


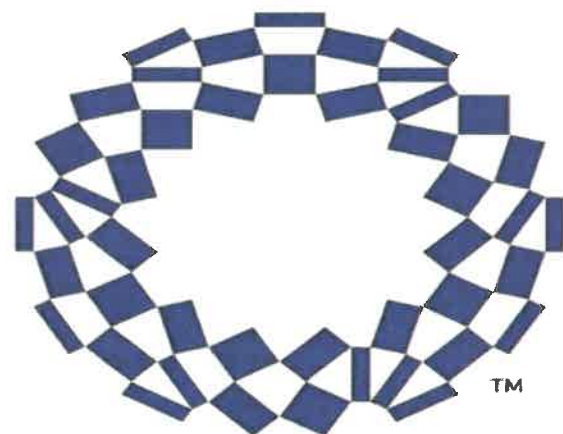
BERWICK ROYAL OAK | ACTIVE LIVING CALENDAR

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Keep Fit Class (ZR)</p> <p>10:00 Rick Steves Travel Video - "South Ireland" and "The Best of West Ireland" (30 minutes each) (TH)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Mexican Train (JJ)</p> <p>1:00 Matinee Documentary: The Beautiful Yukon (TH)</p> <p>1:30 Perk up your brain (CH)</p> <p>2:45 Garden Walks (BRIO)</p> <p>7:00 Movie Night - Jane Eyre (TH)</p>	<p>1</p> <p>Happy BC Day! (Please note there are no staff from the Active Living Department today) (BW)</p> <p>1:00 Bridge (JJ)</p> <p>7:00 TV Series: Heartland (TH)</p> 	<p>2</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Poker (JJ)</p> <p>1:00 Blood Pressure Check -Drop In. 1:00 - 2:00 pm (ZR)</p> <p>1:00 BC History: Shadow of the Chief (film) (TH)</p> <p>3:00 Sing-a-long (BRIO)</p> <p>3:15 Trivia - British Columbia (PUB)</p> <p>6:45 Bingo (C)</p> <p>7:00 Movie Night - Draft Day (TH)</p>	<p>3</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>10:30 Mindfulness - Emotions (CH)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Knit and Crochet (CH)</p> <p>2:00 Duplicate Bridge (JJ)</p> <p>2:30 Birthday Tea with Wayback Warblers (C)</p> <p>3:00 Bingo (BRIO)</p> <p>6:00 Movie Night and Popcorn - "I Don't Know She Does It" (BRIO)</p> <p>6:45 Watercolour Painting (ZR)</p> <p>7:00 Movie Night - I Don't Know How She Does It (TH)</p>	<p>4</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>10:00 Swan Lake Bird Watching (BT)</p> <p>10:30 Food Committee Mtg.- Members Only (TH)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>1:30 Drumming Circle (P)</p> <p>1:30 Gobind Farmer's Market (JG)</p> <p>3:00 Crosswords (BRIO)</p> <p>4:00 Patio games* (P)</p> <p>6:00 Sing-a-long (BRIO)</p> <p>7:00 Berwick Singers (CH)</p>	<p>5</p> <p>8:30 Stronger U Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Body and Brain (ZR)</p> <p>10:00 Get Up & Go (BRIO)</p> <p>11:00 Picnic to Mount Doug (BT)</p> <p>1:30 Mah Jongg Lessons (JJ)</p> <p>2:00 Mah Jongg (JJ)</p> <p>2:00 Scenic Drive (BRIO)</p> <p>2:45 Chair Chi (ZR)</p> <p>7:00 Patio Party with Alan Heffer (P)</p>	<p>6</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Chair Chi Exercises (BRIO)</p> <p>1:00 Scrabble (JJ)</p> <p>1:00 Knowledge Network Documentary: The Island Diaries - Crete (TH)</p> <p>1:30 Carpet Bowling (ZR)</p> <p>1:30 Scenic Drive (BT)</p> <p>2:00 Kitchen Bridge (JJ)</p> <p>3:00 Word Games (BRIO)</p> <p>7:00 Movie Night - The Trip to Greece (TH)</p>
