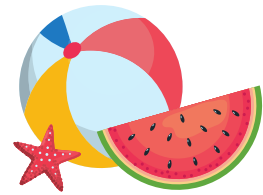
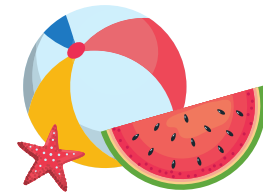


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AUGUST 2026



Community Room:
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SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 	3 8:30-10:00am: Happy Laps 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	4 6:00-7:00pm: Sunset Strollers	5 8:30-10:00am: Wacky Walkers	6 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class 2:30-3:30pm: Tech Help with Chloe	7 10:00-12:00pm: Knitting Group	8
9	10 8:30-10:00am: Happy Laps 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	11 9:00-12:00pm: Lawn Games 1:30-3:00pm: Bingo 6:00-7:00pm: Sunset Strollers	12 8:30-10:00am: Wacky Walkers 11:00-1:30pm: Outing to Maison de LePailleur	13 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	14 10:00-12:00pm: Knitting Group	15
16 	17 8:30-10:00am: Happy Laps 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	18 10:00-11:30am: Connected Canadians Workshop 1:30-3:00pm: Bingo 6:00-7:00pm: Sunset Strollers	19 8:30-10:00am: Wacky Walkers 10:00-12:00pm: Kayaking at Centre Nautique	20 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class 2:30-3:30pm: Tech Help with Chloe	21 10:00-12:00pm: Knitting Group	22
23	24 8:30-10:00am: Happy Laps 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group	25 10:00-12:00pm: Berry Picking at Bleueti�re Ste-Marguerite 6:00-7:00pm: Sunset Strollers	26 8:30-10:00am: Wacky Walkers 5:00-7:00pm: Tiki Bar & Live Music	27 10:00-11:30am: Cross-stitching with Donnelda 1:00-2:30pm: Exercise Class	28 10:00-12:00pm: Knitting Group	29
30 	31 8:30-10:00am: Happy Laps 11:00-12:30pm: Coloring Cafe 1:00-3:00pm: Grief Group					