







































































JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>		<p>1</p> <p>Happy Canada Day!</p>	<p>2</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 💬 11am: Program Preview 🧠 1pm: Global Events 💬 3pm: Nice to Meet You 	<p>3</p> <ul style="list-style-type: none"> 😊 9:30am: Music of the Maritimes 🍏 11am: Exercise 😊 1pm: Writing For Fun 🧠 3pm: Rita Moreno
<p>6</p> <ul style="list-style-type: none"> 🍏 11am: Exercise 💬 1pm: Let's Talk About 😊 3pm: The Memory of an Elephant 😊 4:30pm: Broadway Musicals 	<p>7</p> <ul style="list-style-type: none"> 🧠 9:30am: Listening Lab 🍏 11am: Imagination Circle 💬 1pm: Garden Club 🧠 3pm: Midsommar 	<p>8</p> <ul style="list-style-type: none"> 💬 9:30am: In the Headlines 🔧 11am: Mindfulness with Carol 🧠 1pm: Lost & Found History 🍏 3pm: Exercise 	<p>9</p> <ul style="list-style-type: none"> 🔧 1pm: Artful Minds 🧠 3pm: Cost of Living 	<p>10</p> <ul style="list-style-type: none"> 😊 9:30am: Classical Music 🍏 11am: Exercise 💬 1pm: Coffee Chat 🧠 3pm: Survival Stories
<p>13</p> <ul style="list-style-type: none"> 🍏 11am: Exercise 💬 1pm: Life Perspectives 😊 3pm: The Memory of an Elephant 😊 4:30pm: Jeopardy 	<p>14</p> <ul style="list-style-type: none"> 😊 9:30am: Vinyl Cafe 🧠 11am: Next Stop 🔧 1pm: Music Meditation 💬 3pm: Readers' Corner 	<p>15</p> <ul style="list-style-type: none"> 😊 9:30am: Story Lines 💬 11am: Coffee Chat 🧠 1pm: Mosaic Canada 🍏 3pm: Exercise Q&A 	<p>16</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 😊 11am: Brain Games 🍏 1pm: For Your Body 🧠 3pm: Mayflower 	<p>17</p> <ul style="list-style-type: none"> 😊 9:30am: Songs of Summer 🍏 11am: Exercise: Chair Yoga 😊 1pm: Writing For Fun 💬 3pm: Some Good News
<p>20</p> <ul style="list-style-type: none"> 🍏 11am: Exercise 🧠 1pm: The Northwest Passage 😊 3pm: The Memory of an Elephant 😊 4:30pm: Dinner Date 	<p>21</p> <ul style="list-style-type: none"> 💬 9:30am: Drop-In Time 🍏 11am: Imagination Circle 🧠 1pm: Charlie Pride 🍏 3pm: Nutrition For Health 	<p>22</p> <ul style="list-style-type: none"> 😊 9:30am: Mystery Chronicles 🧠 11am: Animal Spotlight 💬 1pm: Small Talk 🍏 3pm: Exercise 	<p>23</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 🧠 11am: Artemis II 💬 1pm: Let's Talk About 😊 3pm: Name That Tune 	<p>24</p> <ul style="list-style-type: none"> 😊 9:30am: NASA's Moon Tunes 🍏 11am: Exercise 🧠 1pm: Behind the Scenes 🧠 3pm: Science Savvy
<p>27</p> <ul style="list-style-type: none"> 🍏 11am: Exercise 💬 1pm: In the Headlines 😊 3pm: The Memory of an Elephant 😊 4:30pm: Person Place or Thing 	<p>28</p> <ul style="list-style-type: none"> 💬 9:30am: Coffee Chat 🍏 11am: Laughter Yoga 💬 1pm: SCWW Advisory Group 🧠 3pm: Alberta Road Trip 	<p>29</p> <ul style="list-style-type: none"> 😊 9:30am: All Request Music 🧠 11am: Who Why When 💬 1pm: Healthy Aging Conversations 🍏 3pm: Exercise 	<p>30</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 🧠 11am: Unsolved Mysteries 💬 1pm: Crystal Ball 🧠 3pm: Hoarding & Decluttering 	<p>31</p> <ul style="list-style-type: none"> 😊 9:30am: Big Valley Jamboree 🍏 11am: Exercise 💬 1pm: Crafting Circle 😊 3pm: BINGO

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Happy Heritage Day!	4  9:30am: Listening Lab  11am: Imagination Circle  1pm: Pow Wow Teachings  3pm: Coffee Chat	5  9:30am: Garden Club  11am: Cost of Living  1pm: Speakers' Corner  3pm: Exercise	6  9:30am: Gratitude  11am: The Muppets  1pm: Let's Talk About  3pm: Story Lines	7  9:30am: Edmonton Folk Fest  11am: Exercise  1pm: Writing For Fun  3pm: In the Headlines
