




JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO PROGRAMS 	4 11am: Imagination Circle 1pm: Program Preview 3pm: Who Why When 4:30pm: Name That Tune	5 9:30am: True Crime 11am: The Ketchup Wars 1pm: Some Good News 3pm: Exercise	6 9:30am: Gratitude 11am: Animal Spotlight 1pm: Next Stop: Arctic Circle Trail 3pm: Cooking Conversations	7 9:30 am: All Request Music 11am: Exercise 1pm: Coffee Chat 3pm: Innocence Files
10 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Farley Mowat	11 11am: Mindfulness 1pm: R U Online? 3pm: Reader's Corner 4:30pm: Trivia	12 9:30am: Mystery Chronicles 11am: Pet Tales 1pm: Let's Talk About... 3pm: Exercise	13 <div style="border: 1px solid black; padding: 5px; text-align: center;"> NO MORNING PROGRAM </div> 1pm: From John to Justin: Prime Ministers of Canada 3pm: Brain Games	14 9:30am: Summer Songs 11am: Exercise 12:30pm: Canadian Connections 1pm: Picture This 3pm: They Did What?
17 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 1	18 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: In the Headlines 4:30pm: Don't Quote Me	19 9:30am: True Crime 11am: Toys of Your Childhood 1pm: KD Lang 3pm: Exercise	20 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Anxiety 3pm: Working Through Grief	21 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Self Care 3pm: Who Why When
24 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 2	25 11am: Mindfulness 1pm: Animal Spotlight 3pm: Coffee Chat 4:30pm: Jeopardy	26 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Nikola Tesla 3pm: Exercise	27 9:30am: Gratitude 11am: International Friendship Day 1pm: Some Good News 3pm: Guided Imagery	28 9:30am: Classic Country 11am: Exercise 1pm: Great Upheaval 3pm: Bingo
31 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 3		<p>To join by phone, call:</p> <p>1-855-703-8985</p> <p>When prompted, enter Meeting ID:</p> <p>225-573-6467#</p>		

AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 11am: Mindfulness 1pm: Emancipation Day 3pm: The Impact of Music 4:30pm: Trivia	2 9:30am: Banff Park Museum 11am: In The Headlines 1pm: Next Stop: Free Solo 3pm: Exercise	3 9:30am: Gratitude 11am: Let's Talk About... 1pm: Guided Imagery 3pm: They Did What?	4 9:30 am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: R U Online?
7 NO PROGRAMS 	8 11am: Imagination Circle 1pm: Coffee Chat 3pm: Some Good News 4:30pm: Name That Tune	9 9:30am: True Crime 11am: SCWW Advisory Group 1pm: Next Stop: Sailing the Seas 3pm: Exercise	10 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> NO MORNING PROGRAM </div> 1pm: Brain Games 3pm: Who Why When	11 9:30 am: Classical Music Hour 11am: Exercise 1pm: Choose Your Own Adventure 3pm: Innocence Files	
14 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 4	15 11am: Mindfulness 1pm: Albert Einstein 3pm: Eating on a Budget 4:30pm: Don't Quote Me	16 9:30am: Mystery Chronicles 11am: Old Souls & Protest Songs 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	17 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Depression 3pm: Working Through Grief	18 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Skin Health 3pm: World Humanitarian Day	
21 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 5	22 11am: Imagination Circle 1pm: Let's Talk About... 3pm: Reader's Corner 4:30pm: Picture This	23 9:30am: True Crime 11am: EPL Presents! 1pm: Forestry in Alberta 3pm: Exercise	24 9:30am: Gratitude 11am: They Did What? 1pm: Some Good News 3pm: Donald Sutherland	25 9:30am: Music from Movies 11am: Exercise 1pm: Chronic Pain 3pm: BINGO	
28 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 6	29 11am: Mindfulness 1pm: Coffee Chat 3pm: Who Why When 4:30pm: Jeopardy	30 9:30am: Mystery Chronicles 11am: Animal Spotlight 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	31 9:30am: Gratitude 11am: Toys of Your Childhood 1pm: Brain Games 3pm: In The Headlines	To join by phone , call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#	

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 am: All Request Music 11am: Exercise 1pm: Chronic Pain 3pm: Innocence Files
4 NO PROGRAMS 	5 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: Some Good News 4:30pm: Name That Tune	6 9:30am: True Crime 11am: Picture This 1pm: Jimmy Carter 3pm: Exercise	7 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> NO MORNING PROGRAM </div> 1pm: Coffee Chat 3pm: Next Stop: Kokoda Track	8 9:30 am: Acapella Music 11am: Exercise 1pm: Chronic Pain 3pm: International Literacy Day
11 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 7	12 11am: Mindfulness 1pm: Toys of Your Childhood 3pm: Reader's Corner 4:30pm: Trivia	13 9:30am: Mystery Chronicles 11am: Coffee Chat 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	14 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Brain Games 3pm: Mount Revelstoke & Glacier National Parks	15 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Chronic Pain 3pm: In the Headlines
18 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 8	19 11am: Imagination Circle 1pm: Terry Fox 3pm: Appetite and Supplements 4:30pm: Don't Quote Me	20 9:30am: True Crime 11am: EPL Presents! 1pm: Let's Talk About... 3pm: Exercise	21 9:30am: Gratitude 11am: Animal Spotlight 1pm: Mental Health Matters: Chronic Conditions 3pm: Working Through Grief	22 9:30am: Songs of Faith 11am: Exercise 1pm: Some Good News 3pm: BINGO
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