



Meadowlands
by Optima Living

August 2026

Meadowlands

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Lucky Roller (2) 10:30 Color Therapy (Dyr) 1:45 Chase The Ace (2) 16	PASSPORT TO JAPAN 17 9:00 TECH TIME (RR) 10:00 Japanese Tea & Matching Game (2) 11:00 Japan Trivia & Facts or Fiction (2) 1:45 Sumo Westling (DR) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	9:30 Silver Strength (2) 18 10:30 Nature Walk (L) 10:30 JEOPARDY (2) 2:00 MUSIC with Rob Hudec (RP) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	9:30 TECH TIME (RR) 19 9:30 Silver Strength (2) 10:30 Sing Along (Dyr) 2:00 Arts n Crafts (2) 6:30 BINGO (Free) (DR)	9:30 CHAIR Exercises with Weights (2) 20 9:30 TECH Time (RR) 10:30 Nature Walk (L) 2:00 Music with Giving Back (RP) 3:15 Victory Lutheran Service (CH) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr) 6:30 Drinks on the Deck (RP)	9:30 LRC (2) 21 9:30 TECH TIME (RR) 10:30 Nature Walk (L) 10:30 AIR HOCKEY (2) 11:00 Rosary (CH) 2:00 Crown & Anchor (2) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	9:30 Ball Exercises (2) 22 10:45 Coffee/Tea Social in Bistro (B) 2:00 CARD BINGO (10 dimes) (DR)
9:30 Lucky Roller (2) 23 10:30 Color Therapy (Dyr) 10:30 Lets Play Pool (2) 2:00 Nintendo Video gaming (Dyr)	9:30 Chase The Ace (2) 24 9:30 TECH TIME (RR) 10:30 Nature Walk (L) 11:00 Facts or Fiction (2) 2:00 BINGO (\$1) (Dyr) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	9:30 Silver Strength (2) 25 10:30 Nature Walk (L) 10:30 Taxi Tuesday(Mall, Walmart, Norwood Mall) (L) 10:30 Wheel of Fortune (2) 2:00 MUSIC with OG's (RP) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	Carnival set up (L) 26 1:00 Meadowlands Summer Carnival (BPL)	SPARK DAY LAUNCH 27 9:30 Silver Strength (2) 10:30 Nature Walk (L) 2:00 Board Games (RP) 3:15 Victory Lutheran Service (CH) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr) 6:30 Drinks on the Deck (RP)	9:30 LRC (2) 28 9:30 TECH TIME (RR) 10:30 Nature Walk (L) 10:30 Lets Play Pool (2) 11:00 Rosary (CH) 2:00 Birthday Bash with 13th Ave Band (RP) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)	9:30 Ball Exercises (2) 29 10:45 Coffee/Tea Social in Bistro (B) 2:00 CARD BINGO (10 dimes) (DR)
9:30 Lucky Roller (2) 30 10:30 Color Therapy (Dyr) 2:00 Nintendo Video gaming (Dyr)	9:30 Chase The Ace (2) 31 9:30 TECH TIME (RR) 10:30 Nature Walk (L) 11:00 Trivia, Riddles, facts (2) 11:30 Medicine Hat Library delivery of Books (CR) 1:45 Outing to the Butterfly House (L) 6:30 Card Club Canasta, Whist, Bridge Dyr (Dyr)					