



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Workout or Walk @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Mike) 3:30 pm Dinner Club @ Creekside Pub \$ 20 (Talia/Diane)</p>	<p>3</p> <p>9:00 - 2:30 Kalamalka Lake Beach Trip Meet at CCSS - Bring own lunch and beach gear \$ 5 (Joel, Talia, Mike) 10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>4</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 11:30 - 5:00 Pool Party @ Paul Butticci's house - 575 Stirling Rd \$ 5 (Ethan)</p>	<p>5</p> <p>10:00 - 11:30 Hiking Group @ TBA (Lindsay)</p>
<p>8</p> <p>9:00 - 10:30 am Disc Golf @ Knox Mtn disc golf course (Joel)</p>	<p>9</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Workout or Walk @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Mike) 3:30 pm Ladies Night @ CCSS \$ 10 (Diane/Talia/Melanie)</p>	<p>10</p> <p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike) 10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>11</p> <p>9:00 am - 3:00 pm Atlantis Waterslides \$20 (Lindsay, Joel) 3:30 - 5:00 pm Birthday Party Social @ CCSS - Burgers & Salad \$ 10 (Ethan) All Welcome</p>	<p>12</p> <p>10:00 - 11:30 Hiking Group @ TBA (Lindsay)</p>
<p>15</p> <p>9:00 - 10:30 am Bocce and walk @ Knox Mtn Park (Joel)</p>	<p>16</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 11:00 Pool Group @ Packinghouse Pub \$5 (Mike) 3:30 pm Picnic in the Park @ Ben Lee \$ 10 (Diane/Talia/Melanie)</p>	<p>17</p> <p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike)</p>	<p>18</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ City Park @ Ice Cream \$ 10 (Ethan)</p>	<p>19</p> <p>9:00 am - 4:00 pm Kalamalka Lake Beach Trip Meet at CCSS - Bring own lunch and beach gear \$ 5 (Talia)</p>
<p>22</p> <p>9:00 - 10:30 am Disc Golf @ Knox Mtn disc golf course (Joel)</p>	<p>23</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Workout or Walk @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Mike) 3:30 pm Ladies Night @ CCSS \$ 10 (Diane/Talia/Melanie)</p>	<p>24</p> <p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike) 10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>25</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ Red Robin \$ 20 (Ethan)</p>	<p>26</p> <p>10:00 - 2:00 pm WE DAYS @ Ben Lee Park Free BBQ Game Fun All Welcome RSVP Required - Contact Joel 250-491-2907 X 104</p>
<p>29</p> <p>9:00 - 10:30 am Bocce and walk @ Knox Mtn Park (Joel)</p>	<p>30</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Workout or Walk @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Mike) 3:30 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)</p>	<p>31</p> <p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike) 10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>July's Birthdays</p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>David O July 10th</p> <p>Tyler M July 16th</p> </div> <div style="text-align: center;">  <p>Happy Birthday!</p> </div> <div style="text-align: center;"> <p>Lenny T July 11th</p> <p>Allison P July 28th</p> </div> </div>	