

# August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Life Lessons:</b> Take a deep breath. It calms the mind</p> <p>Life isn't tied with a bow, but it is still good</p>				<p><b>1</b> 9:00 Reading Corner 9:00 Woodworking 11:00- 2:00 Clothing Company 1:00 Adventures with Norma 2:45 Horse Racing 6:00 Bus to Cowboy Church</p>	<p><b>2</b> <b>HAIR DAY</b></p> <p>8:45 Shuffleboard 1:00 Paint Class</p>	<p><b>3</b></p>
<p><b>4</b> 2:30- Church: Peter and Catherine Van Kampen</p>	<p><b>5</b></p> <div style="text-align: center;">  <p><b>Office Closed</b> <b>No Housekeeping</b></p> </div>	<p><b>6 HAIR DAY</b> 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Doll Collection Exhibit 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p><b>7</b> 8:30 Newspaper 9:00 Woodworking 9:30 Yoga 11:00 Wiener Roast at Rebar Ravine 2:30 Music with Donna and Loretta</p>	<p><b>8</b> 9:00 Reading Corner 9:00 Woodworking 10:30 Kids in the Rockies 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p><b>9</b> <b>HAIR DAY</b></p> <p>8:45 Shuffleboard 7:00 Birthday Party- Wes and Wendy</p>	<p><b>10</b></p>
<p><b>11</b> 2:30- Church: Cowboy Church</p>	<p><b>12</b> 10:30 Exercise 1:00 Bible Chatter 2:30 Game of Pigeons and Crows</p>	<p><b>13 HAIR DAY</b> 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Left-Handers Day 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p><b>14</b> 8:30 Newspaper 9:00 Woodworking 10:30 Yoga 11:00 Catholic Mass 1:00 Adventures with Norma 2:30 Music with Nancy 4:30 RCMP and horses</p>	<p><b>15</b> 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p><b>16</b> <b>HAIR DAY</b></p> <p>8:45 Shuffleboard 1:00 Paint Class 7:00 Wolf Pack</p>	<p><b>17</b></p>
<p><b>18</b> 2:30- Church: Church of God of Prophecy</p>	<p><b>19</b> 10:30 Exercise 1:00 Bible Chatter 2:30 Game of 6-49</p>	<p><b>20</b> <b>NO Hair Dresser today</b> 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Crib Games 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p><b>21</b> 8:30 Newspaper 9:00 Woodworking 10:30 Yoga 1:00 Adventures with Norma 2:30 Music with Donna and Loretta</p>	<p><b>22</b> 9:00 Reading Corner 9:00 Woodworking 10:30 Exercise 1:00 Adventures with Norma 1:30 Tessa 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p><b>23</b> <b>NO Hair dresser today</b></p> <p>8:45 Shuffleboard 1:00 Paint Class</p>	<p><b>24</b> Activity room booked</p>
<p><b>25</b> 2:30- Church: Immanuel Church</p>	<p><b>26</b> 10:30 Exercise 1:00 Bible Chatter 2:30 Travel Show: Wonders of the world</p>	<p><b>27 HAIR DAY</b> 8:45 Shuffleboard 9:30 CO OP Shop 1:00 Crib Games 2:30 Reading Corner 6:00 Dovercourt Bingo</p>	<p><b>28</b> 8:30 Newspaper 10:30 Yoga</p>	<p><b>29</b> 9:00 Reading Corner 10:30 Exercise 2:30 Horse Racing 6:00 Bus to Cowboy Church</p>	<p><b>30 HAIR DAY</b></p> <p>8:45 Shuffleboard</p>	<p><b>31</b> August Moon Phases: New moon: Aug. 1 First Quarter: Aug 7 Full Moon: Aug. 15 Last Quarter: Aug. 23</p>