business Arising from the Meeting:**

**8.1.** Enter Suite Form: All citizens should have a completed and updated “Consent to Enter Suite” form on file in the Main Office. Individuals listed on this form will be the only ones granted access to a citizen’s suite if they are not home.

**8.2.** Website Update: The administration team will be working on the newsletter and updating the menu on the St. Andrew’s Centre website.

**8.3.** Fire Card: We are no longer using the Red Fire Cards that were provided by the Main office. If you are unable to safely reach the muster point. Stay in your suite with the door closed and unlocked for the Fire Department to safely reach you.

#### **9. Administration Sharing:**

**9.1.** Mailroom: We no longer have constant access to the mailroom due to a security breach by Canada Post. We will have access on assigned days that will be provided by Canada Post. If you have any questions, please contact the Main Office.

Meeting Adjourned at 2:15 pm.

**Next meeting: We will be on break for the summer**

# FUN ZONE

## Get to Know the Team!

Welcome to our newest segment where we will feature a member of our St. Andrew's Centre team once a month!

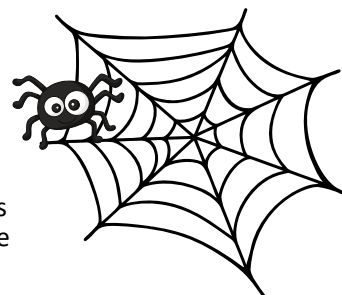


### Tell us a little about yourself

Hi all! I'm Heather. Quick facts about me. I have been with my husband Nathan for 22 years. Married for 17 of those years. We have 2 children. Our son who is 15 and our daughter who just turned 14. We live on the Southside of Edmonton.

### Do you have any pets?

I have a Yorkie. My Maggie girl is just 3 years old and a little over 5 pounds of cuteness. I hope to bring her to work someday for you all to meet.



### What is my biggest fear?

!!Spiders !!

All sizes, fake ones, cartoon ones, ones behind a tv screen. I cannot look at one without freaking out a little.

### What is your job title and how long have you worked at St. Andrew's Centre?

After spending a year and a half at the main desk getting to know each of you, I have been offered a new position within St. Andrew's as the Housing & Quality Coordinator. Make sure you still come to say Hi!

### If you could eat one dish for the rest of your life, what would it be?

All the seafood! Give me Crab legs and I am one happy girl. Spending all my summers going back to Newfoundland I found a love for all types of seafood.

Next Month's Staff Feature: Lonnie Dykeman

## Canada Day Word Search

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.




A B Q A V U Y C S S T O T H N  
 Y B Z U U L F E A E E H D S K  
 B O F U A J K D Q D I T F B S  
 A E I B K A A L E H Q M A G N  
 G Q Z T C N C P O P V M T A D  
 P H Z N A S M U M T Z U P L E  
 E O A C Z A X C F F T H U F E  
 K P W O T M R L V I F A P A D  
 I N J S Q G L X T R F Y W P A  
 D U S X M A G M W E J A F A R  
 N K S F J A Z A K W R S E U A  
 O V N Q L L A P N O C O D L P  
 L Z H U S G B L L R E V A E B  
 K R E I R N C E J K M I T N X  
 K A L B E R T A C S G X Q J F

BEAVER	STAMPEDE	PARADE
CANADA	OTTAWA	RCMP
MAPLE LEAF	FIREWORKS	ALBERTA
PANCAKES	BBQ	
KLONDIKE	FLAG	



1. What is the capital city of the province of Saskatchewan, Canada?
2. What is the largest territory in Canada?
3. On what continent is Canada located?
4. What is the capital of Canada?
5. What is the smallest province of Canada?


Answers: 1. Regina, 2. Nunavut, 3. North America, 4. Ottawa, 5. Prince Edward Island

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>June 25</i></p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p>	<p>26</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>27</p> <p>Walking Group 10am Atrium</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p><b>Quarterly Birthday Celebration! 2pm</b> Auditorium</p> <p><b>HAPPY BIRTHDAY</b></p> <p>Canasta 5:30pm</p> <p>Cribbage 6pm</p>	<p>28</p> <p><b>Shop Easy 9:30am</b></p> <p>Carpet Bowling 9:45am Auditorium</p> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>29</p> <p><b>RA Membership Sale Start - Atrium</b></p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>30</p> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p><i>July 1</i></p> <p><b>Happy Canada Day!</b></p>  <p>Chair Yoga 12:30pm Auditorium</p> <p>Bingo 6pm</p>
<p>2</p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p> 	<p>3</p>  <p><b>OFFICE CLOSED</b></p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>4</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p>Horse Racing 2:30pm</p> <p>Canasta Cribbage 5:30pm 6pm</p> <p><b>RA Entertainment 7pm</b> Auditorium</p>	<p>5</p> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>6</p> <p><b>Farmers' Market 9:30am - 1:30pm</b> Atrium</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>7</p> <p>Walking Group 10am Atrium</p> <p><b>Fit Friday 1pm</b> Auditorium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm</p>	<p>8</p> <p>Chair Yoga 12:30pm Auditorium</p> <p>Bingo 6pm</p>
<p>9</p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p>	<p>10</p> <p><b>Generator Test starting at 2pm</b></p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>11</p> <p>Walking Group 10am Atrium</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p>Canasta 5:30pm</p> <p>Cribbage 6pm</p>	<p>12</p> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>13</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>14</p> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>15</p> <p>Chair Yoga 12:30pm Auditorium</p> <p>Bingo 6pm</p>

# St. Andrew's Centre

Games Activities take place in the Games Room unless otherwise noted.

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p>	<p>17</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>18</p> <p>Walking Group 10am Atrium</p> <p>Correne's Corner: Falls Prevention 11:00am Auditorium</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p>Horse Racing 2:30pm Canasta 5:30pm Cribbage 6pm</p>	<p>19</p> <p>Clondike Pancake Breakfast Garden Cafe \$5.00</p> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>20</p> <p>Farmers' Market 9:30am - 1:30pm Atrium</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>21</p> <p>Fit Friday 1pm Auditorium</p> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>22</p> <p>Chair Yoga 12:30pm Auditorium</p> <p>Bingo 6pm</p>
<p>23</p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p>	<p>24</p> <p>Entertainment 1:30pm Auditorium</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>25</p> <p>Walking Group 10am Atrium</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p>Canasta 5:30pm</p> <p>Cribbage 6pm</p>	<p>26</p> <p>Shop Easy 9:30am</p>  <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>27</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>28</p> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>29</p> <p>Bingo 6pm</p>
<p>30</p> <p>Canasta 5:30pm</p> <p>Music Hour 7pm Pink/TV Room</p>	<p>31</p> <p>Card Bingo 2pm</p> <p>Shuffleboard 2pm</p> <p>Cribbage 6:30pm</p>	<p>August 1</p> <p>Walking Group 10am Atrium</p> <p>Oral Book Club 11:15-12pm Pink/TV Room</p> <p>Canasta 5:30pm</p> <p>Cribbage 6pm</p>	<p>2</p> <p>Card Bingo 2pm</p> <p>Whist 6pm</p>	<p>3</p> <p>Shuffleboard 2pm</p> <p>Bridge 6pm</p>	<p>4</p> <p>Walking Group 10am Atrium</p> <p>Card Bingo 2pm</p> <p>Canasta 5:30 pm</p> <p>Movie Night 7pm Pink/TV Room</p>	<p>5</p> <p>Chair Yoga 12:30pm Auditorium</p> <p>Bingo 6pm</p>

While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.