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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>Happy Canada Day!</b>	<b>2</b>  9:30am: All Request Music  11am: Program Preview  1pm: Who Why When  3pm: Exercise	<b>3</b>  9:30am: Gratitude  11am: Meteorology With Myles  1pm: Next Stop  3pm: In the Headlines	<b>4</b>  9:30am: Canadian Artists  11am: Exercise  1pm: Writing For Fun  3pm: Coffee Chat
<b>7</b>   11am: Exercise  1pm: Would You Rather?  3pm: Tom Sawyer Part 1  4:30pm: Dinner Theatre	<b>8</b>  9:30am: Ponder This  11am: Mindfulness with Carol  1pm: Global Events  3pm: Readers’ Corner	<b>9</b>  9:30am: Mystery Chronicles  11am: The Green Party  1pm: Coffee Chat  3pm: Exercise	<b>10</b>  <b>No morning programs</b>   1pm: Worldviews  3pm: History Of...	<b>11</b>  9:30am: Classical Music Hour  11am: Exercise: Chair Yoga  1pm: Let’s Talk About  3pm: Word Games
<b>14</b>   11am: Exercise  1pm: Animal Spotlight  3pm: Tom Sawyer Part 2  4:30pm: Person, Place or Thing	<b>15</b>  9:30am: Nostalgia Moments  11am: Imagination Circle  1pm: Whistleblowers  3pm: Nutrition For Health	<b>16</b>  9:30am: In the Headlines  11am: Science Savvy  1pm: Story Lines  3pm: Exercise	<b>17</b>  9:30am: Gratitude  11am: How It’s Made  1pm: For Your Body  3pm: Coffee Chat	<b>18</b>  9:30am: Name That Tune  11am: Exercise  1pm: Writing For Fun  3pm: The Midnight Sun
<b>21</b>   11am: Exercise  1pm: The Big Picture  3pm: Tom Sawyer Part 3  4:30pm: Broadway Musicals	<b>22</b>  9:30am: Coffee Chat  11am: Mindfulness  1pm: Jeopardy  3pm: Mysteries & Folklore	<b>23</b>  9:30am: Vinyl Cafe  11am: Seniors Housing  1pm: Let’s Talk About  3pm: Exercise	<b>24</b>  9:30am: Gratitude  11am: Arlene Dickinson  1pm: Some Good News  3pm: Canadian Resources	<b>25</b>  9:30am: Summer Love Songs  11am: Exercise  1pm: Next Stop  3pm: BINGO
<b>28</b>   11am: Exercise  1pm: Every Voice Matters  3pm: Tom Sawyer Part 4  4:30pm: Finish the Phrase	<b>29</b>  9:30am: What If?  11am: Speaking Out  1pm: Brain Games  3pm: Crafting Circle	<b>30</b>  9:30am: Short Stories  11am: Speaking Out: The Music  1pm: Coffee Chat  3pm: Exercise Q&A	<b>31</b>  9:30am: Gratitude  11am: Who Why When  1pm: SCWW Advisory Group  3pm: Music Meditation	To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>