10  11am: Exercise  1pm: Lost & Found History  3pm: The Memory of an Elephant  4:30pm: Broadway Musicals	11  9:30am: Coffee Chat  11am: Science Savvy  1pm: Seniors Housing  3pm: Readers' Corner	12  9:30am: Guess That Groove  11am: Mindfulness with Carol  1pm: Some Good News  3pm: Exercise	13  1pm: Word Games  3pm: Next Stop	14  9:30am: Songs of Faith  11am: Exercise  12pm: Canadian Connections  1pm: Animal Spotlight  3pm: Musical Memories
17  11am: Exercise  1pm: Life Perspectives  3pm: The Memory of an Elephant  4:30pm: Wheel of Fortune	18  9:30am: Drop-In Time  11am: Imagination Circle  1pm: Survival Stories  3pm: Nutrition For Health	19  9:30am: Mystery Chronicles  11am: Global Events  1pm: Video Coffee Chat  3pm: Exercise	20  9:30am: Gratitude  11am: Who Why When  1pm: For Your Body  3pm: Would You Rather?	21  9:30am: All Request Music  11am: Exercise: Chair Yoga  1pm: Writing For Fun  3pm: Let's Talk About
24  11am: Exercise  1pm: Mosaic Canada  3pm: The Memory of an Elephant  4:30pm: Dinner Date	25  9:30am: In the Headlines  11am: Unsolved Mysteries  1pm: Foundations of Health  3pm: Journalling	26  9:30am: NPR Tiny Desk Concerts  11am: Gordon Ramsay  1pm: Coffee Chat  3pm: Exercise	27  9:30am: Gratitude  11am: Camp X  1pm: Music Meditation  3pm: Jeopardy	28  9:30am: Classic Country  11am: Exercise  1pm: Open Mic  3pm: BINGO
31  11am: Exercise  1pm: Alberta Road Trip  3pm: The Memory of an Elephant  4:30pm: Hummzinger	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  9:30am: Listening Lab  11am: Imagination Circle  1pm: Every Voice Matters  3pm: Story Lines	2  9:30am: Vinyl Cafe  11am: Let's Talk About  1pm: Next Stop  3pm: Exercise	3  9:30am: Gratitude  11am: Coffee Chat  1pm: Alfred Nobel  3pm: Brain Games	4  9:30am: Movie Soundtracks  11am: Exercise  1pm: Writing For Fun  3pm: Science Savvy
7 Happy Labour Day!	8  9:30am: Drop-In Time  11am: The Role of Zoos  1pm: Cost of Living  3pm: Readers' Corner	9  9:30am: Crystal Ball  11am: Mindfulness with Carol  1pm: Global Events  3pm: Exercise	10  1pm: In the Headlines  3pm: Unsolved Mysteries	11  9:30am: Classical Music  11am: Exercise  1pm: Coffee Chat  3pm: Animal Spotlight
14  11am: Exercise  1pm: Life Perspectives  3pm: The Memory of an Elephant	15  9:30am: All Request Music  11am: Imagination Circle  1pm: Small Talk  3pm: Nutrition For Health	16  9:30am: Mystery Chronicles  11am: EPL Presents!  1pm: Recipe Club  3pm: Exercise	17  9:30am: Gratitude  11am: Who Why When  1pm: For Your Body  3pm: Healthy Aging Conversations	18  9:30am: Music of the Emmy's  11am: Exercise: Chair Yoga  1pm: Writing For Fun  3pm: Alberta Road Trip
21  11am: Exercise  1pm: Coffee Chat  3pm: The Memory of an Elephant	22  9:30am: Laughter Yoga  11am: Jeopardy  1pm: In the Headlines  3pm: Lost & Found History	23  9:30am: Mother Teresa  11am: Literary Reflections  1pm: Let's Talk About  3pm: Exercise	24  9:30am: Gratitude  11am: Name That Tune  1pm: Mosaic Canada  3pm: Some Good News	25  9:30am: Indigenous Artists  11am: Exercise  1pm: Survival Stories  3pm: BINGO
28  11am: Exercise  1pm: Coffee Chat	29  11am: Truth and Reconciliation	30 National Day of Truth and Reconciliation	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#	