<p>8</p> <p>9:00 Keep Fit Class (ZR)</p> <p>10:00 Church Service with Rev. Melanie Ihmels (CH)</p> <p>11:00 Chair Bocce Ball (BRIO)</p> <p>1:00 Mexican Train (JJ)</p> <p>1:00 Matinee Documentary: Brave Blue World (TH)</p> <p>1:30 Perk up your brain (CH)</p> <p>2:00 Ice Cream on the Patio (P)</p> <p>3:00 Hymn Sing (BRIO)</p> <p>7:00 Movie Night - Liar Liar (TH)</p>	<p>9</p> <p>9:00 Active Fitness (ZR)</p> <p>9:00 Trekkers: Walk at Bowker Creek (BT)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>2:00 Armchair Travel: British Columbia (TH)</p> <p>2:45 Chair Chi (ZR)</p> <p>6:45 Bingo - Bring your cash (C)</p> <p>7:00 TV Series: Heartland (TH)</p>	<p>10</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>10:15 Ball Drumming (ZR)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Poker (JJ)</p> <p>1:00 Blood Pressure Check -Drop In. 1:00 - 2:00 pm (ZR)</p> <p>2:00 Victoria Observatory Presentation (TH)</p> <p>3:00 Music Bingo (BRIO)</p> <p>3:15 Trivia - Alberta (PUB)</p> <p>7:00 Patio Party with Studio 72 (P)</p>	<p>11</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>10:30 Mindfulness (CH)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Knit and Crochet (CH)</p> <p>1:00 Cribbage (JJ)</p> <p>2:00 Duplicate Bridge (JJ)</p> <p>2:00 Resident General Meeting (TH)</p> <p>3:00 General Meeting (BRIO)</p> <p>6:00 Movie Night and Popcorn - "Definitely, Maybe" (BRIO)</p> <p>6:45 Art Program - Macramé (part 1) (ZR)</p> <p>7:00 Movie - Definitely, Maybe (TH)</p>	<p>12</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>11:00 Western BBQ with Sea Breeze Live Music (P)</p> <p>1:00 Bridge (JJ)</p> <p>1:30 Drumming Circle (P)</p> <p>2:00 Open Minded Discussion Group - Bob McLure (CH)</p> <p>2:00 Meditation in Nature - Cattle Point (BT)</p> <p>4:00 Patio games* (P)</p> <p>6:00 Sing-a-long (BRIO)</p> <p>7:00 Berwick Singers (CH)</p>	<p>13</p> <p>8:30 Stronger U Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Body and Brain (ZR)</p> <p>10:00 iPhone & iPad class (CH)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:30 Mah Jongg Lessons (JJ)</p> <p>2:00 Mah Jongg (JJ)</p> <p>2:00 Ice Cream Friday (P)</p> <p>2:00 Scenic Drive (BRIO)</p> <p>2:45 Chair Chi (ZR)</p> <p>6:00 Crossword Puzzle (BRIO)</p> <p>7:00 Movie Night - Magic in the Moonlight (TH)</p> <p>7:15 Karaoke with Sandy (PUB)</p>	<p>14</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Chair Chi Exercises (BRIO)</p> <p>12:00 Pop up Dessert Station (BRIO)</p> <p>1:00 Scrabble (JJ)</p> <p>1:00 Knowledge Network Documentary: The Island Diaries - Cuba (TH)</p> <p>1:30 Scenic Drive (BT)</p> <p>1:30 Board Game Café* (C)</p> <p>2:00 Kitchen Bridge (JJ)</p> <p>3:00 Art Program - Watercolour Painting (BRIO)</p> <p>7:00 Movie Night - Late Night (TH)</p>
<p>15</p> <p>9:00 Keep Fit Class (ZR)</p> <p>10:00 Rick Steves Travel Video - "The Best of Sicily" and "Florence: Heart of the Renaissance" (30 minutes each) (TH)</p> <p>11:00 Chair Bocce Ball (BRIO)</p> <p>1:00 Mexican Train (JJ)</p> <p>1:00 Matinee Documentary: Guatemala - Heart of the Mayan World (TH)</p> <p>1:30 Perk up your brain (CH)</p> <p>2:45 Garden Walks (BRIO)</p> <p>7:00 Movie Night - The Mask of Zorro (TH)</p>	<p>16</p> <p>9:00 Active Fitness (ZR)</p> <p>9:00 Trekkers: Walk to Ogden Point (BT)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>2:45 Chair Chi (ZR)</p> <p>2:45 Brio Birthday Tea with Sandy from Active Living (BRIO)</p> <p>4:00 Food Committee Mtg.