

SALC PROGRAM CALENDAR: AUGUST 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Have Questions? Looking to Register?

Contact SALC Coordinator,
Andrea Baker

- Salc@craigwielgardens.on.ca
- 519-293-3215 extension 240

LOCATIONS:
SL: South Lounge
DC: Day Centre
GR: Games Room

Did you know!?

August is
Happiness Happens Month and
National Wellness Month

1

2

3

CIVIC HOLIDAY

4

10:30am – depart for
Walmart (Strathroy)

1:30am – GR
Craft n Chat

5

11:00am – Depart for
Aquafit at
Stoneycreek YMCA

6

3:30pm- DC
Community Movers

4:30pm – DC
Blueberry Social

7

9:30 – SL
Fit & Friendly

11am – DC
Salthaven Presentation

8

9

10

3:30pm – 4:15pm – DC:
TRX Class

11

10:30am – Depart for
Rock Glen
Conservation Area

12

2:00pm – SL
“Mind Your Words”

13

3:30pm – DC
Community Movers

3:30 - DC
WELLNESS EXPO

14

9:30 – SL
Fit & Friendly

10:30 – SL
Snack & Refreshment
Drop-in

11:15am – meet at SL
Walking Club

15

16

17

3:30pm – 4:15pm – DC:
TRX Class

18

12:30 – Depart for
Jake’s Country Market
& Green Bucks

19

2:00pm – SL
AUGUST FREEBIE:
Falls Prevention

20

1:00 – SL
Cards & Company

3:30pm – DC
Community Movers

4:30pm – SL
Group Dinner

21

9:30 – SL
Fit & Friendly

22

23 / 30

24 / 31

3:30pm – 4:15pm – DC:
TRX Class

25

11am – SL
Resilience & Positivity

26

27

3:30pm – DC
Community Movers

28

9:30 – SL
Fit & Friendly

11am – meet at SL
Walking Club

LOCATIONS:

SL: South
Lounge
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Room

Walmart (Tuesday, August 4) - We will leave for Walmart in Strathroy at 10:30am. Please meet at the exit by the South Lounge.

Craft n Chat (Tuesday, August 4)

Bring along your current project or start a new one! All kinds of crafters are welcome. If you are looking for inspiration or need supplies, please contact Andrea. Crafting activities could involve anything from crochet to adult colouring to card making.

Presentation by Salthaven Wildlife Rehabilitation & Education Centre (Friday, August 7)

Salthaven takes you behind the scenes of wildlife rehabilitation, sharing inspiring stories of rescued animals and the care they receive on their journey back to the wild.

Blueberry Social (Thursday, August 9) - Join us for this “all-things-blueberries” Blueberry Social! Cost for this event is \$10.

Nature Outing – Rock Glen (Arkona) (Tuesday, August 11)

Come for a pleasant walk in nature or take along a lawn chair and relax in the sun or shade. Please meet at the exit by the South Lounge at 10:30am.

"Mind Your Words:" Fun with Word Games (Wednesday, August 12)

Boggle, Wordle, Hangman, Anagrams, Bananagrams. Take your pick. Play games in a friendly competition or play "against yourself." Prizes to be won!

Seniors Wellness Expo (Thursday, August 13)

Representatives from local companies and organizations will provide wellness-related resources and information to help you and your loved ones.

Snack & Refreshment Drop-in (Friday, August 14) - Drop by the South Lounge for a refreshing drink, healthy-ish snack and a little chit chat.

Walking Club (Friday, August 14 & 28)

Join in for a casual walk in the Ailsa Craig area twice a month. On very hot days, we will walk the hallways of the Craigwiel apartments. Please meet at the exit by the South Lounge.

Jake’s Country Market & Green Bucks (Tuesday, August 18) - We will leave for Jake’s & Green Bucks at 12:30am. Meet at the exit by the South Lounge.

Falls Prevention Presentation (August Freebie!) (Wednesday, August 19)

VON will present on how to prevent falls. This workshop is geared towards caregivers or anyone concerned about falls prevention as they age. Refreshments are provided. Attendees do not need to be SALC members.

BBQ Dinner! (Thursday, August 20)

Don’t miss out! Kabobs, corn on the cob, salad and dessert are on the menu! The cost of this meal is \$15 per person. Meals will be available in the South Lounge. If the weather is nice, feel free to sit outside in the courtyard!

Cards & Company (Thursday, August 20)

“Cards & Company” is a monthly social gathering where participants can relax, connect, and enjoy a variety of card games and board games in a fun and welcoming environment.

Resilience & Positivity Workshop (Tuesday, August 25)

Once a month, we will come together to explore new ways to build resilience, reduce stress, and support overall well-being in a positive and welcoming environment.