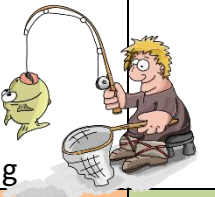


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
British Columbia Day  ADP Closed Statutory Holiday	Breakfast Social SteadyFeet® PM Finish the Song Paper Garland Making	Breakfast Social SteadyFeet®/Tai Chi PM Minute to Win It Games Jenga Challenge	Breakfast Social SteadyFeet® PM Table Bowling Paper Garland Making	 Breakfast Social SteadyFeet® PM Afternoon Bingo Jewelry Making
10	11	12	13	14
Breakfast Social SteadyFeet®/Tai Chi PM Laughing Yoga Afternoon Baking	Breakfast Social SteadyFeet® PM Marble Games Jewelry Making	Breakfast Social SteadyFeet® PM Guess the Weight Dominoes 	Breakfast Social SteadyFeet® PM Exotic Fruits Mini Photo Scrapbook Craft	Breakfast Social SteadyFeet® PM Sports Day Riddle Time
17	18	19	20	21
 Breakfast Social SteadyFeet® PM Hawaiian Sports Day	Breakfast Social SteadyFeet® PM Fishing Game Paper Garland Making 	Breakfast Social SteadyFeet® PM Matching Game Mahjong	Breakfast Social SteadyFeet®/Tai Chi PM Singing with Mac & Gloria Paper Garland Making	Breakfast Social SteadyFeet® PM Participant Showcase Table Games
24	25	26	27	28
Breakfast Social SteadyFeet® PM Happy Group Singers Mini Photo Scrapbook Craft	Breakfast Social SteadyFeet® PM Afternoon Bingo Afternoon Baking	Breakfast Social SteadyFeet® PM Table Bowling Dominoes 	Breakfast Social SteadyFeet® PM Pictionary "What If?" Discussion	Breakfast Social SteadyFeet® PM Ice Cream Social with Saul Mini Photo Scrapbook Craft 
31	<i>"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms."</i> ~ Victoria Erickson			
Breakfast Social SteadyFeet® PM Brain Game Table Games 				

WELCOME

June & July Moments

June and July were filled with fun, creativity, and community outings. Participants enjoyed Hawaiian Day, summer crafts, jewelry making, and making fresh spring rolls together while building new skills and friendships. We also explored FIFA sites around Vancouver, making lasting memories as we celebrated the excitement in our city.



August Birthdays

2nd – Chui Kuen

6th – Angelo

8th - Severina

11th – Edna

12th – Nancy Y

20th – Milka

22nd – Thomas

23rd - Jinbo

25th – Anna

30th - Tad



Mark Your Calendars

**ADP Closed Statutory
Holidays**

Monday,

August 3rd, 2026

British Columbia Day