AUGUST OPH Events

Inspired Living

				1	Wednesday	2	Thursday	3	Friday	4	Saturday				
				10:00	Sit and Be Fit	2:00	Happy Hour	10:00	Salsa Lessons with Salsa Mi Amor!	Note: All Recreation programs are subject to change. Changes will be communicated via various means depending on the situation. These may include: postering, door drops, notices, and word of mouth.					
				11:00	Piano Sing–Along	4:30	Acrylic Painting	11:00	Knitting and Quilting Club						
				12:00	BBQ Lunch (Patio)	7:00	Movie Night	1:30	Popcorn and Trivia Social						
				7:00	Bridge Club			2:00	Open Discussion with Rabbi Mendy						
								7:00	Bridge Club						
5	Sunday	6	Monday	7	Tuesday	8		9		10		11			
7:00	Movie Night		Civic Holiday	10:00	Oliver Daycare Centre (4th floor—see reception for access)	10:00	Sit and Be Fit	9:15	Personal Training with Meagan	11:00	Knitting and Quilting Club				
						2:00	Piano Sing-Along with Jonathan	10:00	Personal Training with Meagan	2:00	Rexall Pharmacy Wellness Café with Karim—Topic: “Sleep” (Library)				
		7:00	Classic Board Games Night	10:30	Ballet Edmonton Class	5:00	BBQ Dinner (Patio)	2:00	Happy Hour	3:00	Creative Expressions (5th floor– see front desk for access)				
				2:00	Bingo	7:00	Bridge Club	7:00	Movie Night						
				3:00	Historical Presentation “Fur Trade”	7:30	Orchestra Practice			7:00	Bridge Club				
				6:30	“Learn to Play” Mah-jong										
12		13		14		15		16		17		18			
7:00	Movie Night	10:00	Sit and Be Fit	9:00	Personal Training with Meagan	10:00	Sit and Be Fit	9:15	Personal Training with Meagan	10:00	Salsa Lessons with Salsa Mi Amor!	2:30	Ice Cream Social		
		10:30	Southgate Mall	10:30	Ballet Edmonton Class	12:00	BBQ Lunch (Patio)	10:00	Personal Training with Meagan	11:00	Knitting and Quilting Club				
		2:00	Virtual Travel Experience	11:00	Computer Class (Library)	2:00	Piano Sing-Along with Jonathan	2:00	Happy Hour	7:00	Shabbat Service				
		2:00	Alberta Art Gallery	2:00	Bingo	3:00	Historical Presentation “The Northwest Mounted Police”	6:00	Drum Circle	7:00	Bridge Club (Library)				
		3:00	Reading Circle with Chaplain Jill	3:00	Historical Presentation “The Metis”	7:00	Bridge Club	7:00	Movie Night						
		5:00	The Dinner Club “Bottega on Whyte”	6:30	Mah-jong Club										
		7:00	Classic Board Games Night												
19		20		21		22		23		24		25			
7:00	Movie Night	10:00	Sit and Be Fit	9:00	Personal Training with Meagan	10:00	Sit and Be Fit	9:15	Personal Training with Meagan	11:00	Knitting and Quilting Club				
		10:00	International Fringe Festival	10:30	Ballet Edmonton Class	1:30	Jean Pare’s ‘Companies Coming’ Book Signing and Talk	10:00	Personal Training with Meagan	2:00	Birthday Party with Dwayne Cannan				
		11:00	Faith Life Talk	2:00	Bingo	1:30	Oliver Centre Daycare Visit (3rd floor-see reception for access)	2:00	Happy Hour with Comedy by Donna Lynne Erickson	3:00	Ice Cream Social w/ Trivia Activity				
		1:30	Art and Architecture with Chaplain Jill	6:30	Mah-jong Club	2:30	Piano Sing-Along with Johnathan	7:00	Movie Night	3:30	Current Events Discussion				
		2:00	TED Talks			5:00	BBQ Dinner (Patio)			7:00	Bridge Club				
		7:00	Classic Board Games Night			7:00	Bridge Club								
						7:30	Orchestra Practice								
26		27		28		29		30		31					
1:30	Comedy Corner	10:00	Sit and Be Fit	9:00	Personal Training with Meagan	12:00	BBQ Lunch (Patio)	9:15	Personal Training with Meagan	10:00	Salsa Lessons with Salsa Mi Amor!				
2:30	Outdoor Walking Club	11:30	Lunch at Barb and Ernie’s Old Country Inn and Alley Kat Brewery Tour	10:30	Ballet Edmonton Class	2:00	Piano Sing-Along with Johnathan	10:00	Personal Training with Meagan	2:00	Hearing Health Clinic with Brandon (Library)				
3:00	Mindfulness and Meditation			11:00	Technology Classes	7:00	Bridge Club	2:00	Happy Hour	2:30	Storytelling with The Edmonton Public Library				
4:00	Hymn Sing with Chaplain Jill	2:00	Virtual Travel Experience	2:00	Bingo			7:00	Movie Night	7:00	Bridge Club				
7:00	Movie Night	7:00	Classic Board Games Night	3:00	Book Club (Library)										
				6:30	Mah-jong Club										

CHRISTENSON COMMUNITIES