

SENIORS' SERVICES CALENDAR OF EVENTTS



AUG 2026

Programs = Green Events = Red
Café BREAK = Magenta Lunch & Learn = Orange

SUN	MON	TUES	WED	THURS	FRI	SAT
1/2	3 STAT- OFFICE CLOSED- NO PROGRAMS	4	5 NO CAFÉ BREAK- LUNCH OUTING	6 FOLKLORAMA 3 PAVILION BUS TOUR	7 POLE WALKING AT MHRD 10-11	8
9	10	11 GOLDEN GAMES 1-3	12 CAFÉ BREAK LUNCH 12PM FOLKLORAMA 2 PAVILION BUS TOUR	13 FOOT CLINIC 9-4 CRIB & COFFEE 1-3	14 POLE WALKING AT MHRD 10-11	15
16	17 HELPING HANDS 1-3	18	19 CAFÉ BREAK LUNCH 12PM	20	21 POLE WALKING AT MHRD 10-11	22
23	24	25 FOOT CLINIC 9-4 GOLDEN GAMES 1-3	26 CAFÉ BREAK LUNCH 12PM	27 CRIB & COFFEE 1-3	28 LAST OUTDOOR POLE WALKING AT MHRD 10-11	29
30	31 HELPING HANDS 1-3	SEPT 1 GOLDEN GAMES 1-3	SEPT 2 CAFÉ BREAK LUNCH 12PM	SEPT 3 CRIB & COFFEE 1-3	SEPT 4 INDOOR POLE WALKING RESUMES AT CC 10-11	