Sunday Monday Tuesday Wednesday Thursday 3:00 Find the Summer BBQ Essential -Front Desk August 2025 3:00 Find the Summer BBQ Essential 9:30 Exercise (Video) – Theatre Front Desk 10:00 Cranium Crunches – Theatre 9:30 Exercise - Theatre 1:00 World News and Schmooze: Keep Up :30 Bank Shuttle o Date on Local, National, and International 10:00 Cranium Crunches – Theatre News - Bistro 3:00 Happy Hour with Roli Mack -3:00 Celebrating Ice Cream Sandwich Day! What's better than Music & Ice Courtyard 6:00 Daily Puzzle - Front Desk Cream!? - Courtyard 6:00 Daily Puzzle - Front Desk 7:00 Balloon Badminton - Theatre The Landing :30 Blue Bombers vs. Argonauts - Bistro 7:00 Bingo - Theatre 5 8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -APPY BIRTHDAY SHIRLEY SIGURDS 8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -Front Desk ront Desk Front Desk Front Desk Front Desk Front Desk 8:30 St. Vital Catholic Church Shuttle 9:30 Exercise - Theatre :30 Superstore :30 Exercise - Theatre :30 Exercise - Theatre :30 Exercise - Theatre 10:00 Fort Garry United Church Shuttle 0:00 Cranium Crunches - Theatre 9:30 Exercise (Video) – Theatre 10:00 Cranium Crunches – Theatre 10:00 Cranium Crunches – Theatre 10:00 Cranium Crunches - Theatre 9:30 Exercise(video) - Theatre 10:45 Fort Garry M.B. Live Church Service 10:00 Cranium Crunches - Theatre 1:00 World News and Schmooze: Keep Up 1:30 Meet the Chefs & Calendar Review 2:00 Folklorama at Riverwood Japanese Theatre 3:00 Happy Hour with Brian - Courtyard 1:45 Riverwood Cinema Presents: They to Date on Local National and International Lower Level 3:00 Ladderball - Courtyard News - Bistro Pavilion with Hinode Taiko - Courtyard Call Me Mr. Tibbs! - Lower Level 3:00 - Iced Coffee's & Music - Bistro 3:00 - Women's Club; Penny Ante -6:00 Daily Puzzle – Front Desk i:45 Folklorama: Caribbean Pavillion – Sig 2:00 Folklorama at Riverwood! Wasi Art Theatre 6:00 Daily Puzzle - Front 6:00 Daily Puzzle – Front Desk 6:00 Daily Puzzle - Front Desk up in Activity Room (Please Pay \$30 to (Peruvian Music and Dance) - Courtyard 7:00 Friday Sing Along – Theatre 6:00 Daily Puzzle – Front Desk Brian, Shannon, Janelle or Heather) 6:00 Daily Puzzle – Front Desk 7:00 Concert Series: Engelbert Humperdinc :00 Karafun Karaoke - Theatre 7:00 Curling - Theatre 6:00 Daily Puzzle - Front Desk 7:00 Nostalgic TV: Golden Girls - Theatre Timeless Classics :00 Blue Bombers vs. Stampeders - Bistro :00 Bingo - Theatre 2:00 Bingo - Theatre 8:00 Find the Summer BBQ Essential - 16 8:00 Find the Summer BBQ Essential -HAPPY BIRTHDAY LOIS O'BRIEN 8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -JOYCE SANDISON 8:00 Find the Summer BBQ Essential ront Desk Front Desk Front Desk Front Desk Front Desk 8:00 Find the Summer BBQ Essential -:30 Exercise (Video) - Theatre ront Desk :30 Exercise - Theatre :30 Exercise - Theatre :30 Exercise - Theatre 8:30 St. Vital Catholic Church Shuttle Front Desk 9:30 Exercise – Theatre 10:00 Cranium Crunches - Theatre :30 Bank Shuttle 10:00 Cranium Crunches - Theatre 0:00 Cranium Crunches - Theatre 10:00 Cranium Crunches - Theatre 10:00 Fort Garry United Church Shuttle 9:30 Exercise – Theatre 10:00 Cranium Crunches - Theatre 3:00 Banana Split Walker Thru -0:00 Cranium Crunches - Theatre 3:00 Tribute to Elvis with Brian -1:00 World News and Schmooze: Keep Up :15 Rainbow Stage Presents: Frozen - Sig Courtyard 3:00 Family Feud to Date on Local, National, and Internation Courtyard 3:00 Happy Hour with Linda Koley up In Activity Room 5:45 Folklorama: Japanese Pavillion – Sigr News - Bistro Courtyard 2:00 Sing Along with Cal - Theatre 6:00 Daily Puzzle – Front Desk 1:30 Riverwood Cinema Presents: The up in Activity Room (Please Pay \$30 to 6:00 Daily Puzzle – Front Desk 3:00 Loonie Bingo - Theatre Brian, Shannon, Janelle or Heather) Wizard of Oz - Lower Level 6:00 Daily Puzzle – Front Desk :00 Manitoba Underdogs Doggie Visit-7:00 Nostalgic TV: Golden Girls - Theatre 6:00 Daily Puzzle - Front Desk 6:00 Daily Puzzle – Front Desk ourtyard 6:00 Daily Puzzle – Front Desk :00 Interdenominational Church - Theatre :00 Daily Puzzle - Front Desk 7:00 Balloon Badminton – Theatre :00 Karafun Karaoke - Theatre :00 Bingo - Theatre :30 Blue Bombers vs. Redblacks - Bistro 7:00 Bingo – Theatre 8:00 Find the Summer BBQ Essential - 23 HAPPY BIRTHDAY MARGIE MCGEA :00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential -8:00 Find the Summer BBQ Essential ront Desk Front Desk ront Desk :00 Find the Summer BBQ Essential -Front Desk Front Desk 8:00 Find the Summer BBQ Essential 9:30 Exercise - Theatre ·30 Walmart ront Desk 9:30 Exercise - Theatre 9:30 Exercise – Theatre 8:30 St. Vital Catholic Church Shuttle Front Desk 10:00 Cranium Crunches - Theatre 9:30 Exercise - Theatre 9:30 Exercise - Theatre 10:00 Cranium Crunches - Theatre 0:00 Cranium Crunches - Theatre 10:00 Fort Garry United Church Shuttle 9:30 Exercise – Theatre 10:00 Cranium Crunches - Theatre 10:00 Cranium Crunches – Theatre 1:00 World News and Schmooze: Keep Up 0:00 Cranium Crunches - Theatre 3:00 Celebrating World Photography 11:30 Grill Crazy Lunch: BBQ Chicken Wings 3:00 Happy Hour with Donald & 11:00 Brunch Trip to Stacked Pancake to Date on Local, National, and Internationa 2:00 Hymn Sing with Brian - Theatre Courtyard (Advance Sign Up) Day with Heather! - Theatre **Richard Plant - Courtyard** House (\$\$)– Sign up in Activity Room News - Bistro 2:00pm Celebrating Ukrainian Independence 3:00 New Resident Meet & Greet: 1:45 Riverwood Cinema Presents: 3:00 Nature Photography: Up Close & 6:00 Daily Puzzle - Front Desk Day - Theatre 6:00 Daily Puzzle – Front **Summer Sippin' Edition - Courtyard** 6:00 Daily Puzzle – Front Desk 6:00 Daily Puzzle – Front Desk Personal with Joel Adair - Theatre Casablanca - Lower Level 6:00 Daily Puzzle – Front Desk :30 Blue Bombers vs. Alouettes - Bistro 7:00 Nostalgic TV: Golden Girls - Theatre 7:00 Friday Sing Along - Theatre :00 Daily Puzzle - Front Desk 6:00 Daily Puzzle – Front Desk 7:00 Karafun Karaoke – 7:00 Concert Series: The Beach Boys: 50th ':00 Cornhole - Theatre 1:00 Bingo - Theatre :00 Bingo - Theatre nniversary - Theatre RIVERWOOD SUMMER CAMP 2025 RIVERWOOD SUMMER CAMP 2025 RIVERWOOD SUMMER CAMP 2025 8:00 Find the Summer BBQ Essential - **30** RIVERWOOD SUMMER CAMP 2025 RIVERWOOD SUMMER CAMP 2025 8:00 Find the Summer BBQ Essential -Front Desk :00 Find the Summer BBQ Essential -APPY BIRTHDAY ELISABETH ST :00 Find the Summer BBQ Essential ront Desk 8:30 St. Vital Catholic Church Shuttle :00 Find the Summer BBQ Essential ront Desk :00 Find the Summer BBQ Essential ront Desk :00 Find the Summer BBQ Essential 9:30 Exercise – Theatre 10:00 Fort Garry United Church Shuttle ront Desk 9:30 Camp Chair Cardio - Theatre Front Desk 9:30 Smore's Stretches - Theatre 10:00 Cranium Crunches - Theatre 9:30 Wilderness Workout - Theatre 10:00 Cranium Crunches - Theatre 9:30 Trail Trek Training – Theatre 9:30 Tent Pole Stretching (Bands) - Theatre 9:30 Bank Shuttle 3:00 Men's Club: Beer n Blackjack -1:00 World News and Schmooze: Keep Up 10:00 Cranium Crunches - Theatre to Date on Local. National, and Internationa **Lower Level** 3:00 Nature Trivia Presentation 11:00 Hot Dog Cookout & Bonfire at St. Vita 10:30 Blood Pressure Clinic - Activity Room 3:00 Summer Camp Games 3:00 Lets Go Camping! News - Bistro 3:00 Happy Hour with Ronnie P with Carly from Canadian Parks & Park – Sign Up in the Activity Room Earn Merit Badges! **Theatre** 3:00 Summer Country Music Bingo 6:00 Daily Puzzle - Front Wilderness Society - Theatre 3:00 Camping Bingo - Theatre Courtyard **Theatre** Theatre 6:00 Daily Puzzle - Front Desk 6:00 Daily Puzzle - Front Desk 6:00 Daily Puzzle – Front Desk 6:00 Daily Puzzle - Front Desk 6:00 Daily Puzzle - Front Desk 7:00 Karafun Karaoke - Theatre 7:00 Love Nature Docuseries; The Monkey's 6:00 Daily Puzzle - Front Desk 7:00 Nostalgic TV: Golden 7:00 Bingo – Theatre :00 Balloon Badminton - Theatre :00 Ladderball - Theatre 7:00 Bingo - Theatre Girls - Theatre 8:00 Find the Summer BBQ Essential 31 Tips and Tricks for Staying Cool! Front Desk 8:30 St. Vital Catholic Church Shuttle **1. Be sun smart:** Wear a hat, find shade, apply (and reapply) your sunscreen! 10:00 Fort Garry United Church Shuttle 2. Stay hydrated: Drink plenty of water, use a cooling spray or cold towels 3:00 Ice Cream Karaoke Sing Along with Janelle - Theatre 3. Eat foods with high water content: Raw fruits and veggies such as melons & cucumbers 6:00 Daily Puzzle - Front Desk 4. Dress light: Wear light colours and cooler fabrics to avoid heating up 6:00 Blue Bombers vs. Roughriders - Bistro **5. Have fun safely:** Fresh air and summer sun is important when done in a safe way! 7:00 Nostalgic TV: Golden Girls - Theatre