

# August 2022

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 1<br><b>CLOSED<br/>CIVIC HOLIDAY</b>  | 2<br><br>Everyday<br>Confidence                                   | 3<br><br>Concert of Care<br>ESO Performance                                      | 4<br><br>Wellness with<br>Sherry<br><br>Goal Setting<br><br>Yoga with Diane                               | 5<br><br>Cooking Basics                                |
| 8<br>Fantasmagorian<br>Comedy Group   | 9<br>Special Events<br>Team Meeting<br><br>Everyday<br>Confidence | 10<br>Building Better<br>Boundaries<br><br>YEG/YAG<br><br>Social Rec:<br>Yahtzee | 11<br>Wellness with<br>Sherry<br><br>Peer Directors<br>Meeting<br><br>Goal Setting<br><br>Yoga with Diane | 12<br><br>Cooking Basics                               |
| 15<br>Fantasmagorian<br>Comedy Group<br><br>Newsletter<br>Meeting (Editors) | 16<br>Creative Time<br>with Sherry<br><br>Everyday<br>Confidence  | 17<br><br>YEGYAG<br><br>Social Rec:<br>Inflatable Bowling                        | 18<br>Wellness with<br>Sherry<br><br>Goal Setting<br><br>Yoga with Diane                                  | 19<br><br>Cooking Basics                               |
| 22<br>Fantasmagorian<br>Comedy Group<br><br>Newsletter<br>Meeting (Editors) | 23<br>Budgeting<br>Workshop<br><br>Bookclub                       | 24<br><br>YEGYAG<br><br>Social Rec:<br>Scrabble                                  | 25<br>Wellness with<br>Sherry<br><br>Yoga with Diane  | 26<br><br>Cooking Basics<br><br>Comedy<br>Extravaganza |
| 29<br>Fantasmagorian<br>Comedy Group<br><br>Newsletter<br>Meeting (Editors) | 30<br>Creative Time<br>with Sherry                                | 31<br>YEGYAG<br><br>Social Rec:<br>Bingo   |   |  |

# August 2022

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**AUGUST 1**

**CLOSED - CIVIC HOLIDAY**

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| <b>AUGUST 2</b>     | <b>LOCATION</b>                             | <b>TIME</b>    |
|---------------------|---|----------------|
| Everyday Confidence | Central Hall (Registered Participants Only) | <b>2:00 PM</b> |

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| <b>AUGUST 3</b>                 | <b>LOCATION</b> | <b>TIME</b>    |
|---------------------------------|-----------------|----------------|
| Concert of Care ESO Performance |                 | <b>2:00 PM</b> |

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| <b>AUGUST 4</b>      | <b>LOCATION</b>  | <b>TIME</b>     |
|----------------------|--|-----------------|
| Wellness with Sherry | Central Hall<br>Zoom Meeting ID: 882 0223 2923<br>Passcode: u5DL1X | <b>11:00 AM</b> |
| Yoga                 | Studio (In Person Only)  | <b>1:30 PM</b>  |
| Goal Setting         | Central Hall (Registered Participants Only)                        | <b>2:00 PM</b>  |

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| <b>AUGUST 5</b> | <b>LOCATION</b>                             | <b>TIME</b>     |
|-----------------|---|-----------------|
| Cooking Basics  | Central Hall (Registered Participants Only) | <b>10:00 AM</b> |

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| <b>AUGUST 8</b>              | <b>LOCATION</b>             | <b>TIME</b>     |
|------------------------------|-----------------------------|-----------------|
| Fantasmagorians Comedy Group | Studio (Working group Only) | <b>11:00 AM</b> |

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| <b>AUGUST 9</b>                         | <b>LOCATION</b>                             | <b>TIME</b>     |
|---|---|-----------------|
| Special Events/ Social Rec Team Meeting | Central Hall                                | <b>11:00 AM</b> |
| Everyday Confidence                     | Central Hall (Registered Participants Only) | <b>2:00 PM</b>  |

