

# JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>Happy Canada Day!</b>	<b>2</b>  9:30am: All Request Music  11am: Program Preview  1pm: Who Why When  3pm: Exercise	<b>3</b>  9:30am: Gratitude  11am: Meteorology With Myles  1pm: Next Stop  3pm: In the Headlines	<b>4</b>  9:30am: Canadian Artists  11am: Exercise  1pm: Writing For Fun  3pm: Coffee Chat
<b>7</b>  11am: Exercise  1pm: Would You Rather?  3pm: Tom Sawyer Part 1  4:30pm: Dinner Theatre	<b>8</b>  9:30am: Ponder This  11am: Mindfulness with Carol  1pm: Global Events  3pm: Readers' Corner	<b>9</b>  9:30am: Mystery Chronicles  11am: The Green Party  1pm: Coffee Chat  3pm: Exercise	<b>10</b>  <b>No morning programs</b>   1pm: Worldviews  3pm: History Of...	<b>11</b>  9:30am: Classical Music Hour  11am: Exercise: Chair Yoga  1pm: Let's Talk About  3pm: Word Games
<b>14</b>  11am: Exercise  1pm: Animal Spotlight  3pm: Tom Sawyer Part 2  4:30pm: Person, Place or Thing	<b>15</b>  9:30am: Nostalgia Moments  11am: Imagination Circle  1pm: Whistleblowers  3pm: Nutrition For Health	<b>16</b>  9:30am: In the Headlines  11am: Science Savvy  1pm: Story Lines  3pm: Exercise	<b>17</b>  9:30am: Gratitude  11am: How It's Made  1pm: For Your Body  3pm: Coffee Chat	<b>18</b>  9:30am: Name That Tune  11am: Exercise  1pm: Writing For Fun  3pm: The Midnight Sun
<b>21</b>  11am: Exercise  1pm: The Big Picture  3pm: Tom Sawyer Part 3  4:30pm: Broadway Musicals	<b>22</b>  9:30am: Coffee Chat  11am: Mindfulness  1pm: Jeopardy  3pm: Mysteries & Folklore	<b>23</b>  9:30am: Vinyl Cafe  11am: Seniors Housing  1pm: Let's Talk About  3pm: Exercise	<b>24</b>  9:30am: Gratitude  11am: Arlene Dickinson  1pm: Some Good News  3pm: Canadian Resources	<b>25</b>  9:30am: Summer Love Songs  11am: Exercise  1pm: Next Stop  3pm: BINGO
<b>28</b>  11am: Exercise  1pm: Every Voice Matters  3pm: Tom Sawyer Part 4  4:30pm: Finish the Phrase	<b>29</b>  9:30am: What If?  11am: Speaking Out  1pm: Brain Games  3pm: Crafting Circle	<b>30</b>  9:30am: Short Stories  11am: Speaking Out: The Music  1pm: Coffee Chat  3pm: Exercise Q&A	<b>31</b>  9:30am: Gratitude  11am: Who Why When  1pm: SCWW Advisory Group  3pm: Music Meditation	<b>To join by phone, call:</b> <b>1-855-703-8985</b> <b>and enter meeting ID:</b> <b>225-573-6467#</b>