Pre-registration required



Special Events



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# AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>				<b>1</b> 😊 9:30am: Singing the Blues 🍏 11am: Exercise 😊 1pm: Writing For Fun 🧠 3pm: Animal Spotlight
<b>4</b>  <b>Happy Heritage Day!</b>	<b>5</b> 🍏 11am: Imagination Circle 💬 1pm: In the Headlines ☎️ <b>1pm: Mental Health Allyship</b> 😊 3pm: All Request Music	<b>6</b> 😊 9:30am: NPR Tiny Desk Concerts 💬 11am: Muttart Conservatory 💬 1pm: Worldviews 🍏 3pm: Exercise	<b>7</b> 🍏 9:30am: Gratitude 💬 11am: Let’s Talk About 🧠 1pm: David Attenborough 💬 3pm: Would You Rather?	<b>8</b> 😊 9:30am: Songs of Faith 🍏 11am: Exercise: Chair Yoga ☎️ <b>12pm: Canadian Connections</b> 🧠 1pm: How It’s Made 💬 3pm: Coffee Chat
<b>11</b> 🍏 11am: Exercise 🧠 1pm: Next Stop 😊 3pm: Tom Sawyer Part 5 😊 4:30pm: Name That Theme Song	<b>12</b> 💬 9:30am: Ponder This 🍏 11am: Mindfulness with Carol 😊 1pm: Person, Place or Thing ☎️ <b>1pm: Mental Health Allyship</b> 💬 3pm: Readers’ Corner	<b>13</b> 😊 9:30am: Mystery Chronicles 💬 11am: Coffee Chat 🧠 1pm: Science Savvy 🍏 3pm: Exercise	<b>14</b>  <b>No morning programs</b>  😊 1pm: Story Lines 🧠 3pm: History Of...	<b>15</b> 😊 9:30am: Country Classics 🍏 11am: Exercise 😊 1pm: Writing For Fun 🧠 3pm: Mysteries & Folklore
<b>18</b> 🍏 11am: Exercise 💬 1pm: Some Good News 😊 3pm: Tom Sawyer Part 6 😊 4:30pm: Broadway Musicals	<b>19</b> 💬 9:30am: Nostalgia Moments 🍏 11am: Imagination Circle 😊 1pm: Hello From Alberta 🍏 3pm: Nutrition For Health	<b>20</b> 😊 9:30am: Name That Tune 🧠 11am: Michael Jackson 💬 1pm: Let’s Talk About 🍏 3pm: Exercise	<b>21</b> 🍏 9:30am: Gratitude 🧠 11am: Global Events 🍏 1pm: For Your Body 💬 3pm: Coffee Chat	<b>22</b> 😊 9:30am: Jazz Music 🍏 11am: Exercise 🧠 1pm: Whistleblowers 💬 3pm: In the Headlines
<b>25</b> 🍏 11am: Exercise 💬 1pm: The Big Picture 😊 3pm: Tom Sawyer Part 7 😊 4:30pm: Wheel of Fortune	<b>26</b> 💬 9:30am: Coffee Chat 🍏 11am: Music Meditation 🧠 1pm: Tall Ships 😊 3pm: Brain Games	<b>27</b> 😊 9:30am: Kids Say It Best 💬 11am: Death Cafe 🧠 1pm: Canadian Resources 🍏 3pm: Exercise	<b>28</b> 🍏 9:30am: Gratitude 🧠 11am: Who Why When 💬 1pm: Dig It! Gardening Club 🧠 3pm: Animal Spotlight	<b>29</b> 😊 9:30am: Folk Music 🍏 11am: Exercise 🧠 1pm: Literary Reflections 😊 3pm: BINGO



**Pre-registration required**



**Special Events**



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SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Happy Labour Day!</div>	<div>2</div> <div><div> 11am: Imagination Circle</div><div> 1pm: How It's Made</div><div> 3pm: Story Lines</div></div>	<div>3</div> <div><div> 9:30am: Chicken Soup for the Soul</div><div> 11am: Coffee Chat</div><div> 1pm: History Of...</div><div> 3pm: Exercise</div></div>	<div>4</div> <div><div> 9:30am: Gratitude</div><div> 11am: Let's Talk About</div><div> 1pm: Next Stop</div><div> 3pm: In the Headlines</div></div>	<div>5</div> <div><div> 9:30am: All Request Music</div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: Gene Hackman</div></div>
<div>8</div> <div><div> 11am: Exercise</div><div> 1pm: Caregivers Alberta</div><div> 3pm: Tom Sawyer Part 8</div></div>	<div>9</div> <div><div> 9:30am: Ponder This</div><div> 11am: Mindfulness with Carol</div><div> 1pm: Mysteries &amp; Folklore</div><div> 3pm: Readers' Corner</div></div>	<div>10</div> <div><div> 9:30am: Vinyl Cafe</div><div> 11am: Whistleblowers</div><div> 1pm: Worldviews</div><div> 3pm: Exercise</div></div>	<div>11</div> <div>No programs</div>	<div>12</div> <div><div> 9:30am: Songs From Movies</div><div> 11am: Exercise: Chair Yoga</div><div> 1pm: Science Savvy</div><div> 3pm: Coffee Chat</div></div>
<div>15</div> <div><div> 11am: Exercise</div><div> 1pm: The Big Picture</div><div> 3pm: Tom Sawyer Part 9</div></div>	<div>16</div> <div><div> 9:30am: Nostalgia Moments</div><div> 11am: Imagination Circle</div><div> 1pm: Murray Sinclair</div><div> 3pm: Nutrition For Health</div></div>	<div>17</div> <div><div> 9:30am: Mystery Chronicles</div><div> 11am: EPL Presents!</div><div> 1pm: Let's Talk About</div><div> 3pm: Exercise</div></div>	<div>18</div> <div><div> 9:30am: Gratitude</div><div> 11am: Coffee Chat</div><div> 1pm: For Your Body</div><div> 3pm: Global Events</div></div>	<div>19</div> <div><div> 9:30am: Classical Music Hour</div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: BINGO</div></div>
<div>22</div> <div><div> 11am: In the Headlines</div></div>	<div>23</div> <div><div> 11am: Mindfulness</div></div>	<div>24</div> <div><div> 11am: Coffee Chat</div></div>	<div>25</div> <div><div> 11am: Animal Spotlight</div></div>	<div>26</div> <div><div> 11am: Exercise</div></div>
<div>29</div> <div><div> 11am: Truth and Reconciliation</div></div>	<div>30</div> <div>National Day of Truth and Reconciliation</div>	To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>		



Pre-registration required



Special Events



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