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| <b>AUGUST 10</b>                    | <b>LOCATION</b>                              | <b>TIME</b>     |
|-------------------------------------|--|-----------------|
| Building Better Boundaries Workshop | Studio or online (Register for more details) | <b>10:00 AM</b> |
| YEG/ YAG                            |  | <b>1:00 PM</b>  |
| Social Rec: Yahtzee                 | Central Hall                                 | <b>2:00 PM</b>  |

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| <b>AUGUST 11</b>              | <b>LOCATION</b>  | <b>TIME</b>     |
|-------------------------------|--|-----------------|
| Wellness with Sherry          | Central Hall<br>Zoom Meeting ID: 882 0223 2923<br>Passcode: u5DL1X | <b>11:00 AM</b> |
| Peer Board Director's Meeting | Studio (Board Members Only)  | <b>12:30 PM</b> |
| Yoga                          | Studio (In Person Only)  | <b>1:30 PM</b>  |
| Goal Setting                  | Central Hall (Registered Participants Only)                        | <b>2:00 PM</b>  |

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| <b>AUGUST 12</b> | <b>LOCATION</b>                             | <b>TIME</b>     |
|------------------|---|-----------------|
| Cooking Basics   | Central Hall (Registered Participants Only) | <b>10:00 AM</b> |

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| <b>AUGUST 15</b>                          | <b>LOCATION</b>              | <b>TIME</b>     |
|---|------------------------------|-----------------|
| Fantasmagorians Comedy Group              | Studio (Working group Only)  | <b>11:00 AM</b> |
| Newsletter Team Meeting<br>Editor's Group | Studio (Editor's Group Only) | <b>1:30 PM</b>  |

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| <b>AUGUST 16</b>          | <b>LOCATION</b>                             | <b>TIME</b>     |
|---------------------------|---|-----------------|
| Creative Time with Sherry | Central Hall                                | <b>11:00 AM</b> |
| Everyday Confidence       | Central Hall (Registered Participants Only) | <b>2:00 PM</b>  |

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| <b>AUGUST 17</b>               | <b>LOCATION</b>         | <b>TIME</b>    |
|--------------------------------|-------------------------|----------------|
| YEG/ YAG                       | Studio (In Person Only) | <b>1:00 PM</b> |
| Social Rec: Inflatable Bowling | Studio                  | <b>2:00 PM</b> |

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| <b>AUGUST 18</b>     | <b>LOCATION</b>  | <b>TIME</b>     |
|----------------------|--|-----------------|
| Wellness with Sherry | Central Hall<br>Zoom Meeting ID: 882 0223 2923<br>Passcode: u5DL1X | <b>11:00 AM</b> |
| Yoga                 | Studio (In Person Only)  | <b>1:30 PM</b>  |
| Goal Setting         | Central Hall (Registered Participants Only)                        | <b>2:00 PM</b>  |

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| <b>AUGUST 19</b> | <b>LOCATION</b>                             | <b>TIME</b>     |
|------------------|---|-----------------|
| Cooking Basics   | Central Hall (Registered Participants Only) | <b>10:00 AM</b> |

