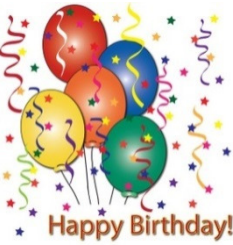




Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Birthday!</p>	<p>Kim R Aug 1st</p> <p>Stephen M Aug 21st</p>	<p>Laura-Lee Aug 4th</p> <p>Laura G Aug 22nd</p>	<p>Sebastian Aug 16th</p> <p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel)</p> <p>3:30 - 5:00 Men's Group @ Ben Lee Park - Walk and Hot Dogs \$ 10 (Ethan)</p>	<p>10:00 - 11:30 Hiking Group @ TBA (Lindsay)</p>
<p>BC Day</p> 	<p>9:45 Workout or Walk @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Mike)</p> <p>3:30 pm Ladies Night Picnic in park @ Mission Greenway - Pizza \$ 10 (Diane/Talia/Melanie)</p> <p>6:30 Parks Alive @ Matera Glen Park - Bluegrass (Kathy)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike)</p> <p>10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>3:30 - 5:00 pm Men's Group @ Scandia and supper \$ 20 (Ethan)</p>	<p>10:00 - 11:30 Hiking Group @ TBA (Lindsay)</p> <p>Saturday 10th 8:00 pm - 11:00 pm Karaoke @ Packinghouse Pub (Talia/Ethan)</p>
<p>9:00 - 10:30 am Bocce and walk @ Knox Mtn Park (Joel)</p>	<p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Mike)</p> <p>3:30 pm Dinner Club @ Red Robin \$ 20 (Diane/Talia/Melanie)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike)</p> <p>10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel)</p> <p>3:30 - 5:00 pm Men's Group @ CCSS \$ 10 (Ethan)</p>	<p>10:30 - 5:00 Naramata Boat Ride - Meet at CCSS @ 10:30. Lunch Included - RSVP by August 2</p> <p>For those people who attended Naramata 2019</p>
	<p>9:45 Workout or Walk @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Mike)</p> <p>3:30 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike)</p> <p>10:00 - 11:00 am Coffee Group @ Timmies (Lindsay)</p>	<p>3:30 - 5:00 pm Men's Group @ City Park walk and Ice Cream \$ 10 (Ethan)</p>	<p>10:00 - 11:30 Hiking Group @ TBA (Lindsay)</p>
<p>8:30 am - 4:00 pm Summerland Steamtrain and Sunoka Beach - Meet at CCSS @ 8:30 am \$ 30 Bring Packed Lunch and items for the beach - RSVP by August 16</p> 	<p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel)</p> <p>9:45 Workout or Walk @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Mike)</p> <p>3:30 pm Birthday Social @ CCSS - Pizza \$ 10 (Talia/Melanie) - All Welcome</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Mike)</p>	<p>9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel)</p> <p>3:30 - 5:00 pm Men's Group @ Packinghouse Pub \$ 20 (Ethan)</p>	<p>12:00 - 2:00 pm Lunch group @ McCullough Station Pub \$ 20 (Diane/Melanie)</p>