**Pre-registration required**



Special Events



Conversations



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# AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call:  <b>1-855-703-8985</b>            and enter meeting ID:  <b>225-573-6467#</b></p>				<p><b>1</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Singing the Blues</li> <li>🍏 11am: Exercise</li> <li>😊 1pm: Writing For Fun</li> <li>🧠 3pm: Animal Spotlight</li> </ul>
<p><b>4</b></p> <p><b>Happy Heritage Day!</b></p>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Imagination Circle</li> <li>💬 1pm: In the Headlines</li> <li>📞 <b>1pm: Mental Health Allyship</b></li> <li>😊 3pm: All Request Music</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: NPR Tiny Desk Concerts</li> <li>🎈 11am: Muttart Conservatory</li> <li>💬 1pm: Worldviews</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>💬 11am: Let's Talk About</li> <li>🧠 1pm: David Attenborough</li> <li>💬 3pm: Would You Rather?</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Songs of Faith</li> <li>🍏 11am: Exercise: Chair Yoga</li> <li>📞 <b>12pm: Canadian Connections</b></li> <li>🧠 1pm: How It's Made</li> <li>💬 3pm: Coffee Chat</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Next Stop</li> <li>😊 3pm: Tom Sawyer Part 5</li> <li>😊 4:30pm: Name That Theme Song</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>💬 9:30am: Ponder This</li> <li>🍏 11am: Mindfulness with Carol</li> <li>😊 1pm: Person, Place or Thing</li> <li>📞 <b>1pm: Mental Health Allyship</b></li> <li>💬 3pm: Readers' Corner</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Mystery Chronicles</li> <li>💬 11am: Coffee Chat</li> <li>🧠 1pm: Science Savvy</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>14</b></p> <p><b>No morning programs</b></p> <ul style="list-style-type: none"> <li>😊 1pm: Story Lines</li> <li>🧠 3pm: History Of...</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Country Classics</li> <li>🍏 11am: Exercise</li> <li>😊 1pm: Writing For Fun</li> <li>🧠 3pm: Mysteries &amp; Folklore</li> </ul>
<p><b>18</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Exercise</li> <li>💬 1pm: Some Good News</li> <li>😊 3pm: Tom Sawyer Part 6</li> <li>😊 4:30pm: Broadway Musicals</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>💬 9:30am: Nostalgia Moments</li> <li>🍏 11am: Imagination Circle</li> <li>😊 1pm: Hello From Alberta</li> <li>🍏 3pm: Nutrition For Health</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Name That Tune</li> <li>🧠 11am: Michael Jackson</li> <li>💬 1pm: Let's Talk About</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>🧠 11am: Global Events</li> <li>🍏 1pm: For Your Body</li> <li>💬 3pm: Coffee Chat</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Jazz Music</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Whistleblowers</li> <li>💬 3pm: In the Headlines</li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li>🍏 11am: Exercise</li> <li>💬 1pm: The Big Picture</li> <li>😊 3pm: Tom Sawyer Part 7</li> <li>😊 4:30pm: Wheel of Fortune</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>💬 9:30am: Coffee Chat</li> <li>🍏 11am: Music Meditation</li> <li>🧠 1pm: Tall Ships</li> <li>😊 3pm: Brain Games</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Kids Say It Best</li> <li>💬 11am: Death Cafe</li> <li>🧠 1pm: Canadian Resources</li> <li>🍏 3pm: Exercise</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>🍏 9:30am: Gratitude</li> <li>🧠 11am: Who Why When</li> <li>💬 1pm: Dig It! Gardening Club</li> <li>🧠 3pm: Animal Spotlight</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>😊 9:30am: Folk Music</li> <li>🍏 11am: Exercise</li> <li>🧠 1pm: Literary Reflections</li> <li>😊 3pm: BINGO</li> </ul>



**Pre-registration required**



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# SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>Happy Labour Day!</b>	<b>2</b>  11am: Imagination Circle  1pm: How It's Made  3pm: Story Lines	<b>3</b>  9:30am: Chicken Soup for the Soul  11am: Coffee Chat  1pm: History Of...  3pm: Exercise	<b>4</b>  9:30am: Gratitude  11am: Let's Talk About  1pm: Next Stop  3pm: In the Headlines	<b>5</b>  9:30am: All Request Music  11am: Exercise  1pm: Writing For Fun  3pm: Gene Hackman
<b>8</b>  11am: Exercise  1pm: Caregivers Alberta  3pm: Tom Sawyer Part 8	<b>9</b>  9:30am: Ponder This  11am: Mindfulness with Carol  1pm: Mysteries & Folklore  3pm: Readers' Corner	<b>10</b>  9:30am: Vinyl Cafe  11am: Whistleblowers  1pm: Worldviews  3pm: Exercise	<b>11</b>  <b>No programs</b>	<b>12</b>  9:30am: Songs From Movies  11am: Exercise: Chair Yoga  1pm: Science Savvy  3pm: Coffee Chat
<b>15</b>  11am: Exercise  1pm: The Big Picture  3pm: Tom Sawyer Part 9	<b>16</b>  9:30am: Nostalgia Moments  11am: Imagination Circle  1pm: Murray Sinclair  3pm: Nutrition For Health	<b>17</b>  9:30am: Mystery Chronicles  11am: EPL Presents!  1pm: Let's Talk About  3pm: Exercise	<b>18</b>  9:30am: Gratitude  11am: Coffee Chat  1pm: For Your Body  3pm: Global Events	<b>19</b>  9:30am: Classical Music Hour  11am: Exercise  1pm: Writing For Fun  3pm: BINGO
<b>22</b>  11am: In the Headlines	<b>23</b>  11am: Mindfulness	<b>24</b>  11am: Coffee Chat	<b>25</b>  11am: Animal Spotlight	<b>26</b>  11am: Exercise
<b>29</b>  11am: Truth and Reconciliation	<b>30</b>  <b>National Day of Truth and Reconciliation</b>	To join by phone, call: <b>1-855-703-8985</b> and enter meeting ID: <b>225-573-6467#</b>		



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