| <b>AUGUST 22</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
|---|--|-----------------|
| Fantasmagorians Comedy Group              | Studio (Working group Only)  | <b>11:00 AM</b> |
| Newsletter Team Meeting<br>Editor's Group | Studio (Editor's Group Only)                                       | <b>1:30 PM</b>  |
| <b>AUGUST 23</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| Budgeting Workshop                        | Central Hall   | <b>11:00 AM</b> |
| Book Club                                 | Central Hall   | <b>1:30 PM</b>  |
| <b>AUGUST 24</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| YEG/ YAG                                  | Studio   | <b>1:00 PM</b>  |
| Social Rec: Scrabble                      | Central Hall   | <b>2:00 PM</b>  |
| <b>AUGUST 25</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| Wellness with Sherry                      | Central Hall<br>Zoom Meeting ID: 882 0223 2923<br>Passcode: u5DL1X | <b>11:00 AM</b> |
| Yoga                                      | Studio   | <b>1:30 PM</b>  |
| <b>AUGUST 26</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| Cooking Basics                            | Central Hall (Registered Participants Only)                        | <b>10:00 AM</b> |
| Comedy Extravaganza                       | Studio   | <b>1:00 PM</b>  |
| <b>AUGUST 29</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| Fantasmagorians Comedy Group              | Studio (Working group Only)  | <b>11:00 AM</b> |
| <b>AUGUST 30</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| Creative Time with Sherry                 | Central Hall   | <b>11:00 AM</b> |
| <b>AUGUST 31</b>                          | <b>LOCATION</b>  | <b>TIME</b>     |
| YEG/ YAG                                  | Studio   | <b>1:00 PM</b>  |
| Social Rec: Bingo                         | Studio   | <b>2:00 PM</b>  |

# August 2022

Lunches are \$4 or less.  
 Regular Suppers are \$5 or less.  
 Holiday Suppers are \$6 or less.  
 Sandwich - \$2.50  
 Soup - \$1.50

| Monday  | Tuesday   | Wednesday                                    | Thursday   | Friday   |
|---|---|--|--|--|
| 1<br><br><b>Lunch:</b><br>Soup &<br>Sandwich  | 2<br><b>Lunch:</b><br>Stuffed Red<br>Pepper<br>Casserole<br><br><b>Supper:</b><br>Pancakes +<br>Scrambled Eggs          | 3<br><br><b>Lunch:</b><br>Burgers &<br>Side  | 4<br><b>Lunch:</b><br>Spaghetti +<br>Meat Sauce<br><br><b>Supper:</b><br>Herbed Chicken<br>on Rice                     | 5<br><br><b>Lunch:</b><br>Leftovers or<br>Special  |
| 8<br><br><b>Lunch:</b><br>Soup &<br>Sandwich  | 9<br><b>Lunch:</b><br>Chicken Tacos<br><br><b>Supper:</b><br>Fettucine Alfredo<br>+ Chicken                             | 10<br><br><b>Lunch:</b><br>Burgers &<br>Side | 11<br><b>Lunch:</b><br>Monte Cristos +<br>Slaw<br><br><b>Supper:</b><br>Hawaiian Pizza                                 | 12<br><br><b>Lunch:</b><br>Leftovers or<br>Special |
| 15<br><br><b>Lunch:</b><br>Soup &<br>Sandwich | 16<br><b>Lunch:</b><br>Chicken Caesar Wrap<br>+ Veggies and Dip<br><br><b>Supper:</b><br>Baked Cod + Root<br>vegetables | 17<br><br><b>Lunch:</b><br>Burgers &<br>Side | 18<br><b>Lunch:</b><br>French Toast +<br>Breakfast<br>Sausage<br><br><b>Supper:</b><br>Pulled Pork on<br>bun w/ Wedges | 19<br><br><b>Lunch:</b><br>Leftovers or<br>Special |
| 22<br><br><b>Lunch:</b><br>Soup &<br>Sandwich | 23<br><b>Lunch:</b><br>BLT Wrap +<br>Veggies & Dip<br><br><b>Supper:</b><br>Pasta Primavera                             | 24<br><br><b>Lunch:</b><br>Burgers &<br>Side | 25<br><b>Lunch:</b><br>Macaroni and<br>Cheese<br><br><b>Supper:</b><br>(Meal Deal)<br>Chili + Bun                      | 26<br><br><b>Lunch:</b><br>Leftovers or<br>Special |
| 29<br><br><b>Lunch:</b><br>Soup &<br>Sandwich | 30<br><b>Lunch:</b><br>Mediterranean<br>Chicken Pasta<br><br><b>Supper:</b><br>Chef Salad +<br>Garlic Bread             | 31<br><br><b>Lunch:</b><br>Burgers &<br>Side |  |  |