- Members Only (JJ)</p> <p>6:45 Bingo - Bring your cash (C)</p> <p>7:00 TV Series: Heartland (TH)</p>	<p>17</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Poker (JJ)</p> <p>1:00 Blood Pressure Check - CANCELLED TODAY (ZR)</p> <p>1:30 Eric Tolman - The Age of 19th Century Ideologies (TH)</p> <p>3:00 Music & Brain Games (BRIO)</p> <p>3:15 Trivia - Saskatchewan (PUB)</p> <p>7:00 Patio Party - Vic Gnaedinger (P)</p>	<p>18</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Knit and Crochet (CH)</p> <p>1:00 Cribbage (JJ)</p> <p>1:30 "Life as an Artist" with Graham Scholes* (TH)</p> <p>2:00 Duplicate Bridge (JJ)</p> <p>3:00 Bingo (BRIO)</p> <p>6:00 Movie Night and Popcorn - "Larry Crown" (BRIO)</p> <p>6:45 Watercolour Painting (ZR)</p> <p>7:00 Movie Night - Larry Crown (TH)</p>	<p>19</p> <p>8:30 Active Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>1:30 Drumming Circle (P)</p> <p>2:00 Scenic Drive (BRIO)</p> <p>4:00 Patio games* (P)</p> <p>6:00 Sing-a-long (BRIO)</p> <p>7:00 Berwick Singers (CH)</p>	<p>20</p> <p>8:30 Stronger U Fitness (ZR)</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Body and Brain (ZR)</p> <p>9:30 Shutterbugs and Walking Group - Finnerty Gardens (BT)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:30 Mah Jongg Lessons (JJ)</p> <p>2:00 Mah Jongg (JJ)</p> <p>2:00 Ice Cream Friday (P)</p> <p>2:45 Chair Chi (ZR)</p> <p>3:00 Comparative Religions - Video and Discussion on Confucianism (BRIO)</p> <p>6:00 Crossword Puzzle (BRIO)</p> <p>7:00 Movie - Dante's Peak (TH)</p> <p>7:15 Karaoke with Sandy (PUB)</p>	<p>21</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Chair Chi Exercises (BRIO)</p> <p>1:00 Scrabble (JJ)</p> <p>1:00 Knowledge Network Documentary: The Island Diaries - Newfoundland (TH)</p> <p>1:30 Carpet Bowling (ZR)</p> <p>1:30 Scenic Drive (BT)</p> <p>2:00 Kitchen Bridge (JJ)</p> <p>3:00 Word Games (BRIO)</p> <p>7:00 Movie Night - Andre Rieu - La Vie Est Belle (Life is Beautiful) (TH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Keep Fit Class (ZR) 22</p> <p>10:00 Church Service with Rev. Melanie Ihmels (CH)</p> <p>11:00 Chair Bocce Ball (BRIO)</p> <p>1:00 Mexican Train (JJ)</p> <p>1:00 Matinee Documentary: Rise of the Great White Shark (TH)</p> <p>1:30 Perk up your brain (CH)</p> <p>3:00 Hymn Sing (BRIO)</p> <p>7:00 Movie Night - Kate and Leopold (TH)</p>	<p>9:00 Active Fitness (ZR) 23</p> <p>9:00 Trekkers: Walk to Cattle Point (BT)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>2:00 Armchair Travel to US National Parks - Part 2 (TH)</p> <p>2:45 Chair Chi (ZR)</p> <p>6:45 Bingo - Bring your cash (C)</p> <p>7:00 TV Series: Heartland (TH)</p>	<p>8:30 Active Fitness (ZR) 24</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>10:15 Ball Drumming (ZR)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Poker (JJ)</p> <p>1:00 BC History: Emily Carr - Winds of Heaven (film) (TH)</p> <p>3:00 Music Bingo (BRIO)</p> <p>3:15 Trivia - Manitoba (PUB)</p> <p>7:00 Patio Party With Ron Ogden</p>	<p>8:30 Active Fitness (ZR) 25</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Knit and Crochet (CH)</p> <p>1:00 Cribbage (JJ)</p> <p>2:00 Duplicate Bridge (JJ)</p> <p>2:00 Culinary Demo by Chef Justin (TH)</p> <p>3:00 Bingo (BRIO)</p> <p>6:00 Movie Night and Popcorn - "The Meddler"* (BRIO)</p> <p>6:45 Art Program - Macramé (part 2) (ZR)</p> <p>7:00 Movie Night - The Meddler (TH)</p>	<p>8:30 Active Fitness (ZR) 26</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>9:30 Nature Walk and Scavenger Hunt - Mystery Location (BT)</p> <p>11:00 BBQ on the Patio (P)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>1:30 Drumming Circle (P)</p> <p>1:30 Gobind Farmer's Market (JG)</p> <p>3:00 Newsletter reading and calendar sign-up for next month* (BRIO)</p> <p>4:00 Patio games* (P)</p> <p>6:00 Sing-a-long (BRIO)</p> <p>7:00 Berwick Singers (CH)</p>	<p>8:30 Stronger U Fitness (ZR) 27</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Body and Brain (ZR)</p> <p>10:00 Get Up & Go (BRIO)</p> <p>11:00 Summer Picnic to Swan Lake (BT)</p> <p>1:30 Mah Jongg Lessons (JJ)</p> <p>2:00 Mah Jongg (JJ)</p> <p>2:00 Ice Cream Friday (P)</p> <p>2:00 Scenic Drive (BRIO)</p> <p>2:45 Chair Chi (ZR)</p> <p>6:00 Crossword Puzzle (BRIO)</p> <p>7:00 Movie Night - Saving Private Ryan (TH)</p> <p>7:15 Karaoke with Sandy (PUB)</p>	<p>Sign-up Day (ALO) 28</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Chair Chi Exercises (BRIO)</p> <p>1:00 Scrabble (JJ)</p> <p>1:00 Knowledge Network Documentary: The Island Diaries - Okinawa (TH)</p> <p>1:30 Scenic Drive (BT)</p> <p>1:30 Board Game Café* (C)</p> <p>2:00 Kitchen Bridge (JJ)</p> <p>3:00 Art Program - Rock Painting (BRIO)</p> <p>7:00 Movie Night - Hope Floats (TH)</p>

<p>9:00 Keep Fit Class (ZR) 29</p> <p>10:00 Rick Steves Travel Video - "Florentine Delights and Tuscan Side-Trips" followed by "Italy's Amalfi Coast" (30 minutes each) (TH)</p> <p>11:00 Chair Bocce Ball (BRIO)</p> <p>1:00 Mexican Train (JJ)</p> <p>1:00 Matinee Documentary: Canada Untold (TH)</p> <p>1:30 Perk up your brain (CH)</p> <p>2:45 Garden Walks (BRIO)</p> <p>7:00 Movie Night - One for the Money (TH)</p>	<p>9:00 Active Fitness (ZR) 30</p> <p>9:00 Trekkers: Walk to Durrance Lake (BT)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Get Up & Go (BRIO)</p> <p>1:00 Bridge (JJ)</p> <p>2:45 Chair Chi (ZR)</p> <p>3:00 Trivia - British Columbia (BRIO)</p> <p>6:45 Bingo - Bring your cash (C)</p> <p>7:00 TV Series: Heartland (TH)</p>	<p>8:30 Active Fitness (ZR) 31</p> <p>9:00 Active Fitness (ZR)</p> <p>9:30 Gentle Fitness (ZR)</p> <p>11:00 Sit and Dance (BRIO)</p> <p>11:00 BBQ Tailgate Patio Party with entertainment by Brain Porter from 12:00 to 1:00 pm. (P)</p> <p>1:00 Poker (JJ)</p> <p>1:00 Blood Pressure Check -Drop In. 1:00 - 2:00 pm (ZR)</p> <p>2:00 Book Club (CH)</p> <p>3:00 Sing-a-long (BRIO)</p> <p>3:15 Trivia - Ontario (PUB)</p> <p>6:30 Evening Scenic Drive & DQ (BT)</p>
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TOKYO